

**Stratford  
St Mary**

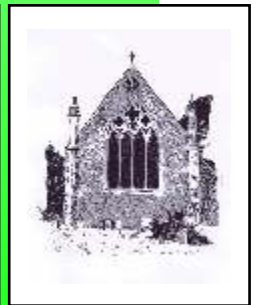
**Higham**

**Holton  
St Mary**

**Raydon**

# Quartet

The Parish Magazine



**January 2017**

Issue 341

Do you need a helping hand with your house keeping duties. Don't hesitate to call for a honest, friendly and reliable help.

Call Jane 01473 313053  
07706985727.



**Local Textile Bag Stockists: Textile recycling bags are available free of charge**

**Capel St Mary** Village Hall (Library),  
The Street IP9 2EP

**Hadleigh** Library 29 High Street IP7  
5AG

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

# Small Ads pin board

---

# Welcome



Dear friends,

I hope that you had a very blessed Christmas. January

sees the season of the Church's year called 'Epiphany'. The word means a sudden revelation or insight into something previously not understood. In the Church we relate it to how Jesus was suddenly revealed to be the Messiah, long expected by the Jews, but first revealed to the Wise Men (or Kings), who represent non-believers. We celebrate that revelation on 6 January in particular, but continue throughout the month to celebrate how God works through us all, whether at first we believe or not.

There are several things I would like to draw to your attention this month. Firstly, if you haven't been to see it yet, please do go and have a look at Higham church, as not only have the new loo and kitchen been installed, but there is a fantastic new south door which at long last gives the church back its view of the water meadows of the Brett and the Stour that Constable knew and drew. Thank you to our architect, David Whymark, for the designs for this project. And we owe a massive debt of gratitude to John Partridge and his team for carrying out the work to such a high standard - we are very fortunate to have such skilled craftsmen in our Benefice. If you can,

come and help us celebrate the re-awakening of this beautiful church by joining us at a service on 15 January at 5 p.m. when our Bishop will come to bless the new installations.

I promised some time ago that we were going to open up the church in SSM to doing more for local children, and on the first Sunday in February we shall do just that by having our first 'Sunday School' (we might think of a better name in due course) during the morning service. I am most grateful to Zarina Noel for starting this up; we hope that others will offer to help out, and that children will come and enjoy the fun!

Finally, some of us single people who don't get to have lunch with families on Sundays have decided to have a 'People wot lunch' club, and go out to a local pub for lunch after church on Sundays whenever we have time to do so. Probably 1 January is not the date to start, but if anyone would like to join me after the service at Higham on 8th, that would be great. There is no need to tell me in advance - just show up on the day and we'll decide where to go.

Happy New Year!

Rosalind Paul  
Rector

# The Quartet Diary



## January 2017

- 3 Raydon Fair Trade Coffee Morning
- 9 SSM Parish Council Meeting
- 11 Stour Valley U3A Meeting
- 18 Stour Valley Men's Probus Club
- 19 Raydon Parish Council Meeting
- 21 Brass for Africa, HSM
- 31 Raydon Fair Trade Coffee Morning

## February

- 1 Stour Valley Men's Probus Club
- 8 Stour Valley U3A Meeting
- 15 Stour Valley Men's Probus Club
- 23 R & DGC Meeting
- 28 Raydon Fair Trade Coffee Morning

## March

- 13 SSM Parish Council Meeting
- 23 R & DGC Meeting
- 28 Raydon Fair Trade Coffee Morning

## April

- 8 R & DGC Members Spring Show
- 21 Good Friday Walk
- 24 SSM Annual Parish Meeting
- 25 Raydon Fair Trade Coffee Morning
- 27 R & DGC Meeting

## May

- 8 SSM Parish Council Meeting
- 25 R & DGC Meeting

## June

- 25 R & DGC Annual Coach Outing

## July

- 10 SSM Parish Council Meeting

## August

- 19 R & DGC Summer Show

## September

- 9 Suffolk Churches Bike Ride
- 11 SSM Parish Council Meeting

# Editors Corner

## A Happy New Year to you all!

Welcome to 2017, and the first edition of the Quartet for the new year. The January edition is always a bit thin - with a deadline for articles on the 19<sup>th</sup> December, many of our regular contributors are busy thinking about more important things than the January Quartet! Added to that, not many events are scheduled for January anyway.

However, we've managed to find one or two things to bring to you, not the least being a concert by the Marenzio Singers on 21<sup>st</sup> January. It is in aid of Brass for Africa and more details can be found on page 11, so January is not all dull!

Don't forget you can recycle your natural Christmas trees in Stratford St Mary, in the Village Institute car park from 7<sup>th</sup> January find more information on page 6

Beware of a scheduled road closure in Sandpits Lane (between Holton and Higham) next week - details of that are again on page 11.

I expect we will be back to normal again next month, with more articles and events coming up in the spring, and don't forget, if you need to make space in the house after all those Christmas presents - the small ads page is free! Just email us at the regular address.

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> January 2017**

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

**Editors:**  
Anne Wicks; 1 Corpus Christi  
Cottages, Holton St Mary. CO7 6NN

Jane Lelliott; 5 Swan Meadow,  
Stratford St Mary. CO7 6JQ

**Distribution:** Dave Leach  
07930390517

**Invoicing:** Jenny Leach  
quartet.advertising@gmail.com

# Stratford St Mary

---

## Are you interested in local History?

Stratford St Mary is looking for a new Archivist. This will be someone who is responsible for collecting and ensuring the care of historic journals, letters, photographs and other works relating to Stratford St Mary. The Parish Council currently have the present information stored, but if the right person is able to keep to documents safely and securely at home this would be an advantage but not absolutely necessary. Also if anyone is interested or has experience in converting documents to electronic format this would also be a bonus. Please contact a member of the Parish Council or the Clerk on [parishcouncil@stratfordstmary.org.uk](mailto:parishcouncil@stratfordstmary.org.uk).

---

## STRATFORD St. MARY PARISH ROOM

letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.

all day - £38.00.

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

Special rates for regular bookings.

Heating and lighting are included

For booking please see or ring  
Don Umfreville at Christmas Cottage,  
Upper Street.  
Tel : 322 626.

## SSM Christmas Fayre

### Big Thanks!!

Many thanks to everyone who helped with this year's SSM Church Christmas Fayre. What a wonderful day we had, the most creative crafts, really interesting bric a brac, flower arrangements to die for and wait for it owls.... Yes OWLS, beautiful beautiful birds! All this and the best catering you could wish for as well as health education from Sue and her team, I'm pleased to say that I now know how to use a defibrillator. So so..... lucky to have so much effort from everyone in our wonderful village..... and we made over £1,100.00 for the church roof – hurrah!!”

---

## SSM Rambling Club

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

Dave George 01206 322297

---

## Stratford 100 Club Winners December

51	E.J.Woodard	£40.00
76	S. Ablitt	£10.00
36	J. Barrie	£5.00

## Stratford St Mary Parish Council Emergency Team

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

### **Hilary Cairns – Emergency Team Leader**

6 Mors End 01206 323417  
07712 591379

hilcairns@tiscali.co.uk

### **Norman Woodard**

12 Swaynes 01206 323015  
Norman.woodard@fatbloaters.com

### **Chris Griffin**

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

### **Steve Kite**

42 Strickmere 01206 322482  
07958 515573

### **Bill Davies**

3 Spanbies 01206 322990  
billdav@hotmail.com

## Transport to medical appointments.

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

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

Please give us as much notice as you can.

