

**Stratford  
St Mary**

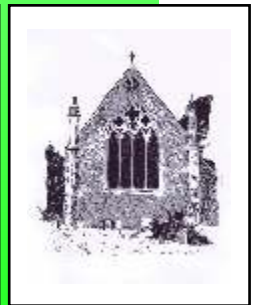
**Higham**

**Holton  
St Mary**

**Raydon**

# Quartet

The Parish Magazine



**January 2019**

**Issue 365**

No adverts this month - well  
we were all a bit busy with  
Christmas!

Don't forget, you can place  
a small domestic ad for  
free on the pinboard for a  
month

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



# The Quartet Diary



## January

- 6 Raydon Epiphany Carol Service  
SSM Epiphany Carol Service
- 9 HSM Parish Council Meeting
- 15 Raydon Parish Council Meeting
- 16 Slow Stitching HSM
- 25 HSM Whist
- 29 Raydon Fair Trade Coffee  
Morning

## February

- 12 Raydon Parish Council Meeting
- 20 Slow Stitching HSM
- 22 HSM Whist
- 26 Raydon Fair Trade Coffee  
Morning
- 28 R&GDC Meeting

## March

- 12 Raydon Parish Council Meeting
- 16 Bog Quiz, Raydon
- 20 Slow Stitching HSM

- 26 Raydon Fair Trade Coffee  
Morning
- 28 R & DGC Meeting
- 29 HSM Whist

## April

- 5 HSM Social Club AGM
- 6 R & DGC Spring Show
- 9 Raydon Parish Council Meeting
- 13 HSM Quiz Night
- 26 HSM Whist
- 23 Raydon Fair Trade Coffee  
Morning
- 25 R & DGC meeting

## May

- 14 Raydon Parish Council Meeting
- 21 Raydon Fair Trade Coffee  
Morning
- 30 R & DGC meeting

## June

- 8 HSM Progressive Dinner
- 11 Raydon Parish Council Meeting

# Editors Corner

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The start of another year! Time seems to fly by these days - I can't even remember how many years we've been editing the Quartet!

We have been lucky enough to also have many regular contributors to the Quartet who send in articles every month to keep you informed of local events. We would like to especially thank them this month, as a new year begins and their stalwart time and effort will be appreciated as we pull together items of interest for you.

Anyone is welcome to submit an article for the Quartet,. If you have a particular passion about anything you would like to share, we are happy to consider all points of view and interests.

We promised also to let you know of a new advert in the back of the magazine, as it won't be there for long - Nick Marno has some home grown chestnut post and rail available for a few months. If you are thinking about replacing a fence, this could be the opportunity to use locally grown good quality timber. Find his ad on page 29.

We wish you all a very happy New Year!

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 2019**

**Contact details:** Email:

quarteteditor@hotmail.co.uk

**Editors:**

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

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07930390517

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

# Stratford St Mary

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## 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.

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## POPPY DAY APPEAL – 2018

The 2018 Royal British Legion Poppy Appeal in Stratford St Mary has raised £1261.88 so far.

Thank you all very much for your donations to this worthy cause supporting injured servicemen and woman and their families. Your generosity is much appreciated.

David Isaac

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

**You will need to use  
[parishcouncil@stratfordstmary.org.uk](mailto:parishcouncil@stratfordstmary.org.uk)**

## INSTITUTE HALL BOOKING CLERK CHANGE

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

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

I would also like to say a huge thank you to Norman Woodard for the service he has given acting as the Institute Hall Booking Clark over the years.

