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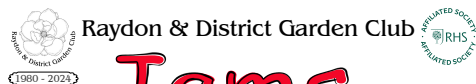
**February 2024**  
Issue 426

# Quartet

**The Parish Magazine**

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**For Higham, Stratford St Mary, Raydon and Holton St Mary**



# Jams and Cakes



Presented by Jane Sago

Thursday 22nd Feb - 7.30 pm

KGV Pavilion, Raydon

Raffle & Refreshments

NEW MEMBERS WELCOME

## Help us with our campaign!

If you know any merchant or service provider living in one of our four villages, please let us know by emailing [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk). We will contact them and see if they would like a **free listing** in the Quartet



## Small Ads Pin Board

No charge for non-commercial ads placed for one month only, space permitting. Email [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk)

# Quartet Diary

Details of events can be found within the magazine. **It would be advisable to check with organisers if regular events are happening, we may not have been informed of last minute changes**

## February

- 2 Holton Lunch Club  
SSM Youth Clubs  
Holton Social Club
- 3 Holton Green Gym
- 6 SSM Chapel Coffee Morning
- 7 Raydon Social Club  
SSM Mums and Tots
- 9 SSM Youth Clubs  
Holton Social Club
- 13 SSM Chapel Coffee Morning
- 14 Raydon Social Club  
SSM Mums and Tots
- 15 HSM Slow Stitch
- 16 SSM Youth Clubs  
Holton Social Club
- 20 SSM Chapel Coffee Morning  
Raydon Fair Trade Coffee Morning
- 21 Raydon Social Club  
SSM Mums and Tots
- 22 RDGC Meeting
- 23 SSM Youth Clubs  
Holton Social Club
- 27 SSM Chapel Coffee Morning

- 28 Raydon Social Club  
SSM Mums and Tots

## March

- 1 Holton Lunch Club  
SSM Youth Clubs  
Holton Social Club
- 2 Holton Green Gym
- 5 SSM Chapel Coffee Morning
- 6 Raydon Social Club  
SSM Mums and Tots
- 8 SSM Youth Clubs  
Holton Social Club
- 11 SSM Parish Council Meeting
- 12 SSM Chapel Coffee Morning
- 13 HSM Parish Council Meeting  
Raydon Social Club  
SSM Mums and Tots
- 15 SSM Youth Clubs  
Holton Social Club
- 19 SSM Chapel Coffee Morning  
Raydon Fair Trade Coffee Morning
- 20 Raydon Social Club  
SSM Mums and Tots
- 21 HSM Slow Stitch
- 22 SSM Youth Clubs  
Holton Social Club
- 26 SSM Chapel Coffee Morning
- 28 RDGC Meeting

# Editors Corner

I was only saying to a friend the other day that I thought 2024 was going to be a year to remember. I'm not entirely sure what we are going to remember it for, I guess time will tell, but there's certainly a lot going on in the four villages and the pages this month are packed with events and plans for the future. It's particularly nice to see plans for reurbishment of community venues happening across our parishes, that surely indicates a feeling of optimism!

On another note, Richard has submitted a rubbish article this month. Give it a read - I think you will be surprised at the amount of litter collected in just one of our villages. A big thank you to all our litter pickers everywhere - it seems you deal with quite a lot!

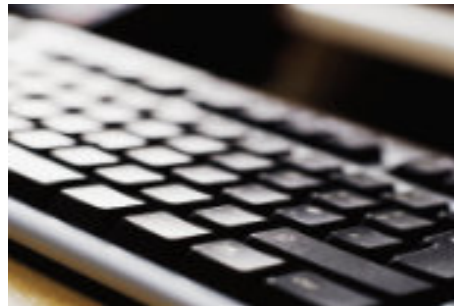
There is a Pylons update on page 21 that you might also find interesting. Things are progressing, but time is of the essence!

Don't forget to keep the articles coming in and let local people know about local events. All free for not for profit organisations - just send us an email on [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk)

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:  
**19<sup>th</sup> February 2024**

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# Rev'd Manette Writes

Dear friends,

As I write this, we are in the middle of a cold spell with bitterly cold days and even colder nights. The forecast for tonight is that the temperature will drop to a feel of -9. Over the weekend this will be followed by gale force winds as we await storm Isha, the ninth storm of the season. before it is said to get warmer into next week.

But currently my study is freezing cold as I believe that it was converted from part of a former double garage and doesn't seem to have any form of insulation. It would be lovely to have an open fire or, even better, a wood burner but these things are not deemed necessities in clergy properties.

I shouldn't grumble though because there are so many people who are much worse off, thinking especially of those who are homeless or unemployed, and of all the families who are struggling to pay for the bare necessities in the currently economic climate where prices and rates of inflation have risen sharply. Perhaps a good reminder that we are about to enter Lent, a season of repentance and giving up some of life's luxuries.

Lent begins on Ash Wednesday which is traditionally preceded by Shrove Tuesday, also known as Pancake Day. Lent comprises the 40 days leading up to Easter (not including Sundays) and it was traditionally a time of fasting. On Shrove Tuesday, Anglo-Saxon Christians went to confession and were "shriven" (absolved

from their sins). A bell would be rung to call people to confession. This became known as ringing the "Pancake Bell" and this tradition survives in a number of churches where it is still rung today.

Lent is also a time of prayer. This year, our hearts go out to the many people who are suffering because of wars and hostilities in their home countries, especially to the ongoing situations in Eastern Europe and in the Middle East. Please pray for lasting peace in these suffering places.

Lent is also a good time to review our charitable giving. If you are able to give financially, there is the Bishops' annual Kagera Lent Appeal, but please don't forget other worthwhile charities – Médecins Sans Frontières / Doctors Without Borders (MSF) who have been caring for the sick and the injured in war zones around the world for over 50 years. Or perhaps you prefer to support charities closer to home, for example the Ipswich Foodbank 'Families in Need (FIND) or 'Crisis', the UK national charity for people experiencing homelessness. I commend all of these to your prayers.

This year Ash Wednesday falls on 14<sup>th</sup> February which is also Valentine's Day. We will be gathering for a traditional Ash Wednesday service at 10am in Higham that day. Why not come and join in? Wishing you every blessing for Lent.

Yours in Christ,  
Rev'd Manette

# Stratford St Mary



## In Stratford

Hall Farm Shop Cafe and Restaurant  
[www.hallfarmshop.com](http://www.hallfarmshop.com)

Anchor Inn [www.stratford.pub](http://www.stratford.pub)  
01206 322143

The mobile pizza co - 07982 427483

ABC Preschool - 01206 322466

Kate Baines, Virtual Assistant - 07799 391343

Orwell Electrical - 01206 322969

Andy Smith Roofing - 01206 322882

Jackson Plumbing and Heating -  
01206 322063

Nigel Bruce Electrician - 01206 322751

Penrose and Partners - Vets. 01206 323414

Finest Gardens - 07756 364560

John Burrell Bespoke Bedrooms -  
07734700507

Nexus Creative Print Production -  
[gill@nexuscpp.co.uk](mailto:gill@nexuscpp.co.uk)

tim germain - furniture designer-  
maker. [www.germain.co.uk](http://www.germain.co.uk)

Gary Moyer, plasterer - 07807 314911

Baker Vet physio - 07905 657895

Katrina Wade, Physiotherapist 07968 964826

## Parish Councillor needed

Stratford St Mary Parish Council currently have 1 vacancy for a Councillor

If anyone is interested or would like more information then please contact the Clerk -

email address  
[parishcouncil@stratfordstmary.org.uk](mailto:parishcouncil@stratfordstmary.org.uk)



## Stratford St Mary Parish Council Meeting Dates 2023

11<sup>th</sup> March 2024  
22<sup>nd</sup> April 2024 (Annual Parish Meeting)

Stratford St Mary Parish Council currently have 2 vacancies for a Councillor – If anyone is interested or would like more information then please contact the Clerk - email address  
[parishcouncil@stratfordstmary.org.uk](mailto:parishcouncil@stratfordstmary.org.uk)

## Stratford St Mary Parish Room

Our comfortable, well-equipped hall in the centre of the village is open and available for hire.