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

## PARISH COUNCIL MEETINGS

### AT THE INSTITUTE

9th January  
13th March  
24th April Annual Parish Meeting  
8th May  
10th July  
11th September  
13th November

7.30pm till 10.30pm

## SSM

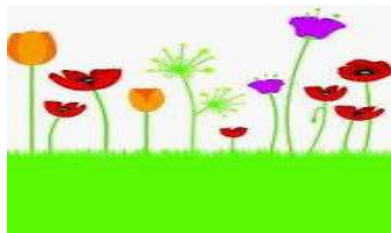
### Open Gardens 2017

#### *Be Prepared*

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

***More the merrier so drop a line to Julie on:***

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





**Trees can be left between Saturday 7<sup>th</sup> Jan and Tuesday 10<sup>th</sup> Jan.  
Collection will be made from 6.30am on Wednesday 11<sup>th</sup> January.**

**Trees must be less than 7' tall & must have all decorations,  
stands & pots removed. Please call 01449 778678 for further details**



**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.



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

**Age 11 - 16**

**contact Beckie.w@live.com**



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



## STRATFORD ST MARY PARISH COUNCIL

### Notice of Vacancy

Notice is hereby given that there is a vacancy on Stratford St Mary Parish Council. The vacancy has previously been advertised, and no election has been requested. The Council is now able to fill the vacancy by co-option.

Application should be made in writing to the Chairman to the Council and delivered or posted to **3 Spanbies Road, Stratford St Mary, Suffolk CO7 6YH**  
**EMAIL [billdav@hotmail.com](mailto:billdav@hotmail.com)**

Applicants are asked to give brief reasons for offering their services to the Council. Any elector interested in applying is welcome to contact the Chairman for further details. The successful applicant will be chosen following consideration by the Parish Council.

### The Institute hall

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

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

## COMMUNITY SPEEDWATCH SCHEME

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

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

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

### STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

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

#### Sunday Services:

10 a.m. Morning Praise & Worship  
followed by refreshments  
10.15 a.m. - 11.15 a.m. "Sparks on  
Sunday" for children aged 5 – 11 years  
and Youth Group for ages 12-16 years.  
6.30 p.m. Prayer and Praise

#### Mid-Week Groups:

Tuesday 7.30 am - 9.30 am - Men's  
Recreational Evening (2<sup>nd</sup> Tues every  
month)  
Wednesday 7.30 pm – 9.30 pm - Bible  
Discussion and Fellowship Evening  
Friday 5 pm – 6.30pm – "Sparks on  
Friday" for Children ages 7 – 11 years  
Friday 7.30pm – 9.30pm - "Ignition"  
Youth Club for teens ages 11 – 16 yrs

#### For further information:

Telephone: Phil (01473) 310728  
Email : [philipwyncoll@btinternet.com](mailto:philipwyncoll@btinternet.com)  
<http://www.stratfordstmarychapel.com>

# Raydon

## Raydon Century Club Draws:

### DECEMBER

£25	103	Mr S Tennent
£15	132	Mr A King
£10	23	Dr M Bush
£5	81	Mr D Lerner
£5	24	Mr Y Hajaig
£5	21	Mrs J Hyland
£5	116	Mrs P Simonet

## For all the knitters and donors of wool.



At the beginning of December more than 130 knitted hats were delivered to Felixstowe Seafarers Centre, to be given to the seafarers who come into port, not only in the Christmas season but all year round. The conditions at sea are not always comfortable and many of the seafarers are grateful for the gift of a hat from someone unknown to them.

The chaplaincy team supports the spiritual needs of those far from home & are grateful for the support of this wide spread group of knitters, it just shows what a small group of dedicated people can achieve.

With grateful thanks

Margaret Snelling

## Raydon Village Hall

The Raydon Village Hall Christmas Fair was held slightly earlier than normal this year on 26th November. This did not, however, dampen the Christmas spirit with many people enjoying teas, coffees, mince pies and lots of accompanying laughter.

In addition to the tombola and raffle, there were a number of stalls selling a variety of items ranging from Christmas cards and decorations through to chutneys, jams and trinket boxes, ideal for those special Christmas gifts.

If you were unable to make it this year please try to come along next year even if for only as short while. I am sure you will find something of interest.

David King, Chairman

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

Thursday 19 January 2017

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

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

**07920 713940 / [raydonpc@gmail.com](mailto:raydonpc@gmail.com)**

## RAYDON & DISTRICT GARDENING CLUB

A Happy New year to all club members. As 2017 starts like any New Year it's always full of optimism as we gardeners start looking forward to the coming Springtime. Now it's time to keep a sharp lookout for the first snowdrops & aconites which all look so wonderful in the winter sunshine as they brighten up the winter gloomy days. January and February of course can give us harsh weather but it's the thought of Spring on the horizon (only a few weeks) that cheers you up, and if like me you are just itching to get out in the garden and start again, now is the time to purchase seeds, potatoes etc, also start off sweetpeas and much more , if not already done so. If you grow rhubarb, give it a good feed with FYM but not on or too close to the crowns. These can be protected by a thick layer of straw and they will gradually grow through unless you wish to force it, in which case a large pot over the top will help "bring it on". If you are unable to do the garden for whatever reason how about getting out to either enjoy a country walk or even go to some of the winter gardens that are open to the public, there is always so much to see (without the hard work) and that's what helps the winter pass.

R&DGC is now in its 37th year and pleased to report just in a healthy financial position to continue, however we have had to increase the membership fee for 2017 to £12.00 pp to cover the increased "speakers costs" that we face each year plus cost of engraving the show cups to ensure we keep our history, and the books on an even keel. When you divide £12.00 by 7 monthly meetings that's only 1.72 per evening meeting so not excessive!!! On top of that you have 2 x shows, and a social evening with food at no extra cost. We run a coach outing

in June but that is charged extra as you do not have to be a member for this.

So we come to our first meeting of 2017 on Thursday February 23rd in the village hall starting at 7.30pm as usual. Just think the nights will be pulling out nicely by then if but a little cold. Subject to be advised in February Quartet as not quite confirmed at time of writing these notes before Christmas. Please remember to pay your subs on the night if not already done so, (Thanks to all who have already paid) and to assist Rachel please fill out membership renewal form to hand in with monies. Your committee looks forward to meeting you all again in February 2017 which we hope will be another successful gardening year.

Geoff Horrex (310422).



[www.raydon-gc.org.uk](http://www.raydon-gc.org.uk)



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

# Holton St Mary

---

## Holton St Mary Millennium Green Trust Century Club.

We will be collecting your subscriptions in the new year. Now that Ernest Eagle has resigned from the Trustees you may find that you have a new collector as I have re-arranged the list. You will still retain your usual number. Keith Jeffreys has taken over as a Trustee and will be collecting from Church Square to the black barn. If you are new to the village and would like to take part please contact me on 01473 311615. The subscription is £12 for the year and the monthly prizes are £25, £15, £10 and 2 x £5. These prizes are subject to change if there is a change in the number of participants as we are required to pay out 50% of the takings. Profits from the draw are used to upkeep the Millennium Green and so far we have not needed to hold any other fundraising events. Your support is much appreciated.

Marjorie Haste, Secretary

## First Friday of the Month Lunch Club



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

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

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

Any surplus funds will be reinvested.

