

**Stratford
St Mary**

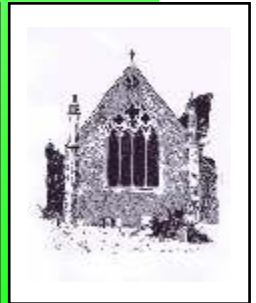
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



January 2020
Issue 377

Babergh District Council has launched the

'Tree for Life'

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

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

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

www.powercut105.com

Experiencing a power cut? No matter who your provider is, **105** is the new number to call to get help and advice, free of charge on mobile and landlines. You can also call 105 with any welfare concerns related to a power cut, or if you are worried about the safety of over or underground electricity cables or substations.

Real Christmas tree recycling



Babergh District Council will recycle your real Christmas tree for free!

If you have a garden waste bin all you need to do is leave your real Christmas tree (without decorations or pot) beside your brown bin for collection throughout January.

If you don't - not a problem - you can recycle your tree at any of our collection points listed on our website.

Large trees (more than 7 ft tall, 3 inch trunk) can only be collected via a collection point or at any of Suffolk's household recycling centres.

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

Small Ads pin board

The Quartet Diary

January

- 4 Tea and Singing, SSM
- 8 HSM Parish Council Meeting
- 13 Stratford Parish Council Meeting
- 14 Raydon Parish Council Meeting
- 15 SSM Open Gardens planning Meeting
- 28 Raydon Fair Trade Coffee Morning

February

- 11 Raydon Parish Council Meeting
- 25 Raydon Fair Trade Coffee Morning
- 27 RDGC Meeting Raydon

March

- 9 Stratford Parish Council Meeting
- 10 Raydon Parish Council Meeting
- 11 HSM Parish Council Meeting
- 21 HSM Social Club Quiz
- 24 Raydon Fair Trade Coffee Morning
- 26 RDGC Meeting Raydon

April

- 4 RDGC Spring Show Raydon
- 7 Raydon Annual Parish Meeting
- 15 HSM Annual Parish Meeting
- 21 Raydon Fair Trade Coffee Morning
- 27 Stratford Annual Parish Meeting

May

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

June

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

July

- 13 Stratford Parish Council meeting
- 14 Raydon Parish Council Meeting

Editors Corner

Well, here we are in 2020. How did that happen?

As we embark on another new year, full of hope and high ambition (I hope!), may we, at the Quartet wish you all good health and happiness at the start of the new decade. I wonder what it will bring?

Well, we can begin to answer that question at least, as you can read for yourself what is going on in the four parishes and more widely in the next few months.

We normally find the January Quartet a bit thin on the ground as we have to go to press just before Christmas and thinking about the New Year is not high on most people's agenda. However, this year is an exception and we have a lot of interesting articles to bring to you. Sally writes on Page 7 of a recent trip to the Waste Facility in Great Blakenham, Frances shares a special moment last November with some special young people from Uganda on Page 16 and Richard writes an interesting article about medical cannabis on page 18. Of course there are our faithful regulars too like Wendy reporting on the Fair Trade Coffee Morning and Geoff's report from the Raydon Garden Club. Thank you to everyone for your contributions, we couldn't do it without you!.

Hopefully everybody will be able to find something of interest to read this month!

Happy Reading

Anne and Jane

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



Copy deadline for next edition:
19th January 2020

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

Editors:
Anne Priestley; 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

Maintenance Work in Village

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

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

STRATFORD ST MARY INSTITUTE HALL

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

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

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



Join us for a post Christmas afternoon tea and carol singing - Saturday 4th January
4.00 - 5.00pm in Stratford parish room in aid of Dig Deep.

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

**You will need to use
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. To
book the hall and for general enquiries,
please phone John Taylor on 01206
323908

Stratford St. Mary Chapel

Upper Street, Stratford St. Mary CO7 6JH

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

Sunday Services: (every Sunday)

10 am Morning Service and Junior Church followed by refreshments

6.30 pm Prayer and Praise

Midweek Activities:

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

"The Coffee Pot" for everyone

Tuesdays 9 am - 11 am during term time

Men's Recreation Evening meeting monthly on

The 1st Wednesday of each month

Sparks Children's Club each Friday during

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

Ignition Youth Club each Friday from 7.30 pm - 9.30 pm

For ages 11 - 18

For further information: Contact Adrian Gates Tel 01473-311919

Or Beckie Wyncoll at beckie.w@liva.com

100 Club Winners December

20	E. Barrell	£40.00
80	C. Steward	£10.00
5	L. Paiola	£5.00

Stratford St Mary Parish Council Emergency Team

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

Norman Woodard

12 Swaynes 01206 323015

Norman.woodard@fatbloaters.com

Chris Griffin

Brook Farm, School Lane 01206

337363/07885 807567

chrisbrookfarm@gmail.com

Steve Kite

42 Strickmere 01206 322482

07958 515573

Bill Davies

3 Spanbies 01206 322990

billdav@hotmail.com



Community
First Responders

Interested in becoming a CFR?

Why not find out what it is about?

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

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

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

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



Family Hour @ The Parish Room

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

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

Come and join us!

Stratford St Mary Parish Council

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

Meeting dates for 2020

13 January

09 March

27 April: Annual Parish Meeting



Stratford St Mary Primary School are collecting the 'Books for Schools' tokens which appear in the The Sun every day from Saturday 23rd November 2019 till Saturday 18th January 2020. We need to collect 3,500 tokens to claim a set of free Collins Big Cat books worth over £600. Tokens can be collected by anybody so please tell your family and friends to start collecting them for us. Please send in the tokens as you get them so we can keep a count of how many we have collected. If you have any tokens please drop them off at Stratford St Mary Primary School. Thank you for your support.

The community of Stratford St Mary recently joined together to bring some festive cheer to others. The families of the school, the local community, the parishioners of the churches and Hall Farm Shop & Restaurant community bought Christmas gifts which were then delivered to the FIND charity in Ipswich. FIND will then distribute these gifts to those who are in need at this time of year.

Thank you to all those that contributed in this joint community venture; we know the charity was extremely grateful for our donations.

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



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

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

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

Further information

contact:beckie.w@live.com

The JRSOs walked to the Post Office with a parcel full of used inner tubes. The JRSOs had asked parents and the community to recycle their used inner tubes. The JRSOs sent the parcel to Cycle of Good. Cycle of Good will up-cycle the inner tubes and create new products. Cycle of Good trains tailors in the world's poorest places so they can earn a decent living and support their families. All the money Cycle of Good makes pays for childcare and non-profit social enterprises in Malawi. Thank you to everyone who donated their used inner tubes. The JRSOs hope to send another parcel to Cycle of Good in the future. The JRSOs are still collecting used inner tubes and would like to say thank you to those people who have collected them so far.

Miss Jones

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



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

We are collecting coins and notes both current and withdrawn.

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

Monday-Friday 9am-3pm.

Thank you!

abc Preschool CIO, Strickmere
Colchester, CO7 6YG

Telephone (01206) 322466

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



SSM Rambling Club

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



Energy from waste in Suffolk

Like many people, I have become much more conscious about what I put in my bins and what happens to it after that. So I got my bits in gear and sorted out a tour to the Energy From Waste facility at Great Blakenham for a group from our Village. They offer free tours for small groups (6-10) or Open Days for smaller groups. I thought the following may be of interest.