Steve Kite  
42 Strickmere  
Stratford St. Mary  
CO7 6YG

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## PARISH ROOM

Please note that as from 1st January 2019, John Taylor has kindly offered to undertake the booking and general enquiries for the hall. John can be contacted on 01206 323908

## Christmas Tree Festival SSM Church

A big big thank you to all those who were involved in the festival. Over 20 trees were displayed, all of which were quite spectacular with plenty of creativity from a mannequin tree from FunDancing to a fruit and veg tree from the Dedham Allotment Association, from lunch club decorated with food and a turkey (yes really!) to the beautiful crafts from our craft group. Local band The InFirm produced a tree from instruments, Village Life showed a pictorial journey through various village events and Les Hymas furniture restorations got busy with stuffing and springs. You could spot your pooch in the Pampered Paws tree and the Swan made sure we got a taste of things to come over the festive season. Others included the Ramblers, Carpet Bowls, The Parish Room, Sparks and Ignition Youth Clubs as well as Orchard Barnes, ABC Pre-school, Hall Farm and the Anchor. The front porch was a delight and the Remembrance corner beautifully poignant in this 100<sup>th</sup> anniversary year.

Special thanks also to all our bakers who delivered a real treat both on Friday and Saturday and the mulled wine certainly helped with the carol singing!

A lovely weekend, those of you who didn't make it (sadly too many of you) missed a real treat!



### 100 Club winners December

|    |              |         |
|----|--------------|---------|
| 29 | M. Schofield | £ 40.00 |
| 57 | M. Jones     | £ 10.00 |
| 95 | A . Lawrence | £ 5.00  |

## Stratford St Mary Parish Council Emergency Team

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

### Hilary Cairns – Emergency Team Leader

6 Mors End 01206 323417

07712 591379

hilcairns@tiscali.co.uk

### Norman Woodard

12 Swaynes 01206 323015

Norman.woodard@fatbloaters.com

### Chris Griffin

Brook Farm, School Lane 01206

337363/07885 807567

chrisbrookfarm@gmail.com

### Steve Kite

42 Strickmere 01206 322482

07958 515573

### Bill Davies

3 Spanbies 01206 322990

billdav@hotmail.com

### Power Cuts

Support may be available free for those with medical needs, people of pensionable age or with children under 5.

Register on UK Power Networks website <http://www.ukpowernetworks.co.uk/internet/en/help-and-advice/priority-services-during-a-power-cut/> or contact Hilary Cairns on 01206 323417

**Family Hour @ The Parish Room**

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

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

**Come and join us!**



## Transport to Medical Appointments.

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

Please give us as much notice as you can.

**Graham/Diana Pearce 01206 321297**



# The Big Quiz

Presented by  
Michael Mumford of Serner fame

**IN  
Raydon Village Hall**

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

£4.00 per person - maximum six  
contestants per table.

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

In aid of Raydon Church fabric funds



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

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

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

## The Institute hall

can be hired at reasonable rates for a wide range of social activities. For more information please contact our booking secretary, Norman Woodard on 01206 323015, his email is [ssminstitute.bookings@gmail.com](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 Woodward (address and phone number as above) if you wish to join.

Stratford St Mary Institute Committee

## STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

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

### Sunday Services:

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

### Mid-week Groups:

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

**Men's Recreation Evening: Meeting 3<sup>rd</sup> Wednesday monthly.** All men welcome.  
**Friday 5pm to 6.30pm Sparks** for children aged 7-11 years  
**Friday 7.30pm to 9.30pm Ignition Youth Club** for ages 11- 16 years

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



Community  
First Responders

Interested in becoming a CFR?

Why not find out what it is about?

Look at the CFR link on the East of England Ambulance Services website.  
You can even apply on line!

If you watch the training video - do not be alarmed - you are never expected to do mouth to mouth.

For further information, please contact your local co-ordinator.



# Raydon



## Fair Trade Coffee Morning

What a fabulous festive Fair Trade coffee morning we had on December 4th. The wonderful aroma of our great coffee, the smell of hot mince pies and the delicious "Frinton" sausage rolls, together with the lovely Christmas Tree (kindly donated by Raydon Christmas Trees) made this a super way to end 2018.

We had practically a full house which was really lovely, as were the thank you gifts that some of us received, (naughty but nice!) The topic of conversation was the recent book sale but mostly the forthcoming Phoenix brass band concert. Last minute checks on who was providing which food, what else was needed for the huge hamper raffle and who else wanted tickets. A really busy morning with lots of cheerful chatting amongst us all.