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

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

---

## Holton St Mary Social Club

### Happy New Year to All

Whist – Last Friday of the month  
Membership Sub's Due  
Quiz Night – February – Date TBC

## Road closure



**C474 Sandpits Lane, Holton St Mary  
C474 Road from B1068 to B1070,  
from Sandpits Lane to Holly Bush  
Corner, Holton St Mary**

Reason for closure  
Carriageway patching, with a return to  
site for associated works in  
May/June/July 2017

Date of closure  
03/01/2017 to 05/01/2017

Alternative route  
Holly Bush Corner, Upper Street,  
Hadleigh Road, Higham Hill, Lower  
Raydon, Higham Road, B1070,  
Hadleigh Road, The Street, Noaks  
Road, Bacons Green & vice versa

---

**Holton St Mary Village Hall**  
can be hired at very reasonable  
rates!

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

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

Saturday 21st January 2017  
at 7.15pm

**Concert by The  
Marenzio Singers**  
at  
St Mary's Church, Holton St Mary  
in aid of



with a guest appearance by  
Franke Kalema, Euphonium  
player,  
from Brass For Africa in Kampala  
and  
Jim Trott, founder of Brass for  
Africa,  
who will talk about the charity  
and its work

Tickets £15.00 each to include  
interval refreshments

For tickets please contact  
Frances Torrington at  
familytorrington@btinternet.com  
or 01473 312046

## Healthcare options this festive season

With Christmas fast approaching local people are being reminded of the healthcare options available over the festive season.

Dr Mark Shenton, a GP in Stowmarket and chairman of NHS Ipswich and East Suffolk Clinical Commissioning Group said: "The festive season is always a busy time for NHS services and staff. This is why it is so important for people to make the right choice and choose the most appropriate place to go for treatment should they need it.

"People should remember that their hospital's emergency department (A&E) is the place to go only if you've had a serious accident or have a medical emergency."

Dr Jon Green, chief operating officer at West Suffolk NHS Foundation Trust, said: "Emergency departments come under increasing pressure, particularly over the winter period. It's important that as far as possible we make sure that the people who visit the department really need to be there. There are other services that provide urgent advice and assistance and we are working to encourage local people to use these services when appropriate. Pharmacists, GPs and the 111 telephone service are all geared up to help people who need support, but whose condition is not serious and life-threatening."

Making the right healthcare choice this season:

- **Flu vaccination** – it's not too late to protect yourself. People aged 65 and over, those living with long term health conditions and some young children are entitled to a free flu vaccination. If you have an underlying health condition you are more susceptible to flu and if you catch it you are

more likely to end up in hospital. Contact your GP practice and get protected

- **Be prepared** - having a well-stocked medicine cabinet means you will be able to self care at home and deal with minor injury and illness that you or your family might suffer. Consider having a stock of paracetamol, anti-diarrhoeal medicine, rehydration mixture, indigestion remedy and plasters. Ask your pharmacist for advice

- **NHS 111** - this is a free-to-call service which is open 24 hours a day, seven days a week, every day of the year. Trained advisors can offer urgent help and advice on the health of you and your family

- **Your local pharmacy** - many pharmacies have late night and weekend opening. A pharmacist can offer you a great deal of help and advice on the best over-the-counter medication for your condition. Keep a note of the opening hours of your nearest pharmacy and remember some pharmacies will be open on Christmas Day, Monday 26<sup>th</sup> and Tuesday 27<sup>th</sup> December and Monday 2<sup>nd</sup> January. Usual Sunday opening hours apply on Sunday 1<sup>st</sup> January.

- **Don't wait** -if you've had long term pain e.g. back ache - don't wait until it's late at night or a public holiday until you do something about it. Make an appointment with your local GP practice – GP practices will be open usual hours except Monday 26<sup>th</sup> and Tuesday 27<sup>th</sup> December and Monday 2<sup>nd</sup> January

- **Repeat prescription** - remember to make sure you have enough repeat medication to last over the holidays. It normally takes 48 hours for your GP practice to process a repeat prescription and bear in mind when GP practices are closed.

Find out more about keeping healthy and well over winter at [www.nhs.uk/staywell](http://www.nhs.uk/staywell)

## 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](mailto:j.jeffreys.eb@btinternet.com)

---

## Suffolk Cruse Bereavement Care

We are a charity set up to help bereaved people to understand their grief and cope with their loss. We provide information, one to one support and offer advice, education and training services. We also have a specialist Children & Young People Team.

If you would like to volunteer to support bereaved people, help on our Area Committee or with publicity and fundraising please contact us.

For help or information please telephone your local Branch: Ipswich 01473 230888  
Suffolk Coastal 01394 670770  
West Suffolk 01284 767674  
Further information can be found at  
[www.cruse.org.uk](http://www.cruse.org.uk),  
[www.suffolkruse.co.uk](http://www.suffolkruse.co.uk) or email  
[suffolk@cruse.org.uk](mailto:suffolk@cruse.org.uk)

## 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](mailto:office@stmarksparish.org.uk)

---

## 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.

---

## Dedham Community Farm urgently seeks volunteers

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

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


## Waste & Recycling

### Collection Schedule 2017

January 2017						
Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

 Recycling collected this week

 Rubbish collected this week

 Bank Holiday Week - everyone's collection will be a day later

### 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.

## Stour Valley U3A



On Wednesday 9 November Adrian Wright FRGS talked on "Earth on Fire". Hawaiian larva oozes continuously while Krakatoa & Vesuvius have been ~ dormant for decades - sometimes centuries- between cataclysmic events. This illustrative presentation examined volcanic variety, exploring reasons for such diversity.

Whilst we did not have a speaker meeting in December our popular Christmas Lunch took place on Wednesday 7th December in the Constable Hall and was much enjoyed by Members and their Guests.

On Wednesday 11th January Dr Geoffrey Kay, former lecturer at Norwich School of Art & Anglia Ruskin University, will speak on 'Drugs, Sex & Death' – the Pre-Raphaelite Brotherhood. In mid-19th century a group of young artists began to sign their work with the initials PRB; for a short time gallery visitors baffled. What was it that united these artists and how did they determine the course of British art for the next 50 years?

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

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

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



## Kenny's SESAW News

Here we are, at the start of another year and another diet for some of us. Hope my canine readers had a more satisfactory festive season than an acquaintance of mine. Stollen fruits were not the sweetest when the poor fellow was caught devouring a chunk of the German delicacy under the table. Amateurs! As SESAW's Chief Table Swiper, I advised 'Sugar Face' to find an accomplice quick, he obviously needs help if he wants to have his cake and eat it!

Before all thoughts of Christmas fade away, we would be glad of any unwanted presents for our raffles. We've had some super prizes thanks to the lovely items you donated and would like to keep up the same standard this year. May I also ask you to remember us if you have any spare wool, fabric or craft materials? This is for our talented volunteers who are busy knitting, sewing and creating handmade items for up and coming sales. (See photo of me with an over friendly monkey!) Please call Barbara on 01206 322469 if you have anything that might be of use or pop it in a bag, clearly marked "CRAFT MATERIALS" and leave it at the Sanctuary any morning.

I wrote this early so Anne and Jane could put the magazine to bed and enjoy the festive season too. Consequently, I don't know what animals have come in but you can easily find out. We are open again so if you have resolved to share your home with a new pet, have a look at our website or visit us 10-1pm Thursday-Sunday. Meanwhile, I'm on a mission to retrieve some tasty digestive biscuits someone must have left on the kitchen table for me, Kenny (the Boss) Chihuahua.



01787 210888. [www.sesaw.co.uk](http://www.sesaw.co.uk)



**S t o u r  
V a l l e y  
M e n ' s  
P r o b u s  
C l u b**

Our December meetings started on 7th with a Robin Finch Presentation "Entertains" and this was followed on 21st with Paul Oliver, as Master of Ceremony, overseeing the Annual "Christmas Quiz". Both meetings were much enjoyed by our members.

We also held our popular Christmas Meeting at The Venture Centre, Lawford on Sunday 11 December when Members and their Guests enjoyed a tasty lunch.

Our only January meeting will be on Wednesday 18 January when Tom Tyler will talk about "When Motoring Was Fun". On Wednesday 1 February Peter Gant will talk on "100 years of Postcards" and on 15 February Dudley Chignell will present "The Four Seasons in East Anglia".