Please contact our new bookings clerk for more information or to make your booking by emailing

[ssmparishroom.bookings@gmail.com](mailto:ssmparishroom.bookings@gmail.com)

or contact Paul Ranson on 01206 322156 or 07870 388184

## DEDHAM ALLOTMENT ASSOCIATION.

SSM RESIDENTS - WOULD YOU LIKE TO GROW YOUR OWN FRUIT AND VEGETABLES?

PLOTS AVAILABLE - RESERVE YOUR PLOT NOW

CONTACT [dedhamaa@btinternet.com](mailto:dedhamaa@btinternet.com)



## Winners of SSM 100 Club

The winners of the 100 club draw are

£50 David Isaac (No: 28)  
£10 E Pring (No: 91)  
For just £1 per month be in with a chance of winning £50.

All surplus funds go towards the upkeep of the Institute Hall. Each member can hire the hall once a year at a reduced rate.

Contact either Norman Woodard on [Norman.woodard@fatbloaters.com](mailto:Norman.woodard@fatbloaters.com) or Phil Brown on [philipbrown123@hotmail.co.uk](mailto:philipbrown123@hotmail.co.uk) for details

## SSM May Ball

*Back at the Talbooth*

**24<sup>th</sup> May 2024**

## 3 course meal + welcome drink

Tickets available from 1<sup>st</sup> February

Call or email Julie on 07989639583 or

[julie@jj-associates.co.uk](mailto:julie@jj-associates.co.uk)

for more information



## STRATFORD ST. MARY CHAPEL COFFEE MORNINGS

We are pleased to announce that the Coffee Mornings have re-commenced on Tuesdays between 10am – 11 am

Beverages and Cakes will be served (free of charge)

This will form part of our warm space scheme for the Winter months.  
Everyone is welcome

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## Exciting News - The Institute Hall Refurbishment

The Institute Hall Committee were successful in their application for a Capital Grant from Babergh District Council, and are pleased to report that work has now started and is due to be completed at the beginning of February.

The work being undertaken is:

- a new ceiling with updated lighting (with some coloured dimmable lights – great for party and event moods)
- updated heaters
- the walls are being lined with insulating board to conserve energy

Other recent improvements include a new cooker, fridge and the installation of free high speed broadband. All in all this should make a more modern and appealing community venue.

Whilst the Grant received has gone some way towards the costs of refurbishment, the committee has had to put its own funds towards the work. This does not however include decoration. Therefore to keep costs down we are asking for volunteers to help with the final decorating and hope that this can be seen as a 'bringing the community together' exercise. The work will involve painting walls and ceiling with emulsion, refreshing the paint on skirting boards, doors and door surrounds.

If you can help in any way please let me know, then I will be in touch once I know when the work will be complete. The more help the less onerous the task.

I look forward to hearing from you and welcoming you to our refurbished Institute Hall.

Steve Kite (on behalf of the Institute Charity Trustees)  
07958 515573  
42 Strickmere

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## STRATFORD ST MARY INSTITUTE HALL

The hall is suitable for all sorts of events being spacious and well equipped.

Booking requests can be made through the email address: [ssminstitute.bookings@gmail.com](mailto:ssminstitute.bookings@gmail.com) or by contacting Steve Kite: 07958 515573

Information about the hall can be found on our website: [thestratfordinstitute.org](http://thestratfordinstitute.org)

## Please find below some information from the Stratford St Mary Parish Council meeting held on the 8<sup>th</sup> of January:

• The PC have signed up for Suffolk County Councils Self Help Scheme. This scheme is not just for Councillors – people in the parish can also get involved, please contact the Clerk for more details.

• Dog bins on the Village Green and Upper Street/School Lane will be replaced.

• Expenditure was agreed for the purchase of 3 'No dog fouling' signs for Strickmere.

• The precept for 2024/2025 was agreed to be kept at £16,100 which is the same as last year. With the change of Babergh Councils Tax base this will mean an increase of 0.27% for Band D Council tax which equates to a 13p increase for the year.

• Expenditure was approved for the purchase of 2 new notice boards at The Anchor and the Weir.

• The purchase of a new speed indicative sign from Elan City was approved.

• The PC agreed to arrange for Councillors to do formal walks around the village once a month to look at maintenance and any issues that they may be.

• There is a fallen tree at the River Garden which the PC are looking into getting removed.

The Parish Council's next meeting will be held on Monday 11<sup>th</sup> March 2024 at the Village Institute, Higham Road at 19:30.



Did you know Stratford St Mary Parish Council has a Facebook page  
<https://www.facebook.com/stratfordstmaryparishcouncil>



## Stratford St Mary Community Trust

The Trust's function is to manage certain properties bequeathed to the Parish, with the objective that any surplus income be used to provide short term financial help to Parish residents who may find themselves in temporary financial difficulty for whatever reason. This remit includes a particular focus on situations where individuals might require assistance to get into paid employment or transition to new skills.

**If you are resident in the Parish of Stratford St Mary and find yourself in such difficulty, or you become aware of someone else who is, remember the Trust and contact us on:**

**Telephone: 07850668064**

**E-mail: [trust@stratford-st-mary.org](mailto:trust@stratford-st-mary.org)**

**We may be able to help.**

All such contact will be in strictest confidence.

Board of Trustees  
Stratford St Mary Community Trust (SsMCT)



## Stratford Chapel

Upper Street, Stratford St. Mary

**Leaders:** Phil Wyncoll & Bill Richardson

**Youth and Children's Pastors:** Jamie & Beckie Wyncoll

We had an excellent turn-out for the Quiz of the Year held last month - thank you to Dave Pooley, our village quizmaster extraordinaire for another fun evening!

Looking ahead, plans are well underway for our Village May Ball(24.05.24) being held again at The Talbooth (*see separate posting about how to book your tickets*) This was a sell-out last year and early booking is strongly advised to avoid disappointment.

Other events currently being planned include:

- Village Lent Lunch - Saturday 17th Feb 12.00 - 2pm in the Parish Room
- Midsummer concert by the Suffolk Phoenix Brass Band & afternoon tea
- Wattisham Military Wives' Choir - coming in October (*this was so successful last year, we have invited the choir back again- an event not to be missed!*)

*Interested in getting involved?*

Our next **open meeting** is on **Thursday 1st February at 7.30pm in the Parish Room** - all welcome!

**email us at: [villagelife@stratford-st-mary.org](mailto:villagelife@stratford-st-mary.org) or phone Sandy on 0770 660 2749 or Julie on 07989 639583**

We are an independent mainstream Evangelical Church of around 60 people encompassing and providing for all age groups. We particularly specialise in the areas of Children's and Youth work, Bible Teaching and Evangelism.

### Services and Groups:

#### **Every Sunday:**

10.30am Morning Worship and Junior Church

6.30pm Church Prayer Meeting

8.00pm Bible Teaching Group (currently on Zoom)

**Monday:** 8.00pm House Group (on Zoom)

**Tuesday:** 7.30pm Discipleship Group (at the Chapel)

8.00pm House Group (on Zoom)

Wednesday 9-11am Mums and Tots

**Friday:** 5.00pm "Sparks" Children's Club for ages 7 – 11 (at the Chapel)

7.30pm "Ignition" Youth Club for ages 12 – 16 (at the Chapel).

