

*Your
resource
for
everything
local*

A black location pin icon with the words "SHOP LOCAL" in white capital letters inside the circular top portion.

January 2023
Issue 413

Quartet

The Parish Magazine



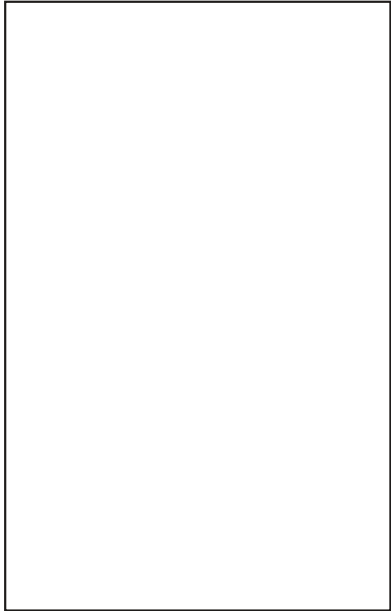
For Higham, Stratford St Mary, Raydon and Holton St Mary

Quartet Diary

Get that spring cleaning attitude early!

There's space on the Small Ads pin board for things you've been meaning to find a new home for, but still haven't got round to it yet.

Just email Anne and Jane at quarteteditor@hotmail.co.uk (add a picture too) and let your unwanted items find a new life.



Help us with our campaign!

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

Small Ads Pin Board

No charge for non-commercial ads placed for one month only, space permitting. Email quarteteditor@hotmail.co.uk

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

December

31 HSM New Year's Eve Party
Raydon New years Eve party

January 2023

4 Raydon Club

6 First Friday Lunch Club Holton

10 Raydon Parish Council Meeting

11 HSM Parish Council Meeting
Raydon Club
Raydon Community Lunch Club
Little Sparks SSM

13 HSM Social Club

18 Raydon Club
Little Sparks SSM
Christmas Tree Collection, SSM

19 Slow Stitch Holton
Soup and Social, Raydon

20 HSM Social Club

21 SSM Pylon Meeting

24 Fair Trade Coffee Morning Raydon

25 Raydon Club
Little Sparks SSM
SSM Coffee Morning

27 SSM Quiz
HSM Social Club

February

1 Raydon Club
Little Sparks SSM

3 First Friday Lunch Club Holton
HSM Social Club

4 HSM Green Gym

7 Raydon Parish Council Meeting

8 Raydon Club
Little Sparks SSM

10 HSM Social Club

15 Raydon Club
Little Sparks SSM
Soup and Social, Raydon

16 Slow Stitch Holton

17 HSM Social Club

22 Raydon Club
Little Sparks SSM
SSM Coffee Morning

23 R & DGC Meeting

24 HSM Social Club

26 Holton Sunday Lunch

28 Fair Trade Coffee Morning Raydon

March

1 First Friday Lunch Club Holton

Editors Corner

Well, after the cold snap of December, I hope the January Quartet finds you in good spirits and not feeling too cold!

It's the start of a New Year again, with all the hope, good ideas and resolutions still intact. I wonder what the year will bring? Staying positive, let's hope for an easing of the financial problems we are all facing to some degree and plenty of summer sunshine!