Did you know that 100% of Suffolk's black bin general refuse goes to an energy from waste facility to be burned in a highly controlled high-temperature furnace and re-processed?

The facility also processes 40% of the general domestic refuse that Norfolk produces.

The waste is burned, filtered, emissions controlled and residues sifted and sorted with the biggest amounts of bottom ash graded into size and reused in the construction of roads, in the making of breeze blocks and ballast and all the metals sold on for sifting, sorting and re-use.

While this does not salve our conscience for the un-renewable resources used to produce plastic films and black food trays,

at least the County has a responsible attitude for their disposal.

Your typical black bin contents are broken down as follows - 75% is energy output (enough electricity to heat over 39,000 homes), 23% is residue that is used for other things (see above) and 2-3% is the unusable remains that does go to landfill. On 266 thousand tonnes in 2018 that is making a huge difference.

What about the toxins and gases I hear you say - they use urea and hydrated lime together with burn temperature, and the mix of water and oxygen to mitigate these.

Six of us from Holton St Mary recently took advantage of the free tours offered at the EFW facility at Great Blakenham for a really interesting 2 hours.

One of the things highlighted is the changes to Suffolk recycling. The new leaflet is on the Babergh web site but in brief the changes are:

X - no to tetrapak milk cartons, black food trays, (others are fine) or saucepans and items under 4cm

- paper, card and books, do put the lids on your rinsed and crushed plastic bottles, screw up your foil into bags the size of a tennis ball or larger and any plastic pots, toys and tubs that are not black

and of course, for completeness, away from our bins, our Hadleigh Recycling Centre will take glass, textiles, batteries, bulbs and electrical items, in addition to the usual rubbish and garden waste.

If you want to know more, or arrange to visit yourself the website is www.suffolkefw.co.uk

Sally Thurlow

SSM



Open Gardens 2020

After the huge success of the last event it would be great to get more people involved.

Meeting – SSM Parish Room

15th January at 7.30pm

Come along and learn more!

All ideas welcome!

Gardeners 

Get those gardens ready!!

More the merrier so for more information drop a line to Julie on:

Julie@jj-associates.co.uk

or call on 07989639583





Fair Trade c o f f e e morning.

What a lovely sunny start for our Fair Trade festive event on December 3rd! We were a "Full House" today

or should that be Church! We had some amazing refreshments to accompany our great Fair Trade coffee. Our Frinton baker brought us the best sausage rolls ever, we are forever grateful that they stopped, by chance, a few years ago on their way to Partridges (another great institution).

Along with these we had the most delicious variety of tea bread, this time baked by a local resident. So a huge "THANK YOU" to you both.

We were busy planning our flower decorations in readiness for our annual Brass Band concert, and the final items for the fantastic hamper (which is the wish of all to win) were brought along. Our Christmas Tree which again was very kindly donated by RAYDON CHRISTMAS TREES looked lovely, so a huge thanks to the them and to the decorators!

There were also many thanks and gifts offered to those of us who do many tasks to keep our Church in good repair. I, among others am delighted to lend a hand to anything that is helpful in raising funds. So thank you for your kind words and gifts. Well the end of another year, the coffee morning on December 31st has been

cancelled as I think many will be getting ready to welcome in 2020. So our next gathering will be in 2020 on January 28th.

A Happy New Year to everyone and thank you all for continuing to support this venture. Looking forward to seeing you on January 28th.

Wendy Mumford
01473 312123

St Mary's Raydon

WANTED

Extra pairs of hands to join
our flower arranging team.

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

For further details, please
ring me.

ANGELA KING

01473 311120

Raydon Parish Council

Schedule of meetings 2020

All at 7.30pm in the KGF Pavillion

Tuesday 14 January

Tuesday 11 February

Tuesday 10 March

Tuesday 7 April (Annual Parish Meeting)

Tuesday 12 May (AGM)

Tuesday 9 June

Tuesday 14 July

Tuesday 8 September

Tuesday 13 October

Tuesday 10 November



Inconsiderate car parking

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

Jane Cryer
Clerk to Raydon Parish Council

Raydon Church Stall

A huge "Thank you" to everyone who donates items to our Church fundraising stall here in Raydon. The stall has been a big attraction for passers by for more than 30 years, but without your donations we would have nothing to sell. All the money raised is used for the upkeep and running costs in general which keeps our Church open and in good repair.

We welcome donations of books, bric a brac and other items in saleable condition, which can be put in the Church porch, but sorry no clothing.

Thanks once again and have a Happy New Year.

Wendy Mumford

01473 312123



Raydon Church Plant Stall

Once again it's time to say a big THANK YOU for all the plants, vegetables, and any other things to do with gardening given to our stall for sale. All monies raised go towards keeping our ancient Church maintained and open.

Daphne Horrex
19/11/2019

There are currently three vacancies on Raydon Parish Council.

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

Jane Cryer

Clerk to Raydon Parish Council

Your Raydon Parish Councillors

Sue Newton (Chair)
07808 818847

Keith Lovering
07939 075143

Howard (Jim) Lowe
01473 313094

Amanda Pyall (Vice Chair)
01473 310050

Sigi Steer
07591 875267

Jayne Tann
01473 828283

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



Ideal for your special event

The Rayon Pavillion is for hire

Fully carpeted room for up to 80 people

Kitchen and preparation room
Easy parking

Available Morning, afternoon, and evening.

For Details Call Clive Duddridge
Tel 01473 310162



Raydon Club

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

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

Raydon and District Gardening Club

As you read these notes in January may I on behalf of the club committee wish all you members and friends a "Happy New Year." We as a club are in our 40th year and your committee are hoping to make it a bit special. I trust as fellow gardeners you are all full of enthusiasm and optimistic for the New Spring coming in a few weeks time. Once we get to mid January I am waiting for the first herald of spring to me which of course is the Snowdrops followed by the aconites. By early to mid February many places will be covered by the lovely flowers on mass and if the sun is shining what a sight to behold, it just cheers you up. Many places have winter gardens to visit and view, and they make for a great day out. Now is the time to get looking through all those seed catalogues ready to plan ahead, also soon be time to purchase seed potatoes, and I like to start off sweet peas ready to plant out mid March as my soil is too clay and wet to plant in Autumn (tried several times, only partly successfully). If you haven't already, now is the time to cover your Rhubarb with a good covering of straw (12" – 14" thick) This protect the crowns and allows the new shoots to grow through. A few sticks on top to stop the wind blowing straw all over the garden especially when dry. By early to mid Spring it's ready to pull and eat. Other jobs like cleaning and servicing the lawn mower of course, plus the shears etc as the grass starts to grow in February once the sun warms up so they will soon be needed to be used once again.

We start our 40th year first meeting on 27th February 2020 in the village hall

starting at 7.30pm. Subject in next Quartet copy. Many of you renewed your memberships (no increase again so still only £12.50 pp) last November, Thank you. Those of you still to renew this can be done at this first meeting. Why not bring along a friend or neighbour or new people who have moved into the village recently who may like to join us. More members, more monies available, to get good or better guest speakers.