Well, that was the last Fair Trade coffee morning for 2018, we start again on January 29th 2019 same time same place! Until then I hope you have a very happy Christmas and a healthy New Year.

Thanks again for your continued support

Wendy Mumford  
01473 312123

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

### **RAYDON PARISH COUNCIL SCHEDULE OF MEETINGS 2019 All at 7.3pm in the KGF Pavilion**

Tuesday 15 January  
Tuesday 12 February  
Tuesday 12 March  
Tuesday 9 April (Annual Parish Meeting)  
Tuesday 14 May (AGM)  
Tuesday 11 June  
Tuesday 9 July  
Tuesday 10 September  
Tuesday 8 October  
Tuesday 12 November

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

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

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



## *Epiphany Carol Service*

St Mary's Church  
**5 p.m.**

Sunday 6<sup>th</sup> January

Everyone very welcome

A New Year and a New Beginning for our four churches but what a lovely send-off and thank you we had for the Reverend Rosalind Paul on 25<sup>th</sup> November. Stratford St Mary church was completely full for the special service with participation from all four parishes and the splendid party afterwards, not to mention the floods of tears but many a laugh; it showed the high esteem in which Rosalind was held. Thank you Nicola Tindall and all the Churchwardens for giving us such an occasion to say Goodbye and Thank You to a dearly loved Rector.



## **Christmas Tree Recycling**

in the Car Park at Village Hall  
Wednesday 9th January

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### **RAYDON CENTURY CLUB WINNERS -**

December

91 D. Andrews £25

23 M. Bush £15

77 A. Parnell £10

20 K. Hyland £5

68 C.Nekrews £5

82 I. Brown £5

22 P.Banyard £5

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Once again I would like to thank everyone who has given plants, and anything to do with gardening for the Church Plant Stall.

All monies raised goes towards the upkeep of our ancient Church.

Thank you

Daphne Horrex.

# Raydon and District Gardening Club

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Once again we are into another gardening year so first of all may I wish you members and friends a "Happy New Year". At the beginning of any new year I trust us gardeners are full of optimism for the new "Spring" that will soon be with us. Around mid January always means the first snowdrops start showing along with the daffodils poking through the ground. By early to mid February aconites and masses of snowdrops will be flowering, always a herald to Spring and especially what a sight when the sun comes out, this of course cheers everybody up after the mostly gloomy days of winter because we know things should soon be turning for the better. This is always a good time to visit special places to see these flowers on mass (Anglesey Abbey & Marks Hall & Hyde Hall come to mind) and their winter gardens are a great day out.

Been looking through a few seed catalogues and starting to plan ahead, soon be time to purchase my seed potatoes and start off the sweet peas ready to plant out in early March as my clay soil is too cold and wet to plant them out in the autumn (tried several times with not much success). Another winter job is to clean and service the lawn mower ready for the first cut of grass generally late February as well as sharpen the shears. Early January is also the time to cover the crowns of your Rhubarb (I always use straw 12"- 14"thick), add a few sticks to hold straw in place and by early to mid Spring it's ready to pull.

We start our 39th year with our first indoor meeting on Thursday 28th February at

7.30pm with guest speaker Fay Jones, the subject "The Woodland Haberdasher looks at Nettles" What an intriguing subject and is a first visit for Fay to our garden club. Note:- Membership fees are now due at £12.50pp (no increase on last year) for the 2019 season. Thank you all who have already paid. Members, why not bring along a friend or neighbour as a guest (Guest entrance only £2.50) payable at the door but refunded if they join the club on the night. The club is in a sound financial position thanks to all your support throughout the years but we remain aware that costs keep rising year on year so we will always welcome additional members as the extra monies helps pay for our excellent guest speakers.

Advance notice:- "Spring Show" (open to non members living in the restricted villages), Check show schedules available from February.

As always your committee looks forward to meeting you all in 2019, and here's hoping for another successful gardening year together.