Web-site: [stratfordstmarychapel.com](http://stratfordstmarychapel.com)

Enquiries: Children's & Youth: Jamie & Beckie (01206 323095) email: [Beckie.w@live.com](mailto:Beckie.w@live.com)

General enquiries: Maggie Chapman (01473 311436)

# Raydon



## In Raydon

Blackwell Barn Holiday Let - [www.cottages.com](http://www.cottages.com)

Phil Avery Electrician 01473 311261

Ashley Short Carpentry 01473 311226

Gordon Short Decorator 01473 313053

SW Stiff Builders - 07811 005241

Earth&Turf Garden Services - 07922078241

DIY Livery - 07710 540926

Chef Neil - 07584 573474

Swift Garden Services - 07947 322429

Rheal Coatings - 07539 377740

Franklyn Nevard - Architect 07515 351894

Fresh Eggs - Roadside stall Fox Farm

Katie's Little Beauty Box - 07802 847628

Tarbins Bakes and Cakes - 07922 129825



## Fair Trade coffee morning

Happy New Year to everyone and hope it will be filled with good health and happiness. We haven't had a Fair Trade coffee morning yet for me to report on, it's on the 23rd January which misses the deadline for the Quartet, so I'll tell you about something else instead.

We have some lovely items donated to us by very kind people throughout the year, to sell on our Church fundraising stall. A few of the people who stop to buy these items sometimes forget to use the honesty box beside the stall. So, we are planning a series of "pop up stalls" throughout the year, these will be on the Village Green next to the stall, and will be held on a Saturday morning once a month.

We usually have two large sales during the year but these take a huge amount of preparation and clearing up, a large army of helpers are needed over three days, and we are all getting older. Then there is the problem of storing our nice items and books in limited space, over the months whilst awaiting the sales. We are still in the planning stage though and hope to start the sales in March, more information will be available in the Quartet, at the Fair Trade coffee mornings and other publicity.

If you would like to help us with our fundraising in any way at all, either on a regular basis or now and again then please get in touch with us, we are a friendly bunch!

Many thanks for continuing to support us and hope to see you on January 23rd at the next Fair Trade coffee morning, the library van will be here as usual.

Wendy Mumford 01473 312123

# Raydon and District Garden Club

Gardens are at their least colourful through December & January, but this month colour is returning with Snowdrops and Aconites to name but two all showing off their best and will look even more spectacular when the winter sunshine is out. Hopefully this cheers you all up and makes you start looking forward to what's to come. February of course can be a very cold month so you need to wrap up warm for any jobs outside, but the good news is the daylight hours are increasing, normally by mid-month it's 6.00am to 6.00pm. Nature is also on the move with the early nesting birds like rooks and crows, robin, blackbirds & thrushes all busy soon to be followed by many others in March & April. Early daffodils starting to come into flower in February are of course followed by the majority of daffodils in March & April ready for Easter time (25th March to 1st April this year) and our Spring Show to be held on Saturday 6th April.

Make a note of the date: - Thursday 22nd at 7.30pm in the KGV Pavilion is our first meeting for 2024 which happens to be our 44th year. We are fortunate to have one of our lady show judges coming as guest speaker to help us judge preserves and cakes. Members will be invited to participate and I am sure we will pick up many helpful tips on what to look for when presenting cookery items for the table and shows. Jane Sago is a well respected show judge, and if any of you members have helped in the past with stewarding at our shows you will know what a great learning experience it can be. In the past we have had Mike Riches on showing vegetables and flowers so this will be something different and a first for this club. Also note A club member asked the question at AGM night last November why

no handicraft in the Spring Show? So your committee discussed and has responded, you will see when you receive your copy (by email) although a few hard copies will be available if needed, we have added a small 3 classes handicraft section. This may be increased in number but space is always the limiting factor.

We have a full programme of guest speakers once again with a wide range of gardening related subjects as follows:- Herbaceous Perennials, Hellebores, Plants for Sun & Shade, The private lives of Plants, Chinese Gardens, plus we are trying to get a local garden visit for May and looking at coach costs of our much delayed possible visit to RHS Wisley or somewhere similar, more on that next month.

To all members who have re-newed their membership THANK YOU, and remaining members still to renew please see our treasurer at our first meeting on the 22nd. Your continued support is much appreciated. As always new members are most welcome, and also ideas ready for next year's 45th celebration. If you remember we had to cancel our Ruby celebration due to the Covid outbreak and lockdowns, so next year we must make up for it.

Your committee is looking forward to meeting you all once again on Thursday 22nd Feb at 7.30pm in the KGV Pavilion.

Geoff Horrex.  
01473 310422 /  
07810086143



## Ideal for your special event

The Raydon Pavilion is for hire  
Fully carpeted room for up to 80 people  
Kitchen and preparation room  
Easy parking  
Available morning, afternoon and evening

For details, contact Mark Smout  
Tel 07748 842750 or email  
marksmout@gmail.com

## RAYDON PARISH COUNCIL

Parish Clerk - Stacey Lowe 07944  
968011 [clerk@raydonparishcouncil.gov.uk](mailto:clerk@raydonparishcouncil.gov.uk)

Chairman Councillor Keith Lovering 07939  
075143  
Councillor Jayne Tann 01473 828283 or  
07887 767478  
Councillor Jo Brothers 07875 329901  
Councillor Martyn Cranfield 07727 100988  
Councillor Lorraine May

We have a new website [https://  
www.raydonparishcouncil.gov.uk/](https://www.raydonparishcouncil.gov.uk/)

### RAYDON PARISH COUNCIL

**SCHEDULE OF MEETINGS 2024**  
(all at 7.30pm in the KGF Pavilion)

**NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please visit [www.raydonparishcouncil.gov.uk](https://www.raydonparishcouncil.gov.uk/), or contact the Parish Clerk.**

## Raydon Club

is open to residents of this parish.  
Wednesday evenings each week  
from 7.30 till 10.30 p.m.  
And Sunday 12.30 to 3pm  
At the Pavillion

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

## THE SIX NATIONS

Italy v England

Saturday 3rd February KO 14:15  
The Bar opens 30 minutes before Kick Off

## Raydon Parish Council Update - Jan 24

At our first meeting of 2024 we had some lively discussion on the key issues affecting our residents.

On the list were:-

**Highways** - we are placing an order for a speed indicator to fit on the new posts on the Street.  
ANPR will be placed in the village in March as part of the rota around Suffolk.

**Grit bins volunteers** - Grit bins are located in Lower Raydon for public use at their own risk. Note we can maintain a list of volunteers to use them who will then be covered on the SCC insurance policy. Email [clerk@raydonparishcouncil.gov.uk](mailto:clerk@raydonparishcouncil.gov.uk)  
If there is interest to volunteer for Woodlands Road we can consider providing bins. Let us know. In Raydon only the B1070 is gritted by Suffolk CC.

**Budget 24** - We voted to maintain the precept with a 3% rise this year.

**Community facilities**, - The KGF pavilion continues to be the focal point for community activity alongside the Church and the Golf Club. The Parish Council is

committed to see all grow and thrive and we will support them wherever possible and appropriate. In particular moving forward plans to replace the pavilion will feature this year.

**Town and Country Planning** - We have two major infrastructure projects affecting our area plus controversy over plans at the Golf Club and the airfield. We continue to be a central forum where all strong views can be aired in public and can influence decision makers on these and other developments in the village.

**Website** - Our website provider is unable to continue service to many Parish Councils so we will be setting up a new provider urgently.

## NEWS FROM KING GEORGE'S FIELD TRUSTEES

The second half of 2023 was a busy period for the KGF Trustees with three major events staged at the pavilion and playing field. The Farmer's Market in July was blessed with dry weather and drew a good crowd. This was followed by a new event when Oktoberfest arrived in Raydon. German beer and sausages plus an Oompah Band and a smattering of traditional German costumes made for a lively evening and a very successful event. In response to huge demand, we are hoping that we can repeat this event in 2024. We rounded the year off with Bonfire Night, which has been a traditional Raydon event for many years. The weather on the night was dry which encouraged a large crowd to brave the cold. The bar and the BBQ proved popular with both the mulled wine and the BBQ selling out! The firework display once again received a huge number of positive comments.