To all members if there are any specialist subjects you would like talks on please or evening visits in the lighter months, tell your committee as soon as possible so we perhaps can include them this year. Summer Coach outing is also another thing to consider not only 2020 but ideas for the future years.

Advance notice: Saturday 4th April, "SPRING SHOW" to be held in village hall as usual, pick up a show schedule at monthly garden club meetings, or the Church, or ask any committee members, or give me a call for a copy. Read the notes inside to check you're in the villages listed to allow you to enter, so why not have a go, it's fun and we are a friendly bunch and you are most welcome.

See you soon.

Geoff Horrex 01473 310422.

40th Year



Higham



SUFFOLK HOW ARE YOU?

Find out how you can Move More, Eat Well and Sleep Well for Good Mood, Stress Less and More Energy.

Take the How Are You? Health Quiz and enter the prize draw to win a year's subscription to  Spotify

Prize draw ends 10/03/2020

Go to www.suffolkhowsareyou.co.uk

BECAUSE THERE'S ONLY
ONE YOU

Holton St Mary

The First Friday of the Month Lunch Club



First Friday of the Month Lunch Club -

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

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

Any surplus funds will be reinvested.

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

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

Holton St Mary Millennium Green Trust

Winners of the recent Century Club Draws are:

October:

£25 No 112 Lee Barton, £15 No 16 Malcolm Norton, £10 No 108 Jacqueline Unwin, £5 each No 12 Tom Faiers and No 84 Paula Partridge.

November:

£25 No 113 Kevin Last, £15 No 122 Andrew Watson, £10 No 57 Mary Powell, £5 each No 50 Jackie Lester and No 16 Malcolm Norton.

December:

£25 No 64 Richard Appleton, £15 No 46 Anne Priestley, £10 No 1 Caroline Favell, £5 each No 17 Lynn Doyle and No 39 Michael Wilson.

The New Year means renewing your subscription for the coming 12 months, £12 for the year. We have some new Trustees this year and I have slightly reorganised the collection rounds to include them, therefore you may find it is a different person knocking on your door for subs. The Century Club is run by the Trustees as its only fundraising for the year. Approximately half the proceeds are paid out as prizes and the other half pays for the upkeep of the Green. If you are new to the village and would like to take part in this draw please give me a ring on 01473 311615 and I will arrange for a Trustee to come and see you.

Marjorie Haste

Community Emergency Plans (CEP)

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

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

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

Holton St Mary Parish Council

Praise of Slow.

Slow Stitch group meets every third Thursday of the month **1.30 - 4pm** in the village hall, Holton St Mary.

Everyone is welcome from beginners to experts. Some people bring a project they have started, others join in a group project and some come for the tea and chat.

For more information contact:
Jeanette Appleton m 07768418942

Holton St Mary 'Green Gym Group'

The Green Gym Group has just celebrated its first anniversary. They want to thank all those who shared its monthly exercises and fun, and also those who so kindly expressed their thanks and encouragement. In the first year the Group has tried to ensure the pavements are safe and negotiable by people of all ages, particularly those with young children (in or outside pushchairs and prams), have secreted over 200 spring bulbs through the village, and planted a living willow tunnel, stepping-trunks and balancing beams, suitable for all ages!

As a reminder, the Green Gym Group meets on the **first Saturday of each month at 10.30am in Church Square**, unless there is heavy rain or ice. The village Facebook page also provides up-to-date information on the Group.

We all look forward to another exciting year.

Thank you.

Richard Appleton and the Green Gym Group

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

Remembrance Sunday – Holton St Mary Church, Sunday 10th November 2019.

On Sunday 10th November 2019 the congregation of St Mary's Church, Holton St Mary were joined by four young men from Uganda. Bruce, Julius, Emmanuel and Disan have been supported by a UK founded charity called Brass for Africa.

Brass for Africa delivers music education integrated with life-skills training to over 1,000 disadvantaged children and young people in Uganda, Liberia and Rwanda. Working in partnership with over 20 community-based organisations, their local team of teachers are all African and alumni of the programmes themselves. They teach music, and through an integrated life-skills curriculum, nurture transferable skills such as self-confidence, perseverance, concentration and communication. Brass for Africa wants to equip children and young people with the skills to fulfil their potential and thrive.

Bruce, Julius, Emmanuel and Disan were four such children starting their music playing lives in a childrens' home in Kampala. Their music playing journey has now brought them to England where, during the summer, they passed their auditions and assessments to join the British Army Corp of Music. Once they have completed their basic army training at Pirbright in Surrey, they will join the Royal Military School of Music at Kneller Hall in Twickenham for a year's training before they are sent to join British Army Bands across the country/the world.

Bruce plays the French Horn, Julius plays the trombone, Emmanuel and Disan the Euphonium.

We were delighted that they were able to join us with their instruments for

Remembrance Sunday, for a very moving service. They played Abide With Me (Eventide in Uganda) outside by the War Memorial, and then Emmanuel did a superb rendition of the Last Post and Reveille which he had learnt only the week before. They joined members of the community of Holton St Mary in placing crosses at the War Memorial. We then moved inside where they joined us for the service and played the National Anthem. After the service they sang an African form of Happy Birthday for Tudor Quare who was celebrating his birthday that day.

One of our congregation sent this message to me after the service:

'Please will you pass on our congratulations to the four delightful young men who took part in our Remembrance Day Service on 10th November.

Despite being unused to playing outside in the cold they rose to the occasion, and it was very moving experience for us all.

The young men certainly made it special for everyone there.

It was good to chat to them afterwards over coffee, and their singing of Happy Birthday was sensational.'

Brass for Africa did Holton St Mary proud, thank you.

Frances Torrington



Sunday Lunch



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

Sunday 1st March 2020

In the Village Hall

Price £15 adults £10 children (free for pre-school children)

Now is the time to volunteer or book your place to attend.

To do so, please contact
Sally Thurlow (01473) 312080 or salthurlow@gmail.com or
Marjorie Haste (01473) 311615
marjorie.haste01@btinternet.com

There will be several serving times to stagger the serving queue, between 12.30 and 13.30. If you email or leave a message, please leave a contact number and say if you prefer an early or later serving (we will try to accommodate this), how many in your party (and any children) and any special requirements (especially vegetarians and non-pork/beef eaters please)

Holton St Mary Social Club

We would like to wish everyone a happy and prosperous New Year.

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

Next Date :-
Friday 24th January

Early Opening on Friday.