Geoff Horrex (310422)



## Raydon Parish Council

### Your Parish Councillors are:

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

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

Community email group - if you haven't already done so, please join this group. It's a quick and easy way of disseminating information and email addresses are kept confidentially by the Parish Clerk only - all emails are sent out bcc. If you would like to be included, please email Jane Cryer at raydonpc@gmail.com

## Raydon Church Stall

I would like to thank everyone who donates books, bric a brac and other lovely items to sell on St Mary's Church stall, Raydon. We have customers from far and wide who love to stop and find a treasure or two. Sadly we have thieves as well who can't resist stealing from us.

Your kindness has helped us to keep the Church in good repair and out of debt, so thank you very much, have a very Happy New Year and continue to donate your unwanted items.

Many thanks

Wendy Mumford



## Raydon Club

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

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

## Ideal for your special event

The Raydon Pavillion is for hire

Fully carpeted room for up to 80 people  
Kitchen and preparation room  
Easy parking

Available Morning, afternoon, and evening.

For Details Call Clive Duddridge  
Tel 01473 310162

# Holton St Mary

## Holton St Mary Village Hall

can be hired at very reasonable rates!  
Available during the day and most  
evenings (not Friday) from £17.00  
Saturdays from £35.00

For further information and booking  
please contact Bookings secretary  
Tanya Kunz 01473 311570

## Holton St Mary Social Club

Please remember that WHIST is always last  
Friday of the Month at 8pm  
All are welcome, so please do come along.  
Next Dates :-

Friday 25th January  
Friday 22nd February  
Friday 29th March  
Friday 26th April

Future Dates:-

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

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

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

On behalf of the Committee, we would like  
to wish everyone in the village and all our  
members a happy and prosperous New  
Year.

Thanks

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

## The First Friday of the Month Lunch Club

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

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

Any surplus funds will be reinvested.

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

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

## Holton St Mary Millennium Green Trust

For the benefit of newcomers to the village the Trustees thought it would be good to let you know the history of the Millennium Green. There was a national initiative in 1996 to provide new areas of public open space close to people's homes that could be enjoyed permanently by the local community. They were to be 'breathing spaces'. At the time our Green was owned by the United Charities Trust and rented by the local farmer for hay. The only part available to the villagers was the public footpath. Negotiations began, the farmer no longer needed the hay and eventually the Trust was formed and the land purchased. Grants were received from the Millennium Commission via the Countryside Agency (now Natural England), Babergh District Council, the Parish Council and the Co-op. Locals were consulted and a plan evolved. It was then 'all hands on deck' as volunteers from the local community began preparing the ground, planting 1400 trees, hedge plants and sowing the wildflower meadow. Thanks to all the hard work we now have a Green to be proud of.

The ongoing costs of maintaining the Green are paid for by the profit made from the Century Club Draw. Subscriptions for this are £12 for the year and shortly Trustees will be coming round the village to collect. If you are new to the village and no one calls please feel free to ring me and I will arrange for you to join in. The draws are made every 3 months at the First Friday of the Month Lunch Club, the next draw being on 1st March 2019. Prizes currently are £25, £15, £10 and 2 x £5 each month but this is subject to change based on the number of participants.

Marjorie Haste, Secretary  
01473 311615

## In Praise of Slow.

In this current climate of rushing to meet targets, we are rediscovering the good which comes from meeting together over a cup of tea, preferably with a slice of cake, while at the same time being creative. The aim of Slow Stitching is not to produce anything quickly, or to achieve marvellous results. Slow Stitching is about relaxing and making something by hand, whether knitted, crocheted or sewn.

This is to be an all age group, (children under 16 will need to be accompanied by an adult) Beginners welcome. If you just want to come for the tea and cake, then you too are most welcome. No charge, but donations appreciated.

We meet on a Wednesday afternoon in the Holton St Mary Village hall 2-4 p.m. Dates for the next few months are:

16<sup>th</sup> January  
20<sup>th</sup> February  
20<sup>th</sup> March



For more information:

Jeanette Appleton m: 07768418942

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## Poppy Appeal

Holton St Mary raised £255.45 for the Royal British Legion Poppy Appeal this year. Thank you to everyone who donated so generously in such a special year.