Staging these events takes a lot of time and effort from the Trustees but also from a willing group of volunteers who assist with erecting marquees, building bonfires

etc. We are very grateful for this assistance and would like to say a big thank you to all those that have turned up and helped at each of the events during 2023.

Not only are these events great social occasions, bringing the village together, they are a very important source of much needed funds whilst we seek to maintain the existing pavilion and develop plans for a replacement. The Trustees are also grateful for the support received from the village and further afield in attending each event.

As well as staging these events, we also ran a village consultation meeting to reveal our initial concept plans for a new community building. This was well attended and provided some useful feedback to help us refine our plans. Following on from this we are now inviting everyone in the village and the surrounding area to respond to a consultation questionnaire. This can be accessed online at <https://forms.office.com/r/ugQ2Cx3YrE> or alternatively is available in paper format included with this edition of the Quartet for Raydon residents. For those outside Raydon a paper copy can be emailed to you if you contact [kgf.raydon@outlook.com](mailto:kgf.raydon@outlook.com). We would like to encourage as many people as possible to provide feedback. Plans for the new building remain on display at the pavilion or can be found on the KGF Facebook page ([www.facebook.com/kinggeorgeraydon](https://www.facebook.com/kinggeorgeraydon)) or again can be emailed if requested via [kgf.raydon@outlook.com](mailto:kgf.raydon@outlook.com). The closing date for this consultation is 29<sup>th</sup> February 2024.

Whilst all this has been going on it has still been important to keep on top of maintaining the field and the pavilion and we would also like to thank the dedicated volunteers who have spent much of the year tidying the perimeter of the playing field. The Trustees would like to wish you all the best for the New Year and look forward to your continuing support with our fundraising efforts in 2024

# Holton St Mary



### In Holton

Ann Mason Care - 01206 233372  
Hazelton Plumbing and Heating - 07448 152693  
Love refills - at Church square every fourth Tuesday

## Green Gym

We're back..! We re-engage with nature and exercise at 10:30 on Saturday, 3 February in Church Square. The focus will be on clean-up tasks, which is a constant 'to do' item. This will include leaf-clearing in breathless anticipation of the many hundreds of daffodils that will soon bless our verges and village boundaries along the bullying B1070. For those who have recently joined our community, the Green Gym is open to anyone and of all ages and we meet on the first Saturday of each month at 10:30 in Church Square. We work with the Millennium Green, Village Hall and Social Committees and the PCC. Our work also helps Babergh and Suffolk Highways which is extremely rewarding particularly in today's economic climate. The Group currently comprise of 12 energetic and dedicated enthusiasts. You are welcome to come once, twice or for the rest of your lives; we would love to see you whenever you want to, 'come and see'!



The First Friday of the Month Lunch runs in the Village Hall of Holton St Mary on the first Friday of every month except August from 12:30 until 2ish. It is a community light lunch for £5 and is all about getting together, having a chat with others in our community, over a tasty lunch, prepared by a variety of wonderful volunteer cooks and supporters. Although primarily for Holton St Mary residents, we welcome anyone with an association with the Village, so former residents, friends and relatives of those attending, and those working from home, if you are able to take a break.

So we break even and don't over or under cater, please let Sally or Frances know if you would like to attend. And if you have to pull out at the last minute we can often bring you a takeaway meal that will beat any ready-meal!

Sal Thurlow 07721 625313 or messenger via FB, WhatsApp or email [salthurlow@gmail.com](mailto:salthurlow@gmail.com)  
Frances Torrington - via FB or email [familytorrington@btinternet.com](mailto:familytorrington@btinternet.com)



## Coming soon a Little Free Library for Holton St Mary

Little Free Library started in St Paul Minnesota and is a nonprofit organisation. Their vision is to have a Little Free Library in every community and a book for every reader.

While the mobile Library bus visits Holton St Mary once a month, this is on a school day most months. Our Little Free Library will be for the children aged 0 – 11 years in our village. It is a book sharing concept, so you borrow a book and leave a book. It will open seven days a week and 24 hours a day and will be located on the Millenium Green near the Willow tunnel. A resident from the village has volunteered for the role of steward to ensure the Little Free Library is kept clean and inviting.

The below design has been chosen and an application has been made to the Parish Council to fund the £420 cost of making and installing the Little Free Library box. It would be great if residents of Holton St Mary could stock the Little Free Library with donations of new or used children's books which are in good condition. Donations can be left at 'Field View' the last house on the left as you head towards Raydon.

The hope is to have a grand opening in time for the Easter school holidays.



## Holton St Mary Parish Council

Scheduled meeting dates:

March 13th 2024

April 10th 2024 Annual Parish Meeting

May 8th 2024 Annual General Meeting

### Parish Council Vacancies

Holton St Mary Parish Council currently have 1 vacancy for a Councillor – If anyone is interested or would like more information then please contact the Clerk - email address [hsmparishclerk@gmail.com](mailto:hsmparishclerk@gmail.com)



## HOLTON ST MARY SOCIAL CLUB (HSMSC) UPDATE

From all of the HSMSC committee members and the Village Hall committee, we wanted to say thank you to everyone that came along on Sunday 14 January to meet friends and neighbours and also see the current ideas for the refurbishments of the village hall. There were over 50 people that came together and some great ideas were shared. The village hall is the heart of our village and getting this right is important for our whole community.

There was also a fantastic turnout for the Christmas carols held in the village hall on 22 December, a fantastic event that we would like to replicate at the end of the year.

There are a number of events planned already for 2024 and if there is anything that you would like to see added, please let a committee member know and we will try to accommodate it.

### FUTURE EVENTS

#### 11 February - Sunday opening

The HSMSC committee will be opening the bar from 12pm until 3pm to anyone that would like to pop along and chat to friends and neighbours.

#### 17 March – Sunday opening and live music from Lee Rose

Lee Rose of Bacons Green will be entertaining us all with a live set as the HSMSC committee open the bar from 12pm until 3pm to anyone that would like to pop along and chat to friends and neighbours.

#### 6 April – Quiz night

The first quiz night of 2024 will be held on 6 April, further details will be announced in the coming months, but please let Lee Barton know if you would like to reserve a team.

### WOULD YOU LIKE TO GET INVOLVED

The HSMSC are looking for new members to join the committee and also to volunteer for the Friday bar rota. Please do get in touch with a committee member if you would like to know more.

### FREE MEMBERSHIP

If you aren't a current member of the HSMSC and would like to be, it is free to join, just contact Bob Holmes on 07966 266293/ [bobholmes55@icloud.com](mailto:bobholmes55@icloud.com) to sign up.

### THE HOLTON ST MARY SOCIAL COMMITTEE

Bob Holmes, Lee Barton, Kevin O'Connor, Suzie O'Connor, James Lancaster, Steve Sleigh, Sally Longmate, Jayne Brown, Vaughan Vanniekerk and Lou Dolan.