Please note that the next date for early opening is:-
Friday 10th January

Forthcoming Events

Quiz Night with Fish & Chip Supper
Saturday 21st March

VE Day Celebration
Marquee on the Millennium Green
Saturday 9th May
Swing Band, Refreshments. More details to follow

Membership Renewal

We would like to remind members that they will need to renew their social club membership for the coming year. This can be done by signing and dating the register the first time you attend the club in new year. Members should ensure that their guests sign the visitors book

Kind Regards

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

Medical cannabis: weeding out the truth

'Medical cannabis' describes any sort of cannabis-based medicine used to relieve symptoms in a medical condition. All are based on a part, or parts of the cannabis plant which contains hundreds of natural chemicals, the two most important being cannabidiol (CBD) and tetrahydrocannabinol (THC). CBD does not have the mood-altering and psychogenic ('high') effects associated with cannabis. Medical cannabis has been used with only limited success in the treatment of chronic pain, nausea or spasms that occur in multiple sclerosis, severe cerebral palsy and cancer. The past seven years has seen much research into the potential benefits and safety of cannabis (CBD, not THC), in the treatment of epilepsy.

Much of this research has been undertaken using placebo-controlled, double-blind trials called Randomised Controlled Trials (RCT), the gold standard of assessing the effectiveness and safety of any new medicine before it can be prescribed to patients. RCTs have been undertaken in the UK, the rest of Europe and the USA in two severe types of epilepsy called Dravet syndrome (DS) and Lennox-Gastaut syndrome (L-GS); additional trials are ongoing. I helped design and participated in two trials in children in the UK. Results showed that CBD, called Epidyolex by the pharmaceutical company, was effective and statistically significantly more effective than placebo in reducing the frequency of epileptic seizures. Its main side-effects included sleepiness, loss of appetite, diarrhoea and vomiting. Epidyolex is the only globally-available pharmaceutical-grade cannabis that has undergone an RCT. There are a few products reported by their manufacturers to be of pharmaceutical-grade but many more non-pharmaceutical grade medical cannabis products, most of which contain significant

amounts of THC, far more than in Epidyolex, which contains <0.03%. They also contain unknown amounts of impurities. It is these products, obtained from many different countries (primarily USA and the Netherlands), that families want to give their children with severe epilepsy and which has led to intense media-coverage. However, none of these products have undergone an RCT and there is justifiable concern about their effectiveness and safety, particularly in children. Consequently, they cannot be approved and licenced by the Food and Drug Administration (FDA) in the USA and the European Medicines Agency (EMA) in Europe.

Based on the results of the above RCTs, Epidyolex was approved for use in the treatment of children and adults with DS and L-GS by the FDA in the USA in May 2018 and by the EMA in Europe/UK in September 2019. Despite these approvals, guidance from the National Institute for Health and Care Excellence (NICE) in early 2019 did not support the use of cannabis-based medicines in the treatment of severe epilepsies because of "insufficient clinical evidence to show the medicines work and are safe"; surprisingly, this included Epidyolex. However, in November 2019, NICE was able to recommend Epidyolex as an add-on treatment for patients with DS and L-GS. Current guidance now allows named paediatric and adult neurologists who specialise in epilepsy to prescribe Epidyolex, but no other cannabis-based product. However, it can only be prescribed to patients with DS and L-GS or, exceptionally rarely, with other types of treatment-resistant epilepsy and for whom there is no other therapy. A panel of epilepsy specialists in each major region prioritises which children are eligible for Epidyolex. However, their decision must then be approved by the local hospital, and the NHS Commissioners in the patient's area must agree to pay for the drug before it can be prescribed. Predictably, confusion, concern and clamour continue, particularly

over non-tested CBD (and THC) products in the treatment of epilepsy.

(I will discuss drug trials and medical cannabis in more detail at a Church fund-raising talk in Stratford St Mary in March 2020).

Richard Appleton
Consultant and Honorary Professor in
Paediatric Neurology



Past Meetings

A speaker meeting is not held in December but a Christmas lunch instead which took place on Wednesday 11 December at the Ipswich Best Western Hotel, Copdock. A popular event and an early reservation is always advised.

Future Meetings & Diary Dates

8 January - The Mysteries of Easter Island
Chris Parfitt, a retired teacher, will present an illustrated talk looking at life on this remote island today and explore its unique history revolving mainly around the famous statues and some of the theories surrounding them.

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

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

11 March - Bees and Flowers

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

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

Membership

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 400 members and 40 active groups. For further information please visit www.stourvalleyu3a.org.uk where our membership secretary Val Pretty may be contacted.

Meeting Venue

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

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



Stour Valley Men's Probud Club

Our speaker on Wednesday 4th December was Simon Gallop introducing us to "The Unknown Constable Country". We ended the year with our popular Annual Christmas Quiz. Both meetings were much enjoyed by all Members.

We will not be meeting on the 1st January and so our first meeting in the New Year will be on Wednesday 15 January when our Member Michael Hole will talk to us about "Second World War Prisoner of War Camps".

Carole Wheatley will enlighten us on "Internment in Guernsey during WW2" on 5 February and on 19 February Colin Hopper will present "The Story of London Bridge".

On Wednesday 4 March Maureen Clarke will talk to us about "The plight of street orphans in India" and we will be holding our AGM on Wednesday 18 March.

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB

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

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

East Bergholt WI

Are you looking for a new interest for 2020 Ladies?

Come and see what East Bergholt WI has to offer. We meet once a month and have a variety of speakers and activities throughout the year. We also have a monthly walking group and a Craft group. Our first speaker of the year will be Adrian James who will be showing us some old photographs of East Bergholt and will probably be jogging some memories from the past. This will take place on

Wednesday the 8th January at 7.30pm at the Constable Hall, Gandish Road, East Bergholt CO7 6TP.

Please note From February 2020 we will be changing our meeting night from the second Wednesday of the month to the first Wednesday of the month.

Prospective members are always welcome to pay us a visit and you can attend up to three meetings as a visitor for a small charge. Our annual subscription for 2020 will be £43

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

eastbergholtwi.wordpress.com

Constable Singers

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

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

Contact Yvonne 01206298428 or Mel 01206298628 or Paula Mob.07799248747

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

Report from Constable Country Patient Participation Group

First Aid awareness training for parents and carers of pre-school and primary children

In October we ran a two hour awareness session about First Aid for babies and primary age children. This took place during the day at East Bergholt Primary school. We had excellent feedback, but we did not have many attendees. We would like to run this course at Capel primary school in the New Year but are wondering if an evening session would be better. We are also interested in finding out whether people would like to participate in a more formal First Aid course. Please contact us at constablecountryppg@gmail.com

Community Connectors

The community connectors vehicle will be at the East Bergholt surgery on Wednesday 15th Jan between 12.30 and 3.30pm and outside the Capel Community Centre on Wednesday 22nd Jan 12.30-3.30pm.

What do Community Connectors do?

The Community Connectors offer up to five one to one sessions to help link people who may be socially isolated or have long term physical or mental health conditions with services that can help improve their lives. You can just pop in for an informal chat to find out more.

Active Wellbeing Service

You can pick up a card in either surgery if you would like to know more about becoming more active. Janet Lawrence can offer one to one sessions on Thursdays at East Bergholt surgery – or can make arrangements to see people at the library in Capel St. Mary. You can pick up a self-referral card in either surgery or speak to a doctor or nurse to ask for a referral.