Sally Pearce and Jeanette Appleton



## Holton St Mary Parish Council

Next meeting dates:

9<sup>th</sup> January

**8 p.m. in the Village Hall**

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## The Holton St Mary United Charities Trust

has some funds available to those residents in the village of Holton St Mary who are in need.

If you feel you might want to make an application please contact:

Paul Torrington on  
[familytorrington@btinternet.com](mailto:familytorrington@btinternet.com) or  
01473 312046.



## DEDHAM FOOTPATH GROUP

Enjoy walking, meeting new people?

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

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

Our JANUARY 2019 walk will be on Sunday 6 January at 1030 am.

Meet at the War Memorial, High Street Dedham, CO7 6DE for a New Year ramble in and around the village of Dedham for approximately 2 hours. There are many options for lunch or refreshments on our return.

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

For more information email  
[DedhamFG@gmail.com](mailto:DedhamFG@gmail.com)

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## NAYLAND HORTICULTURAL SOCIETY

Nayland Horticultural Society's Spring Flower Show takes place on Saturday 23<sup>rd</sup> March which is an ideal time to buy some plants for a good summer's show. There is also a cake stall and raffle. Or maybe you would like to enter some Spring flowers in the Show for fun and see how you do! Entry forms on the website. All very friendly, tea, coffee and cake available!

Nayland Horticultural Society's Spring Meeting will be in the Church Hall, Nayland, CO6 4HY on Tuesday 26<sup>th</sup> March, p.m. for 7.15pm start. Subject to be confirmed.

## Health and Disease Prevention (vaccination): we are all responsible

Matt Hancock (Health and Social Care Secretary), recently spoke about his vision to help people make healthier choices. By illustration, he cited exemplars of the two “biggest health successes” of the 20<sup>th</sup> century, vaccination and abandoning smoking. He emphasised our individual responsibility to: “Use the health service carefully, with consideration for others, and to comply with medical advice to look after ourselves”. He continued: “Too much of the health debate has been about our rights: what we deserve, and what the NHS can deliver. Those rights are important, but we need to pay more attention to our responsibilities ...”

The public health case against smoking and for childhood immunisation, particularly for the ‘6-in-one’ and MMR vaccines have been made. Tragically, a single piece of fraudulent research published in 1998, convinced the public that vaccines are dangerous and might cause autism and epilepsy. These research-findings have never been replicated in any country, and the results have been consistently dismissed by specialists in infectious diseases, public health medicine and epidemiology. The research was fraudulent and its lead struck off the UK’s medical register.

Frustratingly, the public’s response to proven fraudulent research is often, “There’s no smoke without fire”, and they continue to believe the myth. This myth, which drives a fear of the complications of vaccination, now undermines their uptake. Advances in genetics have identified many medical conditions, including autism and some epilepsies, that start at almost the same time children undergo their first or second set of vaccinations. One such gene identification recently overturned a number of alleged ‘vaccine-damaged’ and compensation-approved cases in Australia.

The vaccine was simply an innocent and co-incidental bystander – but by then the immunisation programme had suffered collateral damage.

Vaccine-uptake should be at least 96% to achieve effective population coverage, termed ‘herd-immunity’. Uptake currently oscillates around 68-91%, depending on the specific vaccine. It is difficult for infectious diseases to spread when >96% of children are immunised. A child with mumps or measles surrounded by others who are vaccinated against these diseases cannot easily pass the illness on and it will rapidly disappear again. Herd immunity also protects vulnerable people, including babies, the elderly and those too sick to be vaccinated. The consequences of non-immunised children in succeeding generations are serious and this is a fact and not a myth. The following is not exhaustive:

- Measles may be fatal in children, the elderly and those with a chronic illness
- A rare condition, ‘sub-acute sclerosing panencephalitis’ develops in older children who contracted measles in infancy; it is untreatable and fatal within a few years
- Congenital rubella (German measles) affects the foetus; infants show multiple impairments, including blindness, deafness, cerebral palsy and learning difficulties
- Mumps in adults can result in infertility (both sexes) and inflammation and permanent dysfunction of many organs (pancreas, liver, heart, ears, brain)
- Diphtheria and pertussis (whooping cough) in young children may be fatal and survivors are left with life-shortening lung damage
- Polio paralyses and may be fatal

All of us, including parents and grandparents, have a responsibility for current and future generations, which includes their health. We all know the phrase, ‘prevention is better than cure’; how very true when there is no cure for permanent multi-organ damage and death.