## A Parish Council meeting for Holton St Mary

was held on the 10th of January 2024, Please find below some points that were discussed at this meeting:

- David Johnson was co opted onto the Parish Council - there is still 1 vacancy for a Councillor so if anyone is interested then please contact the clerk – [hsmparishclerk@gmail.com](mailto:hsmparishclerk@gmail.com)
- Henry Sugden gave a presentation on his companies proposals to turn a building on Holton Hall Farm into a winery.
- The precept for 2024/2025 will be kept at £7,154 which is the same as last year. Due to a change in Babergh Council's tax base this will mean a 0.91% increase for Band D Council tax which equates to an increase of 59p for the year. Any additional money needed for the budget will be taken out of the PCs reserves.
- It was agreed that the PC will use CIL money to replace the 3 remaining stiles in HSM with gates.
- A contribution of £500 CIL money towards a new bench and cover for the Village Hall was agreed..
- In commemoration of the King's Coronation it has been agreed that a Rowan tree will be planted on the Millennium Green.
- Hedgehog awareness signs – the PC would like to ask if anyone has any evidence of hedgehogs in their garden or around the village to contact the clerk.
- The PC have agreed to support Raydon PC with their proposal for the speed limit on the B1070 to be changed to 40mph between Raydon and Holton St Mary and Raydon and Upper Layham.
- The possibility of Sandpits Lane and Raydon Road being considered to be 'Quiet Lanes' will be looked into again.
- Signpost on Bacons Green – the PC will look at costs to get this sign repainted.
- Approval was given for the replacement of the tubs in Church Square.



## SLOW STITCH

Slow Stitch Group meets on the third Thursday of the month throughout the year. It is a drop-in group which is open to anyone who enjoys stitching, whether that is sewing, crochet, embroidery, tapestry or darning. Some people bring their own project and others join in with community projects if they are in between projects of their own. As the title implies we take our time stitching and enjoy the chat and cups of tea that form an important part of the afternoon.

We are happy to help beginners or anyone who needs help completing a project.

## Holton St Mary Millennium Green Trust

Thank you all for your support this year, income from the Century Club pays for the ongoing running costs of the Green.

If you are new to the village, would like to take part and have not been contacted, please give Bob Holmes a call on 07966 266293 and he will make the necessary arrangements. The cost is £1.25 a month in one £15 payment for the year, to be paid by the end of February.

Prizes are dependant on the number of participants and are currently £35, £20 and 2 x £10 each month.

Marjorie Haste, Secretary

## Holton St Mary Village Hall

The Hall is back in use and taking bookings again. Please contact Tanya Kunz on 01473 311570

## Litter-picking audit: 1 January to 31 December 2023

This is the litter-picking team's audit of 2023. We hope it makes interesting, if not somewhat alarming reading. The team used volume rather than weight to record the amount collected. This was because it was easier to use empty bags with known volumes (e.g. compost, bark, Scrulch etc.) rather than weigh the bags. Please note that the results represent only 80-90% of the real total as not every litter-pick was recorded. The picture below is a reminder of the litter-picking circuit. This may seem extensive and in parts irrelevant to our own village but as explained in earlier articles in the Quartet, we believe that the approaches are as important as the village itself. Importantly, litter-picking on Sandpits Lane, the B1068 (Higham road) towards the A12 and the insane 90° bend on the 60mph stretch of the B1070 half-way between Holton and Raydon revealed six fly-tipped loads during 2023. All were reported to, and promptly removed by Babergh DC. Clearing the 600 yard-stretch of the A12 (between the B1068 [Higham road] and Four Sisters) was an added delight.



The total volume of 'litter' collected was **3220 litres**. This excluded our joint litter-pick with Raydon on 26th March which covered the entire length of Acacia Road to Great Wenham. January (**470 litres**) and October (**140 litres**) yielded the most and least collected respectively. The B1068 (Higham Road) yielded the least litter, other than three fly-tipped loads (on the two 'laybys' just beyond Stratford Hills stables).

The following summarises a detailed analysis of what was collected. It again represents only 80-90% of the actual breakdown because not every recorded and measured litter pick was analysed, item by item...

- Glass bottles: **163**
- Plastic bottles: **502 (9 with urine, 7 on the Ipswich-bound slip-road)**
- Cans: **870**
- Fast-food packaging (McD; KFC; BK; Costa): **269**
- Other food packaging (sandwiches; crisps; plastic cold meat containers etc.): **370**
- Cigarette, vape and sweet wrappers + boxes: **far too many to count**

Of the other collected items, those that reached at least 12 (i.e. one a month) were:

- Gloves (disposable and gardening/heavy duty)
- Cyclists' 'Energy Gels'
- Soiled nappies
- Plastic sheeting (soft and hard)

### Medication blister-packs/other toiletries:

#### a) Over-the-counter:

Ibuprofen	27
Paracetamol	24
Condoms (unused + used):	15
Voltarol	5
Viagra	4
Rennies	4
Oral contraceptive	3
Co-codamol	3
Vaginal lubricating gel cans	2

#### b) Prescription only:

Diazepam	2
Citalopram	1
Hydrochlorothiazide	1
Venlafaxine	1
Sertraline	1
Amlodopine	1

The most commonly collected cans were; **Red Bull, Stella and Foster's** (the latter two are lagers for those who are tee-total). The most common glass bottles in descending order of frequency were those containing; **vodka (Smirnoff, 35cL); cider; wine (75cL) and lager.**

The most common non-litter items were car parts, the vast majority of which were wing-mirrors. Amazingly, some were intact but most were smashed. Thirty-five (35) were retrieved and usually from the narrow, Ipswich-bound slip-road heading up to the A12. This reflects (pun absolutely intended) the insanely narrow carriageways and the size and volume of HGVs and the few buses that use it. Suffolk Highways have been informed but because there have been no serious injuries or fatalities Highways have said that the road will be not widened and the speed limit will not be reduced from 60 to 40 mph ... and certainly not 30mph.

The most disgusting items were two, partly decomposed bodies of cats in a black bag and also what seemed to be a colonic irrigation pump...(not in the same bag).

The oldest item (with a best-before-date of 11.09.2008) was a packet of Midget Gems; the packet was empty so no food-poisoning risk. A prize was awarded to the collector of this item...

In 2024, we intend only to audit the number of glass bottles as these are potentially dangerous to all road-users and wildlife. It seems that drivers ... and cyclists ... adopt the policy of, 'If in doubt, chuck it out'

**Richard Appleton, on behalf of the litter-picking team**



## BERGHOLT BRIDGE CLUB

We are a friendly relaxed club and are looking for new members.

No need to bring a playing partner we can provide you with one!

We meet at  
THE LAMBE SCHOOL  
Gaston Street  
EAST BERGHOLT.

Monday evening at 7pm.

Want to know more?  
Call Jayne : 07887767478.

Saturday 10 February 2024, 6pm  
Boxted Village Hall, Cage Lane CO4 5RE



## Boxted Methodist Silver Band



### Family-friendly Valentine's Concert

Banish your winter blues with an evening of heart-warming music in the company of your local brass band

Now defrosted from another busy carolling season, BMSB is ready to entertain you and your loved ones in the cosy atmosphere of the Boxted Village Hall

#### Toe-tapping tunes

Songs from the shows

Favourite film and TV themes

Chart hits ... and more!



... a relaxed set-up with tables and chairs so you can bring and enjoy your own refreshments throughout

... a retiring collection so you can 'pay what you can' for the concert – no need to buy tickets in advance, just bring your family, friends and neighbours on the night

... a raffle to help cover expenses ... tea/coffee available

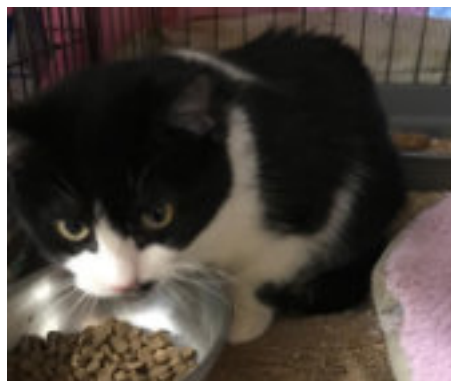


We look forward to seeing you there!

## SESAW NEWS

What will that Chihuahua say next? Kenneth believes he, and all the contributors to this excellent magazine, are time travellers because their articles are read by you in the future. His beguiling manner actually threw me for a moment until I snapped out of it! He's obviously been watching too much television. Mind you, visitors have compared us to Dr. Who's Tardis, surprised by the size of SESAW. There are many animals awaiting rehoming including a five month old black and white cat named Paddington.