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

# Local Services

## The Constable Country Medical Practice

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

### **Surgery opening hours**

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

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

### **Surgery opening hours**

**8.00am – 6.30pm Monday to Friday**

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

## **Stratford Village PO Opening times**

### **SHOP:**

Monday to Friday 8.30am to 1pm and  
2pm to 5pm  
Saturday 8.30am to 1pm

### **POST OFFICE:**

Monday to Saturday (inc) 9.00 am to 1pm  
01206 323152

## **MOBILE LIBRARY**

### **Stratford St Mary - Route 11**

The bus stops every 4 weeks on  
Wednesdays  
28 December, 25 January

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,  
3 January, 31 January

### **Holton St Mary**

Church Square - 10.00 - 10.15am

### **Raydon**

St Mary's Raydon - 10.20am - 11.05am

### **Lower Raydon**

Sulleys Hill - 11.10 - 11.25am

### **Higham**

The Green - 11.35 am to 11.50 am

The **customer service line 01473 283838**  
is staffed 9am to 5pm from Monday to Friday  
and can handle any library customer queries  
renewals and reservations to any general  
library queries. An answer phone is available  
outside of operating hours and people can  
also email [help@suffolklibraries.co.uk](mailto:help@suffolklibraries.co.uk) .

## **Crime prevention**

<http://www.suffolk.police.uk/safetyadvice/reportacrime/tellthepolice.aspx>  
PC 1347 Gilkes Pcs0 3041 Cooper [babergheast@suffolk.pnn.police.uk](mailto:babergheast@suffolk.pnn.police.uk)  
Telephone...101

# Local Directory

THE GATTINETTS

## OFFICE and WORKSHOP

### PREMISES TO RENT

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

**[www.gattinets.co.uk](http://www.gattinets.co.uk)**

Or ring 01206 393089 / 07941 781489



**Conference room available**

Contact Anne on 07941 781489 for more details

**Fix-A-Lock**

Locksmith - available 24/7

- **24 HOUR LOCKSMITH -**  
Wooden and UPVC doors

**Ted Blanchette**

**07836 551032**

## ARTSCENE

**Local Mobile Picture Framing Service**  
**30+ years experience**

*Oil paintings, Photos, Prints, Medals,  
3D/Box frames, X-Stitch, Tapestry,  
Mount Cutting, Stretching*

*Also Frames cut to size for the DIY enthusiast*

**FOR MORE DETAILS TELEPHONE**  
**LESLEY ON 01473 310630 (Bentley)**  
**MOBILE 07500 488667**

## Mark's Travel Service

(Dedham's Private Hire)

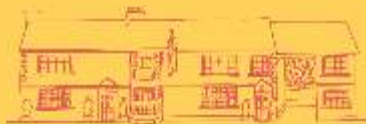


- **Over 20 years experience**
- **Based locally in Dedham**
- **Local or long journeys**
- **Airports | Seaports**
- **Business contracts**
- **School run contracts**
- **Multi Seat Vehicle**

**Dedham | Stratford St Mary | Langham**  
**Higham East Bergholt | Ardleigh**  
**And all surrounding areas**

**Call Mark on 07759 688 813**

## THE SUN INN



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

The Sun Inn, High Street, Dedham, Essex CO7 6DF  
Telephone: 01206 323351  
[www.thesuninndedham.com](http://www.thesuninndedham.com)

    SUNINNDEDHAM



## Souters Holiday Cottage Higham

Ideal for short breaks, longer stays, visiting friends or family overspill.  
All enquiries welcome.

**Phone Nick and Cath Marno (01206) 337316**

email: [nickmarno@tiscali.co.uk](mailto:nickmarno@tiscali.co.uk)

[www.soutersholidaycottage.co.uk](http://www.soutersholidaycottage.co.uk)

## DOLLS HOUSES



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

*Miniature collectables and all those other little bits*

**01473 310 630 or 07500 488 667**

**email [lesley.artscene@gmail.com](mailto:lesley.artscene@gmail.com)**

Find us at Dedham Art and Craft Centre

## Essex & suffolk PEST SOLUTIONS



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

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

**[www.eandspestsolutions.co.uk](http://www.eandspestsolutions.co.uk)**

**Tel: 01473 328092 (Holbrook)**

# It's a blast!

For all children aged 2-4 years at our Ofsted 'Outstanding' rated preschool (July 2015).

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

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

Totally out of this world.



preschool  
Stratford St Mary

01206 322466

[abc.preschool@tesco.net](mailto:abc.preschool@tesco.net)

[www.abcpreschoolstratford.co.uk](http://www.abcpreschoolstratford.co.uk)



Ofsted 'Outstanding' full day and sessional nursery care and education for children aged 2 – 5 years.

This small and welcoming nursery offers:

**Breakfast Club** 8.00am – 9.00am (term time only)

**After School Club** 3.15pm – 6.00pm (term time only)

School escort to and from Stratford St Mary School

**Holiday Clubs.** All school holidays for children aged 3 – 11 years

**French Club.** Every Thursday 4.30pm – 5.30pm (term time only)

For more details about any of the above services please contact Shelley on

01206 323093 or via email [Shelley@orchardbarns.co.uk](mailto:Shelley@orchardbarns.co.uk)

Orchard Barns, 6 Higham Road, Stratford St Mary, CO7 6JU



Speak to us  
**Respite Care**  
3 weeks for the price of 2\*

# Respite

/ˈrɛspɪt,-spɪt/  
noun

1. a short period of rest or relief from something difficult or unpleasant
2. having some time to yourself

Call free on **0808 102 4253** or visit [anchor.org.uk/respite](https://www.anchor.org.uk/respite)

**Blackbrook House care home, Gun Hill, Dedham, CO7 6HP**

**\*\*Offer period 8th January 2017 – 31st January 2017. Based on a minimum of 2 consecutive weeks stay. Terms and conditions apply. Call us or see website for more details.\*\***



## Dine with us on Valentines Evening at Hall Farm



**Tuesday 14th February 6:30pm—11:00pm**

**~ Bookings between 6:30pm—9:00pm**

**£45.00 Per Person**

(Includes Prosecco on arrival and bottle of house wine for two —  
Why not upgrade to a bottle of Prosecco for an extra £5.00 per person)

***Hall Farm Shop/Cafe***  
***Stratford St Mary Colchester Essex CO7 6LS***  
***Telephone: 01206 322572 Shop***  
***01206 323600 Restaurant***

## Home and Garden

*Lillies of Raydon*  
Florists

**Let Us Help You Make Someone's Day**

Visit our website  
[www.Lillies-of-raydon.co.uk](http://www.Lillies-of-raydon.co.uk)

Call Diane today!  
Tel: 01473 823647  
Mobile: 07715 869941

Or email us  
Email: [Lillies.of.raydon@gmail.com](mailto:Lillies.of.raydon@gmail.com)





## Countryside Tree and Garden Services

We are a Higham based, family company carrying out all types of tree and hedge work in your area. We are a fully qualified, trustworthy team who can offer you these services;

Crown reduction & shaping  
Tree felling  
Pollarding & pruning  
Hedge trimming

Crown lifting & thinning  
Sectional dismantle  
Storm damage  
Hedge maintenance

**Call us on 07825 069 048 / 01206 322 935**

[countrysideandgarden@hotmail.co.uk](mailto:countrysideandgarden@hotmail.co.uk)

[www.counsidetreeandgardenservices.co.uk](http://www.counsidetreeandgardenservices.co.uk)



## Bland Landscapes Ltd.

Specialists in Private & Commercial  
Tree Surgery & Landscaping

**All Aspects of Landscaping Including:**

Garden Construction  
Fencing  
Turfing  
Driveways  
Patos  
Contract Grass Cutting  
Commercial Planting

**All Aspects of Tree Surgery Including:**

Felling  
Clearing  
Reducing  
Reshaping  
Fruit Tree Pruning  
Hedge Cutting  
Stump Grinding