Richard Appleton



# Christmas & New Year Bin Collection Schedule 2018-2019

|                | Usual Day         | Revised Day       | Change       |
|----------------|-------------------|-------------------|--------------|
| Recycling Week | Monday 31st Dec   | Wednesday 2nd Jan | 2 days later |
| "              | Tuesday 1st Jan   | Thursday 3rd Jan  | 2 days later |
| "              | Wednesday 2nd Jan | Friday 4th Jan    | 2 days later |
| "              | Thursday 3rd Jan  | Saturday 5th Jan  | 2 days later |
| "              | Friday 4th Jan    | Monday 7th Jan    | 3 days later |

|                |                                                     |           |
|----------------|-----------------------------------------------------|-----------|
| Refuse Week    | Monday 7 <sup>th</sup> to Fri 11 <sup>th</sup> Jan  | As Normal |
| Recycling week | Monday 14 <sup>th</sup> to Fri 18 <sup>th</sup> Jan | As Normal |
| Refuse Week    | Monday 21 <sup>st</sup> to Fri 25 <sup>th</sup> Jan | As Normal |
| Recycling week | Monday 28 <sup>th</sup> to Fri 1 <sup>st</sup> Feb  | As Normal |

There will be no brown bin collections over Christmas and New Year between 24th December and 4th January) Please refer to brown bin collection calendars available on: [www.babergh.gov.uk](http://www.babergh.gov.uk) for details.  
From Monday 14th January 2019 normal waste and recycling collections resume.



## East Bergholt High School Association

Sunday 24th February 2019

### IN DOOR CAR BOOT SALE

East Bergholt High School  
10am – 12noon

Admission 50p  
Refreshments available  
Free Car Park

Tables £5 in advance, £7.50 on the day  
Doors open 9am to set up

☎ 07776291445

### support our campaign.

We are trying to prioritise the improvements needed at the A12 Four sisters junction 31 East Bergholt.

We have a Facebook group which people can join and find our online petition.

We have a lot of businesses and people backing the group and would love Quartet readers to join us

Link to us at  
facebook <https://www.facebook.com/groups/2167927646605092/>

**Spectacular Sale!  
Of NEW & NEARLY NEW  
Clothing, Footwear &  
Accessories.  
For Ladies & Gents**

SATURDAY 26TH JANUARY 2019

At The Duchy Barn, Dedham. 10am  
to 5pm

Donations to Cancer Research and  
RDA Shelly Centre



**Stour Valley Men's  
Probud Club**

On 5th December Peter Parfitt presented "Reflections on The Scilly Isles" and our December 19th meeting featured Brantham's Famous Quizmaster Paul Oliver who presented his now very famous "Xmas Quiz".

John Hammond will explain the skill of "Will Writing" at our 16 January meeting and we hold our New Year Lunch at the popular Haywain, Little Bromley, on 6th February when our spouses and Probud Widows join us for what will be an enjoyable event and a tasty meal.

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB. New members are welcomed

Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed by Stour Valley Men's Probud Club, we meet on the first and third Wednesday of each month in Manningtree at 10 for 10.30am.

Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.



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

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



We do not have a speaker meeting in December but held our popular Christmas lunch this time at the Best Western Hotel, Copdock on Wednesday 5 December, this is always a very popular event and was enjoyed by all who attended.

Sally Dearman will speak to us on Wednesday 9 January on "Woman Can Fly". This is the story of one women's journey from jumping out of a landing window, then out of planes, to becoming a civil pilot, then the first women through the RAF's fast-jet flying trains system. "An Afternoon with Joyce Grenfell" by Gillian Grinham is the subject for our 13th February meeting. Gillian is an Author, former teacher and a Director of plays & musicals. She will perform a series of monologues and songs from Joyce's repertoire, interspersed with details of her much loved entertainer's life.