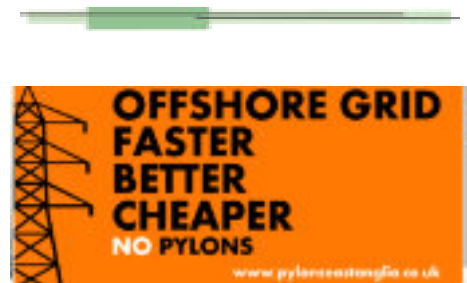
We believe she was callously thrown over a garden wall and left to die when seriously ill with flu. Fortunately she was made of sterner stuff than expected. The householder found her and brought her to SESAW where she spent two weeks beside a radiator, being nursed, medicated and fed (my) best food. I didn't really mind sharing my rations and glad to see her now fit and ready for a new, loving home.



Please come and meet Paddington if you are the human she needs, or you are looking for a pet to share your life. There are also dogs, rabbits and guinea pigs at SESAW which is open to visitors again, 10am to 1pm Thursday to Sunday. It may not be bigger on the inside but whether you are a sci-fi fan or not, there is plenty to read on our bookcase at the gate, from Mary Shelley to Mary Berry! You may even

pick up something interesting from our bric-a-brac table or be greeted by one of the resident animals. Yes, that's me, Ollie (the Black) Cat.

Suffolk & Essex Small Animal Welfare, Registered Charity  
No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787  
210888, email: [info@sesaw.co.uk](mailto:info@sesaw.co.uk) website: [www.sesaw.co.uk](http://www.sesaw.co.uk)



## ESSEX SUFFOLK NORFOLK PYLONS UPDATE

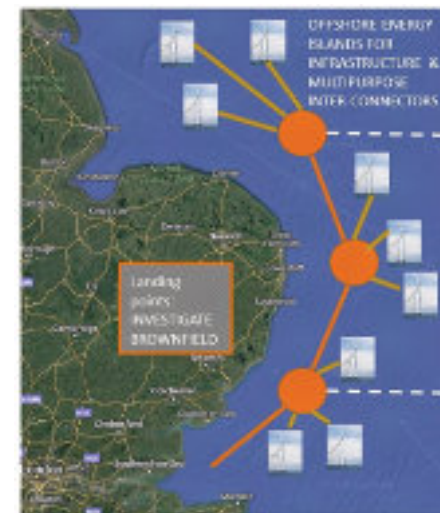
**New year, new phase in the offshore grid campaign.**

Our campaign petition call is: 'say no to pylons and say yes to an offshore grid'. And you may have seen or heard us say that an offshore grid is better, faster and cheaper. Why is that?

Put very simply, by integrating the grid infrastructure offshore and pooling the electricity, you reduce the overall infrastructure required by 50%. That makes far more sense than the dreadful 'piecemeal' approach employed by National Grid, in which each wind farm and interconnector is offered a separate onshore connection (miles inland).

An offshore grid would be faster to implement because there would be fewer planning applications and fewer angry locals to contend with.

This is what we are arguing for - **keep the power offshore for as long as possible, pool it and bring it onshore at fewer, consolidated brownfield sites:**



**At long last, the ESO review!**

National Grid Electricity Systems Operator (ESO) is at long last carrying out its review. Several of us from the Essex Suffolk Norfolk Pylons campaign group have attended their round tables. ESO is fully independent from NG Electricity Transmission (the one wanting to build pylons).

The formal remit of ESO's review is much too narrow. It is only looking at scenarios involving Norwich to Tilbury Pylons, Sea Link, North Falls and Five Estuaries.

The reason for this is that Government's Offshore Coordination Support announcement only included the latter three.

It is far from ideal because the offshore benefits we cite above come from maximum integration, not from cherry picking. Yes, we want Five Estuaries and

North Falls connecting offshore but as part of the big picture.

One key omission in the very limited OCSS area is Tarchon, an interconnector offered a connection at Arleigh. For as long as Tarchon connects there, the pylons project remains alive and kicking. Our argument for some time has been that Tarchon should connect further south at a brownfield landing point and that Five Estuaries and North Falls should connect into Tarchon.

Aside from Tarchon, the OCSS and ESO review ignore the other twelve or so wind farms and interconnectors in planning in the North Sea. These need to be integrated.

Informally, we have been told by ESO that they are in fact also analysing our offshore grid proposal. That sounds like great news and we are seeking more information.

### Final pylons consultation

In the meantime, we know that NG ET will launch its final pylons consultation as soon as it can after the ESO review. That ends 9 March. So, we are busy getting prepared for that... If you would like to donate, now is a great time to do so, as we're bringing on board landscape, environmental and heritage expertise to supplement our excellent barrister's knowledge. [Fundraising - Pylons East Anglia](#)

Keep an eye on our Facebook page and website (or sign up there for our emails).

Thank you to all those of you who support our campaign.

## Already have hearing aids from another supplier? Find out how we can help!

Step into a world of enhanced hearing with Karen and Steve, your friendly specialists leading our dedicated team at the NEW Langham clinic. With over two decades of service in Colchester, we are excited to extend our family-run audiology into Langham, embracing the chance to meet new faces and contribute to this vibrant community.

At our core, we understand the challenges of hearing health and the importance of personalised care. Whether you're contending with hearing challenges or are keen to take proactive measures for your auditory well-being, we are ready to assist you on your unique journey. With a wealth of knowledge of the latest technology, coupled with dedication to enhancing your quality of life through better hearing, we look forward to assisting you as you make your hearing a priority this year and beyond.

If you sense that your current hearing aids may need fine-tuning, our Hearing Aid Optimisation package is tailored specifically for you. Our highly trained audiologists possess the expertise to optimise your devices, customised to your individual needs. Taking the time to ensure precision, we make it our mission to enhance your hearing experience. Book a Hearing Aid Optimisation appointment for just £250\*.

For those struggling with hearing challenges, we invite you to explore our comprehensive services in Langham. Whether you're a resident of Langham or its surrounding areas, if you or loved one is navigating the challenges of hearing loss, please contact us today. Please see our contact details in the next column

Phone – 01206 760839

Email - [info@thehearingcarecentre.co.uk](mailto:info@thehearingcarecentre.co.uk)

Address – 1-2 Langham Barns Business Centre, Langham Lane, Langham, Colchester, CO4 5ZS

Website – <https://thehearingcarecentre.co.uk/>

*Please note – Hearing aids must be privately owned, not NHS supplied. Parts and repairs needed at the manufacturer will attract additional cost and will be estimated prior to being carried out. Appointment only applies to hearing aids under 6 years old.*



## Manningtree & District Photographic Society

We started the second half of our season in January with a print competition and a very enjoyable and interesting zoom-based presentation by Ruth Grindrod.

In February we are looking forward to:  
Field trip to Shotley Peninsula  
8<sup>th</sup> February – PDI Competition 'Open Colour'  
22<sup>nd</sup> February – Club Workshop  
29<sup>th</sup> February – Print Competition 'Open Mono' – Judge: Chrissy Hart ARPS DPAGB

Please visit our website for full details of our varied programme together with competition results, photo albums and further club information. Our public Manningtree Photographic Club Facebook page also features various club news and activities.

The club continues to have fun with our monthly themed Facebook Challenge and

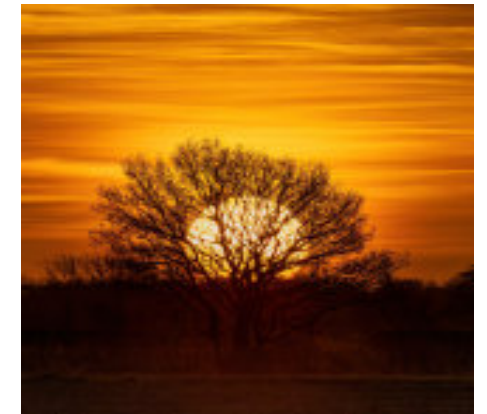
our recent 'trees' challenge, which was won by Pat Ainger, is this month's featured image.