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

**Telephone/Fax 01206 230882**

**Mobile 07710 770280**

[www.blandlandscapes.co.uk](http://www.blandlandscapes.co.uk)

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




# Hicks TV & Audio Solutions

(Formerly BV Hicks Ltd)

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

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




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

Trained Power Sweep • Fully Insured • Certificates Issued  
Institute of Chimney Sweeps Member **ICS**  
4 Parsons Field, Dedham, Essex CO7 6BZ

**Good quality seasoned  
logs for sale.**  
Collected or delivered.

Call Rob at  
Stratford Hills Farm on  
**07979 237868**



**Hillside Garden Design**  
Est. 1990

- Planting, design & small landscaping projects
- Regular garden maintenance
- Free estimates & advice from a qualified Horticulturalist

Call Anna Davey  
**01473 280071 • 07980 820103**

# DEDHAM VALE TREE SURGERY

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

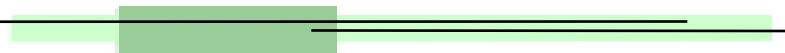


All tree work  
undertaken  
Crown reduction and  
shaping  
Crown lifting and  
thinning  
Pruning and pollarding  
Felling, sectional  
dismantling

Specialising in big trees in delicate situations

Info@dedhamvaltetreesurgery.co.uk  
www.dedhamvaltetreesurgery.co.uk

mobile 07756 811098  
phone 01206 323056



**PLANT CENTRE, GARDEN & CAFE**

*For Specialist and Popular Plants*  
An extensive range of plants from  
trees and shrubs to alpines,  
herbaceous, climbers, roses and  
grasses. Gardening sundries, gifts,  
seeds, compost and pots.

**OPEN DAILY 10am-5pm**  
East Bergholt Place, CO7 6UP  
**Tel: (01206) 299 224**  
[sales@placeforplants.co.uk](mailto:sales@placeforplants.co.uk)  
[www.placeforplant.co.uk](http://www.placeforplant.co.uk)

## **ARDLEIGH CHIMNEY SWEEP SERVICES**



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

**ANDREW SMITH**

**01206 231718 • 07845 249820**

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

**Swift Garden Services** 

DESIGN  
PLANTING  
CLEARANCE  
MAINTENANCE

HEDGE CUTTING AND LAWN MOWING  
ALL YOUR GARDEN REQUIREMENTS CATERED FOR  
For more information please contact:  
R SWIFT (HND Commercial Horticulture)  
Telephone 07947 322429

# Mending your home



Decorating Centre  
Layer Rd, Colchester CO2 9JY  
01206 216000  
[www.kentblaxill.co.uk](http://www.kentblaxill.co.uk)

KB  
Kent  
Blaxill

## BAILAND CONSTRUCTION LTD

EXQUISITE ATTENTION TO DETAIL

TOAD HALL  
THE HEATH  
DEDHAM  
ESSEX  
CO7 6BT  
01206 323230

[WWW.BAILANDCONSTRUCTIONLIMITED.CO.UK](http://WWW.BAILANDCONSTRUCTIONLIMITED.CO.UK)  
[ENQUIRES@BAILANDLTD.CO.UK](mailto:ENQUIRES@BAILANDLTD.CO.UK)

## Jackson

### Plumbing and Heating East Anglia Ltd

- ❑ Installation - We install all makes and models of boilers, Combi and condensing specialists
- ❑ Servicing - All models serviced from £50.00
- ❑ Repair and Maintenance - All work Guaranteed, highly skilled engineers
- ❑ Plumbing - Bathrooms, cylinders, leaks etc
- ❑ OAP 15% Discount

*Special reader discounts for residents of Higham, Holton St Mary, Raydon and Stratford St Mary*

**£10.00 discount** - Servicing boilers and minor repairs

**£30.00 discount** - larger repairs

**£150 discount** - boiler changes

**£250 discount** - full installation

*These offers are valid until 31/12/2017*

**07834 612009**

**01206 322063**

**01473 214215**

*(estimates given before work undertaken)*

## Michael J Byles

Plumbing & Heating

Specialist in Oil Boiler Installations,  
Maintenance & Servicing  
- Oftec registered.

General Plumbing & Heating  
work also undertaken.

Tel: 01206 822225  
Mobile: 07717 012433  
Email: Michaeljbyles@aol.com

## **RUSSELL SMITH**

*HIGH QUALITY  
PAINTER & DECORATOR*



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

**TEL: 01206 323520**

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

# S.E.P

## Property Maintenance

Maintenance, Repairs, Refurbishment Works undertaken

Contact  
Andrew Stobbs

Mobile No. 07778 314295  
Or 01206 765003



**Philip  
Avery**

**Domestic Electrician**  
**Local, reliable,**  
**competitively priced**

Registered Part P electrician  
Plumbing  
Carpentry / joinery  
Home improvements/maintenance

2 The Gardens,  
Raydon  
Tel: 01473 311261  
Mob: 07923 434689  
[avery218@btinternet.com](mailto:avery218@btinternet.com)



**David Friend** Oil Heating Services  
Oil Fired Boiler Service, Repair and Installation Specialist



- ***Servicing and commissioning of oil fired boilers.***
- ***Boiler and system breakdowns.***
- ***AGA's, Rayburns and Stanleys.***
- ***Oil tank replacement and installation.***
- ***Oil boiler replacement.***
- ***All central heating system components catered for.***

***No call out charge. Free quotes.***

**Tel 01394 411839 Mobile 07786 971425**



## David Price

Painter and Decorator

*Specialising in Complete redecoration and Restoration  
Interior and Exterior  
All Wall Coverings and Lime Washing  
Period and Modern Properties  
Free Estimate and Colour Advice  
Clean Out and Repair Guttering  
Fully Insured*

**TEL**

**01206 679920**

**MOBILE**

**07872 001929**

Over 30 years Experience

## Nigel Bruce

Industrial & Domestic

**ELECTRICIAN**

‘The Swift’, Upper Street, Stratford St. Mary,  
Colchester CO7 6JW  
Telephone: 01206 322751



Harrow Street, Leavenworth CO6 4PN  
T: 01787 211528 [www.churchillbrothers.co.uk](http://www.churchillbrothers.co.uk)

## Andy slocombe brickwork serving the dedham vale

for all your building requirements  
property maintenance, roofing, block  
paving, landscape, repairs & restoration  
**tel 01206 322884 / 07786 871364**  
3 Constable Row Manningtree Road  
Dedham nr Colchester Essex CO7 6DW

## G Ranson Plumbing & Heating

Friendly service, Corgi Registered Plumber  
Based in Stratford St. Mary  
No call out charge  
All jobs considered  
Quotes given before work undertaken  
Taps, Radiators, Bathrooms, Boilers,  
Servicing, Guttering  
Email: [greg\\_62@hotmail.co.uk](mailto:greg_62@hotmail.co.uk)  
Tel: 07912161646

## **Brett Valley Installations**

### **Oil boiler Service Engineer.**

**Very experienced in fault diagnosis and repair, servicing and installation of oil fired boilers and heating systems.**

**Local, Reliable, Competent.**

**Nick Marno Tel. 01206 337316 or 07896 054439**

## **S.W. STIFF**

**Carpentry & Building Maintenance**

For all your carpentry & building maintenance, call for a no obligation free quote. No job too small.