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

NEW - each month the Coffee Grinders will meet at The Lambe School, Gaston Street, East Bergholt, CO7 6SD from 10-12 noon. This meeting especially welcomes new members but gives all members the opportunity of meeting the activity Group Leaders and the Committee whilst enjoying a cup of

coffee. The next meeting is on Friday 25 January.

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 340 members and 35 active groups. For further information please visit [www.stourvalleyu3a.org.uk](http://www.stourvalleyu3a.org.uk) where membership secretary Gillian Gibbs may be contacted.

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

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## Constable Singers

We welcome new singers especially sopranos to join us no audition, words provided, first session free we just sing to enjoy ourselves at the Lambe School East Bergholt each Thursday of the month starting at 7 p.m. apart from the 2nd Thurs. when we meet at the Congregational Hall East Bergholt. We sing music from the musicals and various popular songs. We currently have members from 16 yrs. to 80 yrs. For more information contact Mel 01206298628 or



## SESAW NEWS

It's not often an ex SESA dog hits the headlines but two of our canine friends made the news recently. Heroic Hadleigh hound Bowza, a Labrador cross, was featured on BBC Look East and the national press after sharing his body heat with a lady suffering a head injury. Bowza's proud owner, Don Cox, said the dog seemed to understand the problem and stayed next to the shivering lady for over an hour until an ambulance arrived.

My old friend Freddie, a very cute chihuahua cross, became the centre of attention during filming for a Channel 4 TV commercial. The little chap was chosen to appear in an ad with the equally handsome bigger chap in the photo, to advertise "Solidor" front doors. Of course Freddie was completely unfazed by the experience because we chihuahuas are often the star attraction. Apparently he has already be asked for his pawprint and might become more famous than me!

I have no idea what animals may be available for rehoming when you read this so please keep an eye on our website or visit when we reopen on Thursday 17th January. Don't forget to wear your wellies

if the weather is wet! My vertically challenged canine friends usually return home with very muddy undercarriages, which is extremely uncomfortable, I can tell you! Time to muscle into the scrum to find a space in front of the Rayburn for me, Kenny (the Boss) Chihuahua.

Suffolk and Essex Small Animal Welfare, Reg.Charity No.1124029. Stoke Road, Leavenheath, CO6 4PP. Usually open 10-1 p.m Thursday to Sunday but please check first. Closed over Christmas.



# 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  
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fish van in the lay-by at the bottom  
of Church Hill in Stratford every  
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## MOBILE LIBRARY

### Stratford St Mary - Route 11

The bus stops every 4 weeks on  
Wednesdays

23 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

29 January

### Holton St Mary

Church Square - 9.30-9.45am

### Raydon

St Mary's Raydon - 9.50-10.30am

### Lower Raydon

Sulleys Hill - 11.30 - 11.45am

### Higham

The Green - 11.55am to 12.10pm

The **customer service line 01473 283838**  
is staffed 9am to 5pm from Monday to  
Friday and can handle any library  
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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 [babergeast@suffolk.pnn.police.uk](mailto:babergeast@suffolk.pnn.police.uk)  
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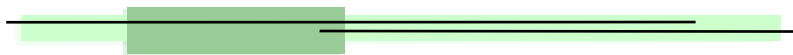
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# The Quartet benefice Newsletter and events schedule

Dear Friends,

As I sit at my desk, with lists of pre-Christmas tasks to complete, it is difficult to contemplate January 2019. I know though that the festivities go by in a flash and January will soon be upon us. I hope you all had a very Happy Christmas.

We are now in the season of Epiphany, which means the revealing of God in the form of Jesus to the world. St. Matthew describes in the Bible, the Wise Men or Magi travelling from the east to find the infant Jesus. They were astrologers from the region we would today call Iran. They studied the stars and other celestial bodies and had seen an unusual star in the heavens which foretold the birth of a king of the Jews and they followed it all the way to Bethlehem to pay homage to this new king. St. Matthew's purpose in this part of his Gospel is to show that God's plan always was that the good news of Christ's birth was not just for the salvation of the Jewish nation but for all of humanity.