New appointment system

We are aware that the new appointment system has had mixed reviews. Please let us know of any particular issues that you've had and we will discuss them at our regular meetings. Email us at

constablecountryppg@gmail.com

Kathy Pollard 01473 311384

Build a confident future for your church

Support your church on a regular basis by joining the Parish Giving Scheme



To enable our church to continue being a positive presence in our community for all. We are looking for regular donations through the Parish Giving Scheme (PGS). Anyone can offer a gift to the church and the PGS is the most efficient and modern way to give and the advantages are:

- Collects your regular donations for your parish by direct debit (monthly, quarterly or yearly)
- Claims the Gift Aid entitlement on behalf of your church
- Provides the (popular) option to increase your donations annually with inflation.

Help your church continue to be there for when you need it. To find out more pick up a PGS pack from your church or contact:

Higham: Hugo Parker 01206 337234,

Roger Freeman:

roger.kilncottages@btinternet.com

Holton St Mary: Paul Torrington 01473 312046

Sunday 23rd February 2020

IN DOOR



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



DEDHAM TENNIS CLUB

Memberships for 2019 are now available, giving free access to the courts.

Juniors £5; Adult Weekday £30;
Individual £50; Family £80.

Coaching for juniors & adults available or just come along & give tennis a try. Our subscription year is now nearly half way through but we do continue playing throughout the autumn & winter.

More details at
www.clubspark.lta.org.uk/dedhamlta

or email: dedham-tennis-committee@googlegroups.co.uk

SESAW News

Let me begin with a thank you to Jane and Anne for letting us 'talk' to our local supporters through the Quartet. This month's news was submitted early for the Christmas break so I don't know what the weather is like as you read this, or even the General Election result. Did someone say ignorance is bliss?

Thank you also to everyone who made our Christmas Fair the best ever. Lots of two and four legged friends called in and £3845 was raised. Yet more thanks to the Colchester branch of Santandar for raising £321 for SESA W last November.

More grateful thanks to Jackson Civil Engineering for donating £1750 to SESA W from fundraising activities during it's recent annual staff conference in Ipswich. It was the first outing for my canine friend Megan, an older lady who belies her years, and she did look cute in Santa's sleigh! The Nayland 10K will take place on 5th July 2020 and once again the organisers have chosen SESA W as one of their charities. This is a family friendly event with a 1k Fun Run, 5k and 10k runs through beautiful Constable country.

Amongst our dogs is Oscar, a victim of circumstances through no fault of his own. He is only two years old and misses his family dreadfully. Everyone here loves him and the younger volunteers are often found cuddling him in his bed. Oscar needs lots of training, exercise and company. It won't be easy but if you are strong enough to overcome his exuberance you will end up with a cracking dog.

Best wishes for 2020 from all of us at SESA W, including me, Kenny (the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare,
Reg.Charity No.1124029, Stoke Road,
Leavenheath, CO6 4PP. Tel: 01787 210888,
www.sesaw.co.uk.

Bin Collection Schedule

Week Commencing

Recycling Week	30 th December
Refuse Week	6 th January
Recycling Week	13 th January
Refuse Week	20 th January
Recycling Week	27 th January

Waste Services 0300 1234 000 (option 4) Email: recycling@baberghmidsuffolk.gov.uk
Visit www.recyclenow.com to find your nearest recycling banks

Babergh District Council
Waste and Recycling



Christmas & New Year Bin Collection Schedule 2019-2020

**Please ensure your bins are presented by 6.30am
on the day of collection**

	Usual Collection	Revised Collection	Change
Refuse	Monday 23rd December	Monday 23rd December	None
	Tuesday 24th December	Tuesday 24th December	None
	Wednesday 25th December	Friday 27th December	2 days later
	Thursday 26th December	Saturday 28th December	2 days later
Recycling	Friday 27th December	Monday 30th December	3 days later
	Monday 30th December	Tuesday 31st December	1 day later
	Tuesday 31st December	Thursday 2nd January	2 days later
	Wednesday 1st January	Friday 3rd January	2 days later
	Thursday 2nd January	Saturday 4th January	2 days later
Refuse	Friday 3rd January	Monday 6th January	3 days later
	Monday 6th January	Tuesday 7th January	1 day later
	Tuesday 7th January	Wednesday 8th January	1 day later
	Wednesday 8th January	Thursday 9th January	1 day later
	Thursday 9th January	Friday 10th January	1 day later
	Friday 10th January	Saturday 11th January	1 day later

From Monday 13th January 2020 normal waste and recycling collections resume.

There will be **NO brown bin collections over Christmas and New Year** (between 23rd December and 6th January) Please refer to brown bin collection calendars available on: www.babergh.gov.uk for 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

Crime prevention

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

PC 1347 Gilkes Pcs0 3041 Cooper
babergheast@suffolk.pnn.police.uk
Telephone...101

MOBILE LIBRARY

Stratford St Mary - Route 11

The bus stops every 4 weeks on
Wednesdays

22 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

28 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
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

Local Directory

THE GATTINETTS

OFFICE and WORKSHOP

PREMISES TO RENT

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



www.gattinets.co.uk

Or ring 01206 393089 / 07941 781489 to check availability

Fix-A-Lock

Locksmith - available 24/7

- 24 HOUR LOCKSMITH -
Wooden and UPVC doors

Ted Blanchette

07836 551032

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

ARTSCENE

Local Mobile Picture Framing Service
30+ years experience

*Oil paintings, Photos, Prints, Medals, 3D/Box frames,
X-Stitch, Tapestry, Mount Cutting, Stretching Also
Frames cut to size for the DIY enthusiast*

**FOR MORE DETAILS TELEPHONE
LESLEY ON 01473 310630 (Bentley)
MOBILE 07500 488667
Email: lesley.artscene@gmail.com**



preschool

VILLAGE LOCATION JUST OFF THE A12, WITH A
WONDERFUL GARDEN AND OUTSIDE CLASSROOM.

30 funded hours for 3 & 4 year olds
15 funded hours for eligible 2 year olds
8.45am to 3.00pm (term time only)

JOIN US FROM 2 YEARS OLD

**OFSTED
OUTSTANDING**



TEL : 01206 322466

admin@abcpreschoolstratford.co.uk. www.abcpreschoolstratford.co.uk

CHARITY NO: 1159282



Ofsted 'Outstanding' full day and sessional nursery care and education
for children aged 3 months to 5 years. We are open Monday to Friday from
8am to 6pm.

Children are provided with excellent opportunities to participate in
exciting and fun activities that enable them to explore learning across
all areas.

For more details about our services please contact Shelley on 01206
323093 or via email on info@orchardbarns.co.uk
Orchard Barns Kindergarten, 6 Higham Road, Stratford St. Mary, CO7 6JU



*An independent village store for
your everyday shopping needs*

Fresh fruit and veg.

Fresh bread.

Local produce.

Wines, beers and spirits.

Newspapers and Magazines.

Dry Cleaning and Laundry Service.

Orders Delivered by Arrangement.