**CONTACT : Steven  
on 07811 005241**

## **Andy Smith Roofing**

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



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

**01206 322882  
07754368693**



**tenon decorating**

**"We are Specialists in  
Grade II Listed Buildings"**

*For all your internal and external painting and decorating work:*



*Doors, Windows, Skirting and Fascias  
Artexing and Coving  
General Repair and Maintenance*



*Floor and Wall Tiling  
Wallpapering  
NVQ2 Qualified*

**A PROFESSIONAL PAINTING & DECORATING SERVICE  
FROM PEOPLE YOU CAN TRUST**

For a FREE Estimate Contact Steve Ferguson on 07719 357322 or 01206 393351

[www.tenondecoratingltd.co.uk](http://www.tenondecoratingltd.co.uk) – [stevendferguson@btinternet.com](mailto:stevendferguson@btinternet.com)

Sbras, East End, East Bergholt, Colchester, Essex CO7 6XQ



# In the House

## COLCHESTER FOOT CLINIC

REGISTERED CHIROPODISTS  
& PODIATRISTS

292 Ipswich Road, Colchester, ESSEX. CO4 0ES

TEL/FAX: 01206-854300

www.colchesterfootclinic.co.uk

Colchester Foot Clinic has outreach clinics at the following locations:

### MANNINGTREE OSTEOPATHIC CLINIC

Exchange House, 22 South Street,  
Manningtree, CO11 1BG

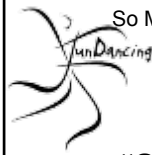
TUESDAY 9.00 am - 12.30 PM

### DEDHAM DOCTORS SURGERY

Manningtree Road,  
Dedham, CO7 6DU

WEDNESDAY 2.00 – 5.00 PM

To contact our receptionist for more details, or to make an appointment, please call us on **01206 854300**



So Much More Than a Dance Class

Any age and ability are very welcome  
No partners required

## “Strictly” style Dance-a-cise Classes

60 minute class only £5.50

in

The Institute, Stratford St Mary  
every

Friday morning

Classes also in:  
Brantham, Capel St Mary, East Bergholt,  
Great Waldingfield, Hadleigh & Nayland

Spaces are limited - to reserve yours

Call Janet on **07506 350 455**

janet@fundancing.co.uk

www.fundancing.co.uk



Fun\_Dancing



FunDancing.Suffolk

**PGBlinds&**  
shutters.co.uk

QUALITY MADE TO MEASURE  
BLINDS & SHUTTERS

- CONSERVATORY BLINDS
- VINYL SHUTTERS • VENETIANS
- ROMANS • ROLLERS • VERTICALS

COMPETITIVE DISCOUNTED PRICES

OFFICE : 01206 322771

MOBILE: 07979 590990

EMAIL : sales@pgblindsandshutters.co.uk



## Do you need help with any of the following?

- Assembly of flat-pack furniture
- Electrics and plumbing
- Help with using the internet
- Lawn and hedge cutting
- Painting
- PAT Testing
- Rubbish clearance
- Video and audio systems installation and setup

I offer a personal, professional and reliable service with public liability insurance. Based in Brantham.

**Paul Oliver**

**Tel: 07772 884877**

**pauloliver1111@gmail.com**





**Britannia Flooring**

Competitive Prices Reliable Service

CARPET FITTING  
SUPPLY AND INSTALLATION  
CARPET AND VINYL SPECIALIST  
FLOORING ACCESSORIES

**07740 829 499 -  
07933 157 121**

[www.britanniaflooring.co.uk](http://www.britanniaflooring.co.uk)  
(Based in Dedham)



**ann mason**  
CARE

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

to provide care visits to people  
in their own home

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

For further information call: **01206 233372**  
Or visit: [www.annmasoncare.co.uk](http://www.annmasoncare.co.uk)

**EDg**  
edwards design group

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

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

Visit our showroom in East Bergholt or our  
website: [www.edwardsdesigngroup.co.uk](http://www.edwardsdesigngroup.co.uk)  
Email: [info@edwardsdesigngroup.co.uk](mailto:info@edwardsdesigngroup.co.uk)

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



# AERIAL & SATELLITE SPECIALISTS

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



*For A Free Quote and Advice Call*

**CAI – RDI & TRUSTMARK APPROVED**



**[www.mjssystems.co.uk](http://www.mjssystems.co.uk)**  
Strickmere, Stratford St Mary, CO7 6NX

## 3 TASTER TREAT

Soothe away your stresses with our  
*Aromatherapy Back Massage*

**followed by a Refresher Facial**  
to cleanse and hydrate, to finish relaxing  
*Reflexology* pressure point massage

Tel: 01206 323450

High Street, Dedham, CO7 6HA

[www.theretreatdedham.com](http://www.theretreatdedham.com)



The Retreat

Hot & Beauty



**1hr £40**



## Get a new look

One to one experience  
with our senior stylist  
specialising in colouring  
& cutting.

We offer you a relaxing  
hair treatment, cut or  
style in the ambiance of  
the Retreat

High quality service  
at affordable prices



**The Retreat**

Hot & Beauty

Phone for an appointment today

**01206 323450**

High Street, Dedham, CO7 6HA

[www.theretreatdedham.com](http://www.theretreatdedham.com)

# DianaM Cleaning

- Home weekly cleaning
- Home deep cleaning
- Office cleaning

Contact information: Diana Marinova

**Mobile number:**  
**07925 624123**

Email address:  
dianamarinova61@yahoo.co.uk

A vertical advertisement for John Parker's Handyman Services. It features a background image of a person's arm and torso in a blue shirt, holding a tool. The text is overlaid on a wooden-textured background.

**John Parker**  
**JP HANDYMAN SERVICES**

Bathroom/Kitchen Tiling  
Painting/Decorating  
Plastering  
Gardening  
The list is endless

**07804 632645**  
jtp1001@hotmail.com

## Home Appliances

Domestic  
Appliance  
Repairs

***For a Fast, Genuine Repair  
Service Throughout a 20  
Mile radius of Ipswich***

REPAIRS TO MOST MAKES OF

- \* WASHING MACHINES
- \* DRYERS \* DISHWASHERS
- \* VACUUM CLEANERS
- \* COOKERS

**ANYTIME**

**(01473) 780238**

**Mobile 07484 733384**

2 CHURCH ROAD  
CHELMONDISTON, IPSWICH



## A HANDYMAN SERVICE

**Casper M A De Boer**  
Pilchard's ,4 Visdelou Terrace  
Shotley Gate, IP9 1PR  
**Phone: 01473788 222**  
**Mob: 07789 751 781**

Flatpack assembly - Carpentry  
Plumbing - Curtains - Draft  
proofing - Decorating - Painting

CRB checked. Established 1988.  
**info@casperdeboer.co.uk**  
No job too large or small,  
so just make the list.  
Please contact me for costs  
and references anytime.

**Removals  
& Storage**

**R & D SCHOFIELD  
LTD**

Established 1919

## Moving made easy



- Local & long distance
- European & worldwide
- Professional packing service
- Pianos - Antiques - Fine Art
- Part loads & single items
- Short & long term storage
- DIY packaging materials for sale
- Long serving staff
- Free quotations & advice
- Regular London service

*When flexibility and service is important*

Colchester

**01206 322255**

Clacton on Sea

**01255 408075**

Sudbury

**01787 259078**

**[www.schofieldremovals.co.uk](http://www.schofieldremovals.co.uk)**

Foxash, Harwich Road, Lawford  
Manningtree, Essex CO11 2LR

**[info@schofieldremovals.co.uk](mailto:info@schofieldremovals.co.uk)**



# The home of heating

**BENTLEY**  
*fire shop*

**Visit our stunning showroom to discover the latest:**

- contemporary & traditional woodburning stoves from top brands
- exquisite fireplaces & eye-catching fires
- beautiful range cookers, including Rayburn Heatrangers & AGA City 60

Or, talk to one of our heating & plumbing experts on installing oil, gas or biomass heating systems.