We are a small group of photography enthusiasts with a wide range of photographic experience and knowledge. The club aims to provide a friendly environment for members to enjoy the development of their photographic skills through a variety of activities in the company of like-minded individuals.

If you have an interest in photography, at whatever level, you would be most welcome at M&DPS and we would like to invite you to come along to a free club meeting. We meet at Mistley Village Hall, on the 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Thursdays of the month between September and May at 7.30pm.

For further information please contact our Secretary Pat Ainger on 01206 231242 or email: [madps@post.com](mailto:madps@post.com)

Website: <https://e-voice.org.uk/manningtreeanddistrictphotographicsociety/>



## St. Mark's Roman Catholic Parish

St. Mark's, Hawthorn Drive, Ipswich IP2 0QQ

Holy Family Church, Ipswich Road, Branham CO11 1TB

Parish Priest: Rev Fr Luke Goymour  
The Presbytery, 180 Hawthorn Drive, Ipswich IP2 0QQ

Tel: 01473 684963

revgoymour@googlemail.com

### Reflection

February 14<sup>th</sup> this year is not only St. Valentine's Day but also Ash Wednesday, the first day of Lent and the start of our 6+ week preparation for Easter. The coincidence this year seems appropriate as what greater love could God the Father show than to send His only Son to die for our sins? And we as Christians must show that love to others. For, as Jesus said "A new commandment I give unto you – that you love one another as I have loved you". He also told us to love our enemies. What a challenge that is for us! So let's reflect, as we enter Lent, on new ways in which we can shine the light of God's love on others.

### Weekday and Sunday Masses and devotions

All are very welcome to attend services. Please check the parish website for updates on weekday masses in case of changes: [www.stmarksparish.org.uk](http://www.stmarksparish.org.uk) or the noticeboards outside the churches.

**Saturday** 17.30 St. Mark's vigil mass with confessions from 17.00

**Sunday** 09.00 Holy Family Branham 11.00 St. Mark's

**Tuesday** 10.00 Holy Family mass with Eucharistic Adoration from 09.20

**Wednesday** 09.30 St. Mark's **Friday** 12.15 St. Mark's mass with Eucharistic Adoration from 11.40

**Father Luke's Sunday sermons are available at [anchor.fm/fr-luke-goymour](http://anchor.fm/fr-luke-goymour)**

**Bring & Buy Coffee Morning** at Viv Sztasi's home, Paddock Gate, Whitehorse Road, East Bergholt CO7 6TR will take place on **Thursday February 29th and March 28th** 10.30 to 12. All welcome.

### The Sick & Housebound

Please let Fr Luke know of anyone who is ill at home, housebound or in hospital, so that they may receive appropriate pastoral care, he can be contacted on 01473 684963.

**stour valley U3A**  
learn, laugh, live

Make the most of life once you're no longer in full time work and come and explore new ideas, interests and skills with University of the Third Age. Across the country U3A members are meeting new people, learning, staying active, and having fun later in life. It's local, social, friendly, low cost and open to all.

We have over 40 interest groups including walking – from strollers to 5+ milers – theatre trips, garden visits, art appreciation, curry club, science group, languages, keep fit, pickleball, overseas travel ..... there's something for everyone.

Monthly coffee mornings are held on the first Friday of the month 10am – 12pm at the Lambe School, East Bergholt. Come along, meet some members, hear more about us and decide whether you'd like to join. Monthly lectures are held on the second Wednesday at 2pm in the Constable Hall, East Bergholt. Guests are welcome for a charge of £4. Our speaker on 14<sup>th</sup> February is Dr Tobias Capwell, curator of arms and armour at The Wallace

Collection ( hopefully modelling some armour ) and on 13<sup>th</sup> March we have Bonny Williams " Your individual carbon footprint and why it matters ".

Please take a look at our website [www.u3asites.org.uk/stourvalley](http://www.u3asites.org.uk/stourvalley) for more information and contact details.

## Keeping mentally and physically well during the cold winter weather

With a Met Office yellow cold weather alert in operation in January, the medical director for the NHS in Suffolk and north east Essex is urging people to check in with elderly and vulnerable relatives, friends and neighbours to make sure their heating is working and turned on, and they are aware of the dangers of the cold.

A yellow alert indicates that there is potential for an adverse effect on people's health due to the weather conditions.

Dr Andrew Kelso, said: "Although it's no surprise for there to be cold weather at this time of year, we need to remember that cold weather can cause serious illness such as strokes, heart attacks and pneumonia, and can even kill, especially for those who have a long-term health condition or are aged over 65.

"Please take a few minutes to call round or make a 'phone call to those you know are vulnerable, just to check they are doing OK. I would encourage everyone to do their bit this winter in looking out for others in the community.

"My advice is that when indoors, have plenty of warm food and drinks to stay warm and try to maintain indoor temperatures to at least 18°C, particularly for those who have to sit still for long periods, have long term illness or are 65 or over.

"It is also a good idea to have a few days' supply of food and to keep a supply of the medicine cabinet essentials to best deal with minor illness and injury.

"I would urge too, for everyone eligible to get their flu and COVID vaccinations. Ask those older and vulnerable relatives and neighbours if they have had theirs, and if not, encourage them to take up the offer to best protect their health. It's certainly not too late.

"Finally, but equally important, making contact with someone who is vulnerable needn't be just about checking they are warm and safe. Having a chat is so important for boosting a person's mental wellbeing. The winter months can increase people's sense of loneliness and isolation, and a chat could be just the boost they need."



**Power Cut? Call 105 | The New Free Way to Report Issues**

**[www.powercut105.com](http://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.

# Bin collections

Week Commencing		
	29 <sup>th</sup> January	Refuse Week
	5 <sup>th</sup> February	Recycling Week
	12 <sup>th</sup> February	Refuse week
	19 <sup>th</sup> February	Recycling week
	26 <sup>th</sup> February	Refuse week
Waste Services 0300 1234 000 (option 4) Email: <a href="mailto:recycling@baberghmidsuffolk.gov.uk">recycling@baberghmidsuffolk.gov.uk</a> Visit <a href="http://www.recyclenow.com">www.recyclenow.com</a> to find your nearest recycling banks		



Do you want a recommendation?

Tell us your favourite local service - could be a pub or restaurant or takeaway, or other service you think would benefit getting a recommendation...If we agree, we'll print it here

**The Layham Queen** take out service on Fridays & Sunday Roasts - Steve and Tannith are very community minded and give a very good service

**Simply Thai** Manningtree - It was simply delicious! Freshly cooked, and arrived within the quoted time frame. 01206 396060. Delivers to Holton St Mary

**Zaynab** and **Mother Indian** at Capel. Really good and highly recommend. They don't deliver, but it's made quickly for pick-up.

**Brantham Bull** 01473 328248

**Lucca Enoteca** Manningtree 01206 390044

**Oranges & Lemons** East Bergholt 01206 299000

**the florist in East Bergholt** does lovely flowers:- [www.gayedrummond.com](http://www.gayedrummond.com)

**Sam Pritchard** [sam@samselectrics.co.uk](mailto:sam@samselectrics.co.uk) 07940031776 - Sam can certify safety for insurance and landlord work too. Anyway, he's great.

**The Runway Cafe** situated Acacia Road, Notley Enterprise Park, Raydon CO7 6QD on the old airfield! Also do lunches and teas.

**Chef Neil** is back! Does the best takeaways ever. Changing menu Thursday Friday and Sunday 07584 573474

There's room for more - and don't forget to keep us updated...let us know...!