SHOP OPENING HOURS:

MON - FRI: 7am to 6pm SAT: 8am to 5pm SUN: 9am to 2pm

POST OFFICE HOURS:

MON - FRI: 9am to 5.30pm SAT: 9am to 12.30pm

01206 262335



RURAL PROPERTY WATCH

*Worried about leaving your
property empty during holidays etc?*

- We can provide regular external inspections
- Ensure all is safe and secure
- Report any issues
- Remove and store parcels left outside

For further details contact Graham Aldrich

07710 540926 / 01473 243408

graham@ivc-ltd.co.uk

Leisure Hire

Marquee and Equipment Hire

- * Marquees erected on most surfaces
 - * Awnings * Walkways
- * Extensions to Buildings * Linings
 - * Lighting * Furniture
 - * Flooring & Staging
 - * Heating

**Summer or Winter Weddings
Anniversaries Corporate**

Brochure upon request

www.leisurehiremarquees.co.uk

(01206) 242196

DOLLS HOUSES



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

Miniature collectables and all those other little bits

01473 310 630 or 07500 488 667

email lesley.artscene@gmail.com

Find us at Dedham Art and Craft Centre

Essex & suffolk PEST SOLUTIONS



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

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

info@eandspestsolutions.co.uk

Tel: 01473 328092 (Holbrook)

Flatford Mill Field Studies Centre

Come and study a wide range of subjects in our unique location, nestled in the heart of the Dedham Vale. A constant source of inspiration in the past, the present and for the future.

www.field-studies-council.org/flatfordmill. You can also contact us by phone on **0845 330 7368** (local rate), or by email at enquiries_fm@field-studies-council.org



Holiday Cottage in Cromer

Our delightful holiday cottage in Cromer is available to rent for two, five or seven guests.

The studio in the garden of Coach House Cottage is a perfectly self contained space for two, the charming cottage itself sleeps five (2 doubles and a single) or you can rent both together to accommodate seven. Both come with a lovely courtyard garden and are only five minutes walk from the beach/pier.



**Short breaks accepted.
Please contact Frances on
077110806589 for further details.**

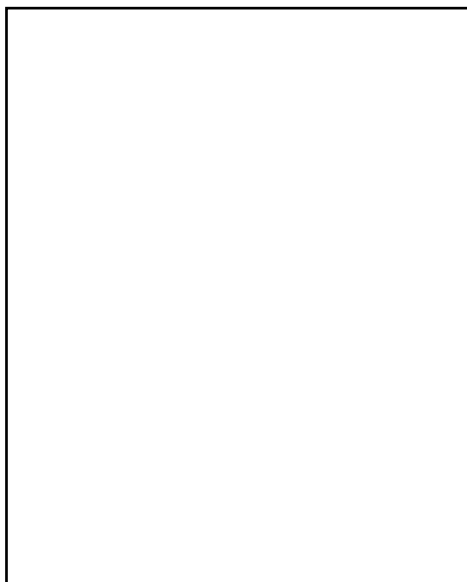


**THE
FOOD
STATION**

Catering & Events
Cater Hire

Kitchen Equipment
Tableware
Crocery
Glassware
Cutlery
Fridge Trailer

Contact Emma: 07587 196496
Email: info@thefoodstation.co.uk
www.thefoodstation.co.uk



Home and Garden



Bland Landscapes Ltd

Our services include:

01206 230882
www.blandlandscapes.co.uk

Ivydene, Frating Road
Colchester, Essex, CO7 7SY

Treework Specialists	All types Fencing inc
Felling	Equestrian Fencing
Pruning	Driveways
Reducing	Patios
Reshaping	Turfing
Stump Grinding	Planting
Seasoned Logs	Grass Cutting

CHESTNUT POSTS, POLES AND RAILS

Traditional fencing material all cut from
coppiced woodland in Higham.

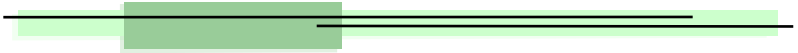
Longer lasting than modern tanalised soft wood.

No nasty chemicals, safe to handle.

Ideal for garden projects, horse paddocks and stock fencing.

All enquiries welcome.

Call Nick on 07896 054439



**BUILD WITH
COLLIERS**

GETTING YOUR GARDEN READY FOR SUNSHINE?

Visit our yards in IPSWICH and COLCHESTER for a wide range of fencing, trellis, decking, paving, artificial grass, sleepers, decorative aggregates and much, much more.

With service you can expect from an independent builders' merchant which has been around for almost 200 years.

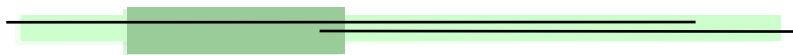
COLCHESTER 01206 715500 | IPSWICH 01473 689605

**Collier &
Catchpole** 
COLLIERCATCHPOLE.CO.UK

Looking for aggregates,
paving, walling and edging?

Go to our website and
click on our online shop.

WE DELIVER!



PLANT CENTRE GARDEN & CAFE

For Specialist and Popular Plants

Renowned plant nursery right on your door step, established by Rupert and Sara in the walled garden at East Bergholt Place.

*Garden & Arboretum open Mar -Sept
Café and gift Shop OPEN DAILY
10am-5pm*

East Bergholt Place, CO7 6UP
Tel: (01206) 299 224



Local, cost
effective florist.

**Call Hannah
on
07530 995807**
for info and
orders.

Good quality seasoned logs for sale.

Collected or delivered.

Call Rob at
Stratford Hills Farm on
07979 237868





Countryside Tree and Garden Services

01206 322935 / 07825 069 048

Andy@countrysidetreeandgardenservices.co.uk

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

We are a friendly family run business based in Stratford St Mary, we pride ourselves on being a reliable local business. Our team of tree surgeons are all fully qualified and insured.

Feel free to contact us to have a chat and arrange a free no obligation quote.

www.countrysidetreeandgardenservices.co.uk

DEDHAM VALE TREE SURGERY

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



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

Specialising in big trees in delicate situations

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

mobile 07756 811098
phone 01206 323056

Swift Garden Services S G S



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

ARDLEIGH CHIMNEY SWEEP SERVICES



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

ANDREW SMITH

01206 231718 • 07845 249820

31 HARWICH ROAD, LAW FORD, MANNINGTREE, ESSEX CO11 2LS



Design, Implementation and maintenance of
Garden Landscapes

Improve your garden this year!

Wendy Norman 07756 364560

Email wendy@finestgardens.co.uk

RHS qualified

Member of The Gardeners Guild

Mending your home



GORDON SHORT

PAINTER / INTERIOR & EXTERIOR,
PROPERTY MAINTENANCE
& GENERAL HANDYMAN

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

GIVE ME A CALL:

01473 313053 / 07773 236642

gordonshort1959@icloud.com

**Andy Slocombe brickwork
serving the Dedham vale**

for all your building requirements
property maintenance, roofing, block paving, landscape,
repairs & restoration

tel 01206 322884 / 07786 871364
3 Constable Row Manningtree Road
Dedham nr Colchester Essex CO7 6DW

S.W. STIFF

Carpentry & Building Maintenance

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

**CONTACT : Steven
on 07811 005241**

Michael J Byles

Plumbing & Heating

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

General Plumbing & Heating
work also undertaken.