*Find your perfect winter warmer*



E-Classic outdoor biomass boiler



Biomass



Fires & Fireplaces



Range Cookers

For more information call us on **01206 251118**  
or visit **[www.bentleyfireshop.co.uk](http://www.bentleyfireshop.co.uk)**



**exercise**  
where do I start?

contact **FRANCESCA TURNER**  
Telephone: 01206 299644

Personal Lifestyle Training •  
Nutritional Advice •  
Therapeutic Massage •

**FITNESS**  
**THERAPY**

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

## Yoga-Nut with Katie Courts

Highly-qualified **yoga** teacher & nutritionist at **Stratford-St-Mary's Parish Rooms**.

NEW CLASS! Thursday evenings **PiYo**. Cardio class based on yoga and Pilates moves.

Monday evenings: **Hatha** and **Flow yoga**.

Use yoga &/or nutrition to heal long-term injuries, lose weight, & find energy!

For more information and bookings email:

[ktcourts@gmail.com](mailto:ktcourts@gmail.com);

Tel: **01206 323757**;

[www.yoga-nut.co.uk](http://www.yoga-nut.co.uk)



# Professional Services



**DEDHAM**  
**OSTEOPATHY**

**Luke Jackman Bsc Hons Ost**  
**Registered Osteopath**

Tel: **01206 322836/07974 144593**  
[www.dedhamosteopathy.co.uk](http://www.dedhamosteopathy.co.uk)

***Dedicated to getting you better***

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

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

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





## Foster Physiotherapy & Sports Injuries Clinic

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

Former England Cricketer

### Neil Foster

Chartered and Health Professions Registered Physiotherapist

**Tel: 01206 299 749**

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

## *Mather & Co* SOLICITORS

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

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

Free parking at:

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

Tel: 01206 322763  
Fax: 01206 322885  
email :  
gllmather@aol.com



[www.mathersolicitors.co.uk](http://www.mathersolicitors.co.uk)

**Joe Rudland M.Ost**  
**Registered Osteopath**



Joe Rudland is an experienced Osteopath working at our satellite clinic in the  
Constable Country Medical Practice  
Specialising in the treatment of musculoskeletal problems including back/neck  
pain, sprains, headaches, whiplash, tendonitis and arthritis.

Call today and let your recovery begin.

Tel: 01473 217592

[www.gilmourpiper.co.uk](http://www.gilmourpiper.co.uk)

---

## **Making your will**

I offer a home visit service for clients wishing to make their wills, lasting powers of attorney or advance decisions (to refuse medical treatment). As a retired solicitor I help my clients make well planned arrangements (including providing witnesses to ensure legal acceptance) at a very competitive price.

**Please call 01206 263420**

or email me at [trevordodwell@aol.com](mailto:trevordodwell@aol.com)

**[www.thewillbusiness.com](http://www.thewillbusiness.com)**



# Victoria Baker PILATES

Personally designed courses to improve posture, joint alignment, movement and strength.

*Group and individual sessions in a private, comfortable studio.*

Unit 18  
Dedham Vale Business Centre  
Manningtree Road  
Dedham CO7 6BL



Tel: (01206) 322244  
Mobile: 07887 987280  
[victoria@victoriabakerpilates.com](mailto:victoria@victoriabakerpilates.com)  
[www.victoriabakerpilates.com](http://www.victoriabakerpilates.com)

## Maths & Science Tuition

**Tuition from an experienced Teacher**  
**From Year 5 upwards**

**Celia Iredale**  
**Tel: 01473 314151**  
**Mobile: 07450 769944**  
**Email: [celia.iredale@btinternet.com](mailto:celia.iredale@btinternet.com)**  
**<http://celiairedaletutoring.co.uk>**



Call us on 01473 211121

**gotelee**  
SOLICITORS

31-41 Elm Street, Ipswich, IP1 2AY  
Also offices in Hadleigh, Melton,  
Felixstowe and Woodbridge

[info@gotelee.co.uk](mailto:info@gotelee.co.uk)  
[www.gotelee.co.uk](http://www.gotelee.co.uk)



# WHITTLES

CHARTERED ACCOUNTANTS



## Count on us to help you with your tax returns

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

The Old Exchange, 64 West Stockwell St, Colchester, Essex CO1 1HE. Telephone: **01206 762200**  
15 High Street, West Mersea CO5 8QA. Telephone: **01206 385049**

[www.whittles.co.uk](http://www.whittles.co.uk)



## REFLEXOLOGY

**Marion Gill. M.A.R.**

**Tel: 01473 314008**

Practitioner for 20 + years

Operating from  
Holton St Mary and  
Stow Health Medical Centre,  
Stowmarket.

[www.mariongillreflexology.co.uk](http://www.mariongillreflexology.co.uk)

## THE BARN VETERINARY PRACTICE

Robert M Hill BVMS MRCVS

Wenham Road, Copdock, Ipswich

Tel: 01473 730213

2A Ashcroft Road (off Norwich Road), Ipswich

Tel: 01473 743460

Consultations by appointment  
24 Hour Emergency Service

**Monday-Friday: 8.30am-7pm.**

**Saturday: 9am-12noon.**

**Sunday: 10am-1pm (Ashcroft Rd only)**

**MODERN DIAGNOSTIC, MEDICAL  
AND SURGICAL FACILITIES ON SITE  
CAR PARKING**

Surgical Operating Theatre • Ultrasound scanner  
Radiography Department • Electrocardiography  
Own laboratory for rapid testing • Endoscopy  
Hospitalisation with isolation ward • Stabling



# Laurie Pest Control

The answer to all your pest problems

Free advice, surveys and quotations  
Rats, Mice, Squirrels, Moles, Rabbits,  
Wasps, Hornets, Cluster Flies, Bed Bugs,  
Fleas, Moths, Flies, Fly killers & Screens

The Street, Raydon IP7 5LW  
E: [info@pestsolution.co.uk](mailto:info@pestsolution.co.uk)  
[www.lauriepestcontrol.co.uk](http://www.lauriepestcontrol.co.uk)  
T: 01473 396807

## **Penrose & Partners VETERINARY SURGEONS**

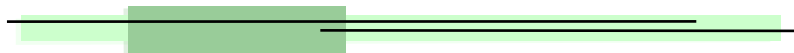
Upper Street  
STRATFORD ST MARY  
Tel: 01206 323414

"Friendly, Professional, Local"

Mon-Fri 8.45-12.30 & 2.30-6.30 (4.00 Wed)  
Sat morning at Brinkley Lane

Consultations by appointment  
Operating Theatre

Main Branch 70 Brinkley Lane, Highwoods,  
Colchester 01206 842608  
[www.penrosevets.co.uk](http://www.penrosevets.co.uk)