Our Benefice the Ministry team is determined to continue working for all residents of our four parishes and beyond. There are contact numbers overleaf, please speak to any of us if you wish, or need to. A Benefice Profile is being produced which we hope will attract a new Rector to lead us all in the years ahead. We will keep you posted about progress. In the meantime during this interregnum we will, where possible continue the same pattern of Sunday and other occasional Services in the Benefice. We are grateful to Nicola our Reader, the Ministry team and to all of the ordained clergy who have agreed to help and assist with Services. Please refer to the Service Schedule overleaf for details. Also check the web-site [www.4marys.org.uk](http://www.4marys.org.uk) Changes to Service times after the Quartet has gone to press will be advertised there. In addition, Nicola and I will be recommencing a service of Morning Prayer (which is a short, said service of prayer and readings) in Higham Church on the fourth Thursday of each month, starting in January; (see overleaf) all are welcome from anywhere. I am sure this New Year will bring us many challenges in the Benefice, but we will meet and deal with them joyfully. As the Magi did 2000 years ago, may we also follow the light of Christ's star wherever that may lead.

A happy and peaceful New Year to you all.

Martyn (Churchwarden at Higham, Benefice Elder and trainee on the Auxiliary Ordination Pathway)

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



### **Reader:**

Nicola Tindall: 01787 212340 [nicolajtindall@btinternet.com](mailto:nicolajtindall@btinternet.com)

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

### **Benefice Administrator:**

Frances Torrington: 01473 312046 [familytorrington@btinternet.com](mailto:familytorrington@btinternet.com)

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

### **Benefice website:**

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

## **Churchwardens**

**Higham** Martyn Carr 01206 337325  
Hugo Parker 01206 337234

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

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

**Stratford** Jonathan Dewey 01206 322148

## Services in January and February

|                      | 10.00 a.m.                                                        | NB. 5 p.m.                               |
|----------------------|-------------------------------------------------------------------|------------------------------------------|
| 6 <sup>th</sup> Jan  | <b>SSM<br/>Epiphany Carol Service with<br/>Communion</b>          | <b>Raydon Epiphany Carol<br/>Service</b> |
| 13 <sup>th</sup> Jan | Higham                                                            | Holton                                   |
| 20 <sup>th</sup> Jan | Holton                                                            | SSM                                      |
| 27 <sup>th</sup> Jan | Raydon<br>SSM Family Hour Parish Room<br>with Christingle Service | Higham                                   |
| 3 <sup>rd</sup> Feb  | SSM                                                               | <b>Holton</b>                            |
| 10 <sup>th</sup> Feb | Higham                                                            | Raydon                                   |
| 17 <sup>th</sup> Feb | Holton                                                            | SSM                                      |
| 24 <sup>th</sup> Feb | Raydon<br>Family Hour SSM                                         | Higham                                   |

Sunday 20th January - The Reverend Canon Philip Banks, Residentiary Canon and Precentor at St Edmundsbury Cathedral will be leading the service and preaching on Sunday 20th January in Holton St Mary Church.

### Midweek Communion

There is a short service of Holy Communion in the Parish Room at Stratford St Mary at 10 am on the 3rd Wednesday of every month, this month it will be on 16th January.

### Morning Prayer

A service of Morning Prayer will take place on the 4<sup>th</sup> Thursday of the month at Higham Church 10 – 10.30am, followed by coffee. All are welcome or just come for the coffee. This month it will be held on 24<sup>th</sup> January.

## **Elders**

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

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

## **Home Group**

Our Home Group will meet again on 24th January 2.30-4 p.m. at 5 Veyses End. All are welcome.



## **For your prayers**

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

- Higham:** Margaret Snelling, Nowell and the Watkins Family  
**Holton:** Ron Stedman  
**Raydon:** David King, Michael Mumford, May Peacock  
**SSM:** Nancy Ablitt, Laura Kerry, Pat Ablitt and Family  
**Others:** Serena Benson, Tory Cook, Helen Gregory, Steve Kupfer

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