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

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

Andy Smith Roofing



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

01206 322882
07754368693



tenon decorating

For all your internal and external painting and decorating work:



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



*Floor and Wall Tiling
Wallpapering
NVQ2 Qualified*

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

For a FREE Estimate Contact Steve Ferguson on 07719 357322 or 01206 393351
www.tenondecoratingltd.co.uk – tenondecorating@btconnect.com
Sbras, East End, East Bergholt, Colchester, Essex CO7 6XQ



BAILAND CONSTRUCTION LTD

EXQUISITE ATTENTION TO DETAIL

TOAD HALL
THE HEATH
DEDHAM
ESSEX
CO7 6BT
01206 323230

WWW.BAILANDCONSTRUCTIONLIMITED.CO.UK
ENQUIRES@BAILANDLTD.CO.UK



**Philip
Avery**

Domestic Electrician
Local, reliable,
competitively priced

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

2 The Gardens,
Raydon
Tel: 01473 311261
Mob: 07923 434689
avery218@btinternet.com



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

*Call us for a free
quotation*

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





David Friend Oil Heating Services

Oil Fired Boiler Service, Repair and Installation Specialist



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

No call out charge. Free quotes.

Tel 01394 411839 Mobile 07786 971425

Ashley Short

Carpentry, Joinery, Property Maintenance
& General Handyman



Kitchen fitting -
Bespoke units made
Decorating,
Renovations
No Job too small
Local and Reliable

01473 311226 07904 875556



David Price

Painter and Decorator

*Period and Modern Properties
Interior and Exterior
Hand Painted kitchens and furniture
Gutter clearance
Free Estimate. Fully Insured
Over 30 years Experience*

TEL
01206 975917

MOBILE
07872 001929

dpricedecorators@yahoo.com

Nigel Bruce

Industrial & Domestic
ELECTRICIAN

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

RUSSELL SMITH
*HIGH QUALITY
PAINTER & DECORATOR*



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

TEL: 01206 323520

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

GRANSON
Plumbing & Heating Services

Gas Safe Registered Engineers
Local, Friendly & Reliable Service

- Boiler & Central Heating Installations, Servicing & Repairs
- Power Flushing
- Under Floor Heating
- Bathrooms, Wet Rooms
Taps & Showers
- Gutters, Downpipes
& Drain Rodding

TELEPHONE:
07912 161 646

EMAIL:
gransonplumbingandheating@hotmail.com

gas
safe
REGISTERED
503045

Jackson

Plumbing and Heating East Anglia Ltd

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

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

£10.00 discount - Servicing boilers and minor repairs

£30.00 discount - larger repairs

£150 discount - boiler changes

£250 discount - full installation

07834 612009

01206 322063

01473 214215

(estimates given before work undertaken)

In the House

Hicks TV & Audio
Solutions

(Formerly BV Hicks Ltd)

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

**Help is at hand - Call Toby Hicks
01449 771991 / 07968 686035**



COLCHESTER FOOT CLINIC

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

Providing individual and personal care across
Essex since 1985,

THE FOOT CLINIC @ HARWICH

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

THE FOOT CLINIC @ DEDHAM

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

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

01206 854300

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



FunDancing Classes

Adults Dance Fitness
No Partnering

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

spaces are limited - to reserve yours

**Call Janet on
07506 350 455**

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



FunDancing.Suffolk



FunDancing

Mind Body Moment



Each weekly 90-min
workshop style class
teaches wellbeing methods
including combinations of:

Breathing & Centring
Yogalates , Yin Yoga,
Restorative Yoga & Somatics
Relaxation & Meditation

Mon(pm) & Tues (am) in Raydon (IP7)

Max of 8 class members per class
Pre-booking & payment is required

www.mindbodymoment.co.uk

07506 350 455
janet@mindbodymoment.co.uk




ann mason
CARE

**Full and part-time
care workers required**
to provide care visits to people
in their own home

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

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

EDg

edwards design group

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

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

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

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



AERIAL & SATELLITE SPECIALISTS

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



For A Free Quote and Advice Call

CAI – RDI & TRUSTMARK APPROVED



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

DianaM Cleaning

- Home weekly cleaning
- Home deep cleaning
- Office cleaning

Contact information: Diana Marinova

Mobile number:
07925 624123

Email address:
dianamarinova61@yahoo.co.uk

Chiropody/Podiatry service Direct to your home

Covering Stratford, Higham, Holton,
Raydon & all local areas.

For enquiries please contact

Mr C Dunn,
BSc Hon's Podiatry.
MChS, HPCP
Registered
Chiropodist/Podiatrist.

01473 211217
07803601085



SCHOFIELD
REMOVALS Est.1919

Removals and Storage



We cover local, national and international moves.



We have over 100 clean and safe self-store units.



We've been moving people from Suffolk and Essex for nearly 100 years.



Our staff are long serving and fully trained to BAR standards.



Find out about our specialist moving services; from pianos and paintings, to full packing services. We're always happy to help!

— Your move, safe in our hands —

01206 233376 | www.schofieldremovals.co.uk | info@schofieldremovals.co.uk



Dedham Vale Homecare Ltd

'Care with Integrity'

**TAILORED CARE • MEAL PREPARATION • TRIPS OUT • SHOPPING
SUPPORT TO APPOINTMENTS • LIGHT HOUSEWORK AND LAUNDRY**

Dedham Vale Homecare provides support, companionship & care to people in their own homes.

We provide a bespoke service to meet identified individual needs with dignity and privacy.

The Gattinets, Hadleigh Road, East Bergholt CO7 6QT

www.dvhc.co.uk
info@dvhc.co.uk
01206 299683



Brett Valley Installations

Oil boiler Service Engineer.

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

Local, Reliable, Competent.

Nick Marno Tel. 01206 337316 or 07896 054439

Professional Services



Supporting Your Wellness

Inga Hurren Registered Chiropractor

4 Church Mews, High Street, Nayland CO6 4JF

t: 01206 264139

e: enquiries@naylandchiropractic.co.uk

w: www.naylandchiropractic.co.uk

Victoria Baker PILATES

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

Group and individual sessions in a private, comfortable studio.

tel: (01206) 322244

Cedar Building, Foxash Estate
Harwich Road, Lawford



Mobile: 07887 987280
victoria@victoriabakerpilates.com



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



DEDHAM
OSTEOPATHY

**Luke Jackman Bsc Hons Ost
Registered Osteopath**

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

Dedicated to getting you better

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

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

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



1 Threadneedle (Main) Street,
Dedham, Colchester CO7 6HH
Tel: 01206 322674

Web: www.pedicarefootclinic.co.uk
Email: nicola.pedicare@gmail.com
Mob: 07732 039726
Nicola Rampton Dip.FH MAFHP

Foot health
check and
treatments for a
range of foot
problems and
conditions

BOOKKEEPER

VICKI LONGDON
AAT LEVEL 4 QUALIFIED

ENTHUSIASTIC AND RELIABLE
METHODICAL AND ORGANISED
SOLE TRADERS TO LARGE
COMPANIES

07960257128
VICKILONGDON@HOTMAIL.COM

DIY LIVRY

available at Lower Raydon

Barn style stables
Large paddocks
Manège
Cross country jumps



Call Graham on **07710 540926**
or email graham@ivc-ltd.co.uk



Experienced Dog Walker

Currently covering Polstead, Raydon, Shelley, Higham, Holton-St-Mary, Boxted, Dedham and Stoke-By-Nayland.