# Local Services

## The Constable Country Medical Practice

Heath Road, East Bergholt, Colchester CO7 6RT

### Surgery opening hours

8.00am – 6.30pm Monday to Friday  
Telephone 01206 298272

**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

## Crime prevention

<http://www.suffolk.police.uk/safetyadvice/reportacrime/tellthepolice.aspx>

PC 1347 Gilkes Pcco 3041 Cooper  
[babergheast@suffolk.pnn.police.uk](mailto:babergheast@suffolk.pnn.police.uk)  
Telephone...101

## Your District and County Councillors

### District Councillor: John Ward

Leader, Babergh District Council  
Phone: 07802 414981  
Email: [john.ward@babergh.gov.uk](mailto:john.ward@babergh.gov.uk)

### County Councillor: Georgia Hall

Email: [georgia.hall@suffolk.gov.uk](mailto:georgia.hall@suffolk.gov.uk)  
Phone: 07955 434445  
Both have correspondence addresses at Endeavour House, 8 Russell Road Ipswich IP1 2BX.

## MOBILE LIBRARY

### Stratford St Mary - Route 11

The bus stops every 4 weeks on Wednesdays, subject to current restrictions

14 February, 13 March, 10 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

20 February, 19 March, 16 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**

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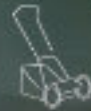
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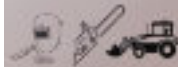


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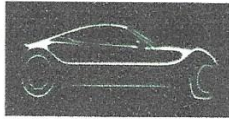
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## **BENEFICE CONTACTS, SERVICES AND EVENTS**

**Rector:** Rev'd Manette Crossman: Tel. 07947 737789

Email: [revmcrossman@gmail.com](mailto:revmcrossman@gmail.com)

**Associate Priest:** Rev'd Nicola Tindall: Tel 01787 212340

Email: [revnictv@outlook.com](mailto:revnictv@outlook.com)

**Lay Elder:** Sandy Ranson 01206 322156

Email: [sandyranson29@gmail.com](mailto:sandyranson29@gmail.com)

**Please contact Rev'd Manette if you or your children would like to be baptized, if you would like to get married in one of our churches, or if you need to arrange a loved one's funeral.**

**Home Communion for the housebound can also be arranged.**

**If anyone would be interested in Confirmation in 2024, Rev'd Manette would be happy to hear from you and we can have an informal conversation about what is involved.**



Regular updates about our parishes can be found on Facebook

<https://www.facebook.com/4-Marys-Benefice-111433503828636>

or on our

**Benefice website: [www.4marys.org.uk](http://www.4marys.org.uk)**

### **Churchwardens:**

**Higham** Churchwarden Hugo Parker 01206 337234  
Assistant warden Martyn Carr

**Holton** Churchwarden Richard Noel 01206 298276  
Churchwarden Paul Torrington 01473 312046

**Raydon** Churchwarden Geoff Horrex 01473 310422  
Assistant warden Simon Tennent

**Stratford** Churchwarden Sandy Ranson 01206 322156  
Assistant warden Christine Cousins

### **Benefice Safeguarding Officer:**

Martin O'Brien

Contact details: Tel. 07964 543718

Email: [martinobrien@orwellpark.org](mailto:martinobrien@orwellpark.org)

## Church Services for February 2024

**Sunday 4<sup>th</sup> February:** 10am Stratford SM Family Communion  
*2<sup>nd</sup> Sunday before Lent*

**Sunday, 11<sup>th</sup> February:** 10am Higham Holy Communion  
*Sunday next before Lent*

**Wednesday, 14<sup>th</sup> February:** 10am Higham  
*Ash Wednesday* **Ash Wednesday service**  
A service with Communion and imposition of ashes for the beginning of Lent

**Sunday, 18<sup>th</sup> February:** 10am Raydon Holy Communion  
*1<sup>st</sup> Sunday of Lent*  
Our Mission partners from Guatemala, Julian and Kristen Crisp will be visiting and telling us about their charity Feeding Faith.

**Sunday 25<sup>th</sup> February:** 10am Holton Holy Communion  
*2<sup>nd</sup> Sunday of Lent*  
**9.30 for 10am: Stratford St Mary Family Hour**  
(Parish Room)

**PLEASE NOTE:** This month the service on 18<sup>th</sup> February will be in Raydon, 25<sup>th</sup> February in Holton.

### Looking ahead to March:

- 3<sup>rd</sup> March: 10am in Stratford St Mary
- 10<sup>th</sup> March: 10am in Higham (Mothering Sunday)
- 17<sup>th</sup> March: 10am in Holton St Mary
- 24<sup>th</sup> March: 10am in Raydon – 9.30am Family Hour

*Details for services during Holy Week and Easter in the next edition of the Quartet.*

### ***It's the season of colds and coughs ....***

*If you have a cold, a cough, a sore throat or you feel in any way unwell, please be sensible and stay in the warm until you are fully recovered. Some people are vulnerable because of underlying health conditions and they may be at risk if they catch any of the seasonal viruses which are doing the rounds. Thank you.*

## Family Hour in Stratford St Mary at 10am

This month we will be meeting on **February 25<sup>th</sup>**. Do come and join in the fun. Our usual breakfast of bacon rolls etc. will be served **from 9.30am**. Do join us for our informal half-hour service, bible story and kids craft activity.  
We very much look forward to seeing you.  
The Family Hour Team.



## Lent Lunch on Saturday, 17<sup>th</sup> February 12-2pm Stratford St Mary Parish Room



Come and join us to mark the start of Lent with lovely home-made soups, roll & cheese. Coffee & tea will be available.  
Any donations received will be donated to the Kagera Lent Appeal.  
**Everyone is warmly invited!**

## Benefice Bible Study / House Group

The next meeting of the Bible Study Group will on **23<sup>rd</sup> February at 2.30pm** at the home of Mrs Judith Shanks, 34 Strickmere, Stratford St Mary. Everyone welcome!

## 5th Sundays in the Benefice

In 2024 the 5<sup>th</sup> Sundays fall on 31<sup>st</sup> March (Easter Day), 30<sup>th</sup> June, 29<sup>th</sup> September & 29<sup>th</sup> December and we will be meeting in our churches around the benefice. Details to follow!

## **Prayer pointers for the Benefice**

We pray for all those who are ill, in pain or in any way unwell, for those personally known to us and also for: Nicky Bull, Steve Meech, Amanda Berry, Penny Watkins and Annie Marshall.

We pray for those whose needs we know and for those whose needs are known to God alone.

We remember all those who have died, either recently or longer ago but still sorely missed. May they rest in peace and rise in glory. And we pray for all who are nearing the end of the earthly journey and those who watch and wait with them. We hold those who mourn in our prayers. May they be held in God's love and comforted in their grief.

### **Prayers for Lent**

God, we weep for the lives lost in conflicts around the world.

We pray for all those who mourn their loved ones.

We bring to you our deep sorrows and our fears for the future.

God, we cry out for peace and for justice.

We pray for an end to all wars, for an immediate ceasefire.

We pray that those in power would act to stop this violence now.

We ask this in the name of the Prince of Peace, Jesus Christ.

Amen.

*Adapted from a Christian Aid Prayer*

The grace of forty days

Time to make the desert journey and renew our way to life.

Time for testing and for changing. Time to trust the word of God.

Time to recognise holy presence and share Cyrene's work.

Time for forgiveness and for healing and to repent our broken lives.

Time to build God's dwelling with us and proclaim full life for all.

Time to watch and wait with Jesus and to prepare the upper room.

Time to turn our lives again to God and to transform the world with love.

Amen.

*By Pat Pierce / CAFOD*

### **Benefice Churches Open**

All the beautiful churches in our benefice are open for visiting every day during daylight hours.