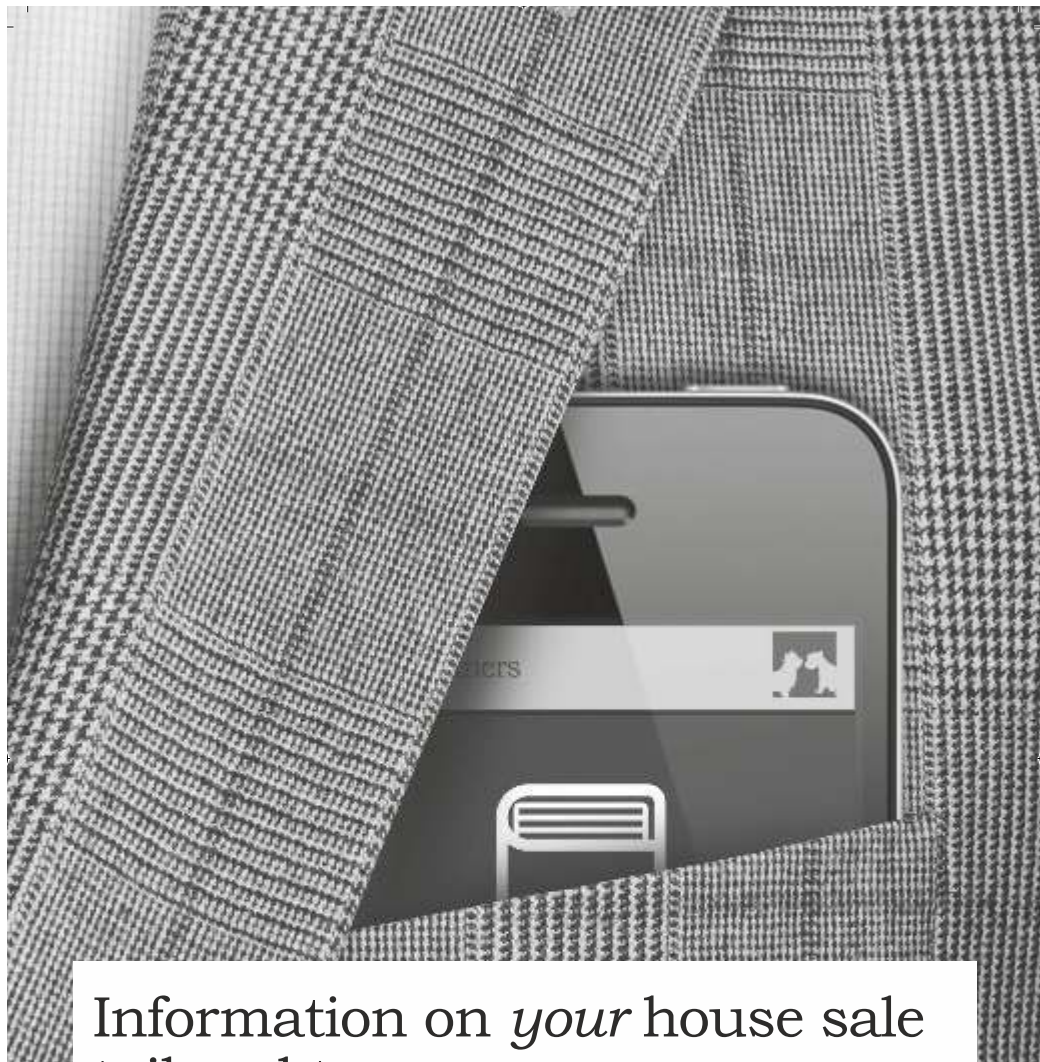
## John L. Haste

Monumental Mason  
and Consultant,  
Memorial renovations.  
New Memorials supplied.



15, Helston Close  
Kesgrave, Suffolk  
IP5 1JT

Tel: (01473) 636657



## Information on *your* house sale tailored to you

There's nothing worse than being out of the loop when selling or letting your property, which is why at Grier and Partners we are dedicated to giving you information on your property's performance 24/7.

Our Myhousebook feature is a secure online journal, which you can use whenever you're on the move. Providing you with up to date information on your house sale or let, including Rightmove visits and viewing feedback, all included as part of our exceptional standard of friendly and professional service. We believe this is what sets us apart from ordinary estate agents that just don't have our spirit to win.

**Sound refreshing?** Contact us today on 01206 299222 or visit us online.

Find us on  Facebook &  Twitter

[www.grierandpartners.co.uk](http://www.grierandpartners.co.uk)

**Grier & Partners**

*The agent with the  
Terrier spirit*



## BENEFICE CONTACTS, SERVICES AND EVENTS



### Contact details

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

Email: [rosalind.paul@yahoo.co.uk](mailto:rosalind.paul@yahoo.co.uk) Benefice website: [www.4marys.org.uk](http://www.4marys.org.uk)

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

### *Churchwardens*

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

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

**Raydon** Geoff Horrex 01473 310422  
Simon Tennent 01473 310320

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

### Morning Prayer

Apologies for the following unusual times for meeting for Morning Prayer, but please do come and join me if you can - it is really good to have company as we pray for our 4 parishes.

5 January 9.30 a.m., Higham

11 January 11.45 a.m., SSM

17 January 11.00 a.m., Raydon

23 January 9.30 a.m., Holton

### Midweek Communion

This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **18 January**.

## Services in January and February

		<b>10.00 a.m.</b>	<b>NB. 5pm</b>
1st		SSM	Holton
8th		Higham	Raydon
15th		Holton	Higham (with Bishop)
22nd		Raydon SSM Parish Room	
29th		<b>10.30 a.m. SSM, Deanery Eucharist</b>	
5th		SSM	Holton
12th		Higham (Matins + HC)	Raydon
19th		Holton	SSM
26 <sup>th</sup>		Raydon + SSM Parish Room	Higham



## New Testament Readings and Collects for weekdays in January

1 January: *Naming & Circumcision of Jesus*. God our Father, in love you sent your Son that the world may have life. Lead us to seek him among the outcast and to find him in those in need, for Jesus Christ's sake. Amen.

2nd John 1.35-42. Basil the Great & Gregory of Nazianzus, Bishops, Teachers of the Faith, 379 & 389

3rd John 1.43-end

4th John 2.1-12

5th John 2.13-end

6th John 1.29-34. **THE EPIPHANY**

7th 1 John 3

8 January: *The Baptism of Christ*. Heavenly Father, at the Jordan you revealed Jesus as your Son; may we recognise him as our Lord and know ourselves to be your beloved children, through Jesus Christ our Saviour. Amen.

9th 1 Corinthians 1.1-17

10th 1 Corinthians 1.18-end. William Laud, Archbishop of Canterbury, 1645

11th 1 Corinthians 2. Mary Slessor, Missionary in West Africa, 1915

12th 1 Corinthians 3. Aelred of Hexham, Abbot of Rievaulx, 1167

13th 1 Corinthians 4. Hilary, Bishop of Poitiers, Teacher of the Faith, 367

14th 1 Corinthians 5

15 January: *Epiphany* 2. Eternal Lord, our beginning and our end, bring us with the whole creation to your glory, hidden through past ages and made known in Jesus Christ our Lord. Amen.

16th 1 Corinthians 6.1-11

17th 1 Corinthians 6.12-end. Antony of Egypt, Hermit Abbot, 356

18th 1 Corinthians 7.1-24. *Week of Prayer for Christian Unity begins*

19th 1 Corinthians 7.25-end. Wulfstan, Bishop of Worcester, 1095

20th 1 Corinthians 8. Richard Rolle of Hampole, Spiritual Writer, 1349

21st 1 Corinthians 9.1-14. Agnes, Child Martyr at Rome, 304

22 January: *Epiphany* 3. God of all mercy, your Son proclaimed good news to the poor, release to the captives, and freedom to the oppressed; anoint us with your Holy Spirit and set all your people free to praise you in Christ our Lord. Amen.

23rd 1 Corinthians 9.15-end

24th 1 Corinthians 10.1-13. Francis de Sales, Bishop of Geneva, Teacher of the Faith, 1622

25th Philippians 3.1-14. ***The conversion of Paul***

26th 1 Corinthians 11.2-16. Timothy & Titus, Companions of Paul

27th 1 Corinthians 11.17-end

28th 1 Corinthians 12.1-11. Thomas Aquinas, Priest, Philosopher, Teacher of the Faith, 1274



### For your diaries

21 January 7.30 p.m., Holton. Concert in aid of Brass for Africa

28 January 10-12 SSM Clean-up Day

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



### For your prayers

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

**Holton:** Ron Golding, Gerard Noel

**Raydon:** Cliff Cooper

**SSM:** Laura Kerry, Reg Price, Trina

**Outside the Benefice:** Tory Cook, David Craig, Ina Day, Helen Gregory, Cécile O'Dell, Thomas Quick