Professional Dog Walking Certificate & Canine First Aid.

Fully insured and DBS checked.

Local references on request. Complimentary first walk.

Michael Oliver 07939 0444 27

Email: 48michaeloliver@gmail.com

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

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

Residential Estate Agents, Lettings,
Property Management and Valuers

01473 372 372
info@chapmanstickels.co.uk



Chapman Stickels

Suffolk and North Essex

With over 45 years' experience of the local market, Chapman Stickels offers traditional values combined with a modern approach to marketing.

The founding partners Robert Chapman and Benedict Stickels welcome you to call or visit us in our offices at
The Corn Exchange, Hadleigh.

Chapman Stickels

The Corn Exchange, Market Place, Hadleigh, Suffolk IP7 5DN
01473 372 372 E info@chapmanstickels.co.uk W | chapmanstickels.co.uk

Part of Investeq Holdings Limited



DOUGLAS STEERS & COMPANY LTD

Private Wealth Management & Independent Financial Advisory Services

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

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

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

**Is my pension
fund performing
well?**

**Should I
combine
all my pensions?**

Taking the first step is easier with support.

At Douglas Steers & Company we can guide you through the pensions process, talk you through your pension options and help you build a retirement plan by understanding your goals.

So, if you find yourself asking these questions and more, get in touch today for a FREE, no obligation consultation.

0345 5000 909

advice@douglassteers.co.uk

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



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

Authorised and regulated by the Financial Conduct Authority.

The value of your investment can go down as well as up and you may not get back the full amount invested.

WHITTLES

CHARTERED ACCOUNTANTS

Sound, clear advice Personal, practical approach

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



COLCHESTER OFFICE

The Old Exchange
64 West Stockwell St
Colchester CO1 1HE

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

WEST MERSEA OFFICE

15 High Street
West Mersea CO5 8QA

T: 01206 385049
E: mail@whittles.co.uk

www.whittles.co.uk

Pest Solution

The answer to all your Pest Problems



Free advice and quotations

Rats, Mice, Wasps, Squirrels,
Moles, Cluster Flies, Bed Bugs,
Fleas, Moths, to name a few!

The Street, Raydon, IP7 5LW

01473 396807

info@pestsolution.co.uk

www.pestsolution.co.uk

exercise

where do I start?

contact **FRANCESCA TURNER**
Telephone: 01206 299644

Personal Lifestyle Training •
Nutritional Advice •
Therapeutic Massage •



Fitness & Therapy Ltd •

Personal Training Gymnasium • Unit 38, The Gattineths
• Hadleigh Road • East Bergholt • CO7 6Q1

Grier&Partners
THE PROPERTY EXPERTS



Contact us on
01206 299222
or drop by the
office

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

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

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

Grier&Partners
LAND & NEW HOMES



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

The Quartet benefice Newsletter and events schedule

Dear Friends

I wish you all a happy 2020. We are realistic enough to know there will be moments of sadness and disquiet, but I hope they are balanced out by feelings of deep satisfaction with your families and friends, and in your spiritual life. When I last wrote an article for these centre pages I spoke about personal prayer and how setting aside a few minutes each day to connect with God can be more rewarding in your life than you realise. Indeed my own personal journey of prayer is becoming more and more fulfilling (it really does work!)

As we enter the New Year with no new incumbent on the horizon, part of our daily prayers can be that God will direct someone to this Benefice. A unifying prayer is now being said every Sunday in our Benefice to keep each parish's needs at the forefront of everyone's minds. We are fortunate that all four churches are open every day for quiet contemplation and I would encourage you to make use of them. Take five minutes out of your busy day and let God surprise you with his response.

Our four parish churches flourish when they are visited but they also need financial help. The Parish Giving Scheme has recently been rolled out across the Benefice (see p.21) and I would urge any of you who want to see your parish church stay healthy and open to sign up for whatever you feel you can afford each month. On behalf of the Benefice, thank you to everyone who has already signed up to the scheme. Our churches are buildings which have heard the prayers of many over the centuries. It is our responsibility to keep them alive and open for generations to follow.

May we use this month of new beginnings to pray for anyone working on Christ's mission and starting a new adventure. One person comes to mind, Christine Cousins, a deeply respected Lay Elder in our Benefice. Later on this year she will be trekking across the Great Rift Valley in Kenya with her daughter Sarah raising funds for the charity 'Dig Deep' and visiting projects providing clean water and sanitation that her granddaughter Harriet is working on. When they return Christine has promised to speak about the impact this adventure had on them. Please look out in subsequent 'Quartets' for more news on how we can help them with fundraising and keeping the work of Christ alive both in our Benefice and across the world.

May God guide your feet as you too trek through 2020.

Nicola (Lay Reader)

BENEFICE CONTACTS, SERVICES AND EVENTS

**Reader:**

Nicola Tindall: 01787 212340 nicolajtindall@btinternet.com

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

Benefice Administrator:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

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

Benefice website:

www.4marys.org.uk

Churchwardens

Higham Hugo Parker 01206 337234

Holton Richard Noel 01206 298276
Paul Torrington 01473 312046

Raydon Geoff Horrex 01473 310422
Simon Tennent 01473 310320

Stratford Jonathan Dewey 01206 322148

Services in January

	10.00 a.m.	5.00pm
5 th Jan	Stratford St Mary	Holton
12 th Jan	Higham	Raydon
19 th Jan	Holton	Stratford St Mary
26 th Jan	Raydon Family Hour in the Parish Room SSM	Higham

Midweek Communion:

A short service of Holy Communion will be held in the Parish Room at Stratford St Mary at 10am on Wednesday 15th January.

Morning Prayer:

A service of Morning Prayer will take place on Thursday 16th January at Higham Church at 10–10.30am, followed by coffee. All are welcome or do just come for the coffee.

House Group:

House Group on Thursday 23rd January at 5 Veyses End, SSM. 2-30 to 4 pm, following St Peter, "Learning to be like Jesus" and then on 6th February & 20th February.

Saturday 4 January:

SSM Parish Room 4.00 pm to 5.30 pm,
Post Christmas Carols and Tea. Adults £5, children free.
In aid of Dig Deep charity, Bringing clean water & sanitation to Kenya.

Study Retreat for Lent:

We are delighted to welcome The Revd Canon Dr John Parr to lead the Benefice in a Study Retreat for Lent on Saturday 7th March, Higham Church starting at 9.45am. More details to follow next month. To register your interest please contact Nicola Tindall.

Elders

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

Christine Cousins 01206 322530

Janet Dewey

01206 322148

Sandy Ranson 01206 322156

Peter Snelling

01206 337590



For your prayers:

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

Higham: Nicholas Maxwell-Lawford

Holton: Ron Stedman

Raydon: Michael Mumford, May Peacock, Janie O'Brien, David King

SSM: Nancy Ablitt, Laura Kerry, Josie Thompson and Family

Others: Tory Cook, Helen Gregory, Steve Kupfer, Phil Wyncoll and family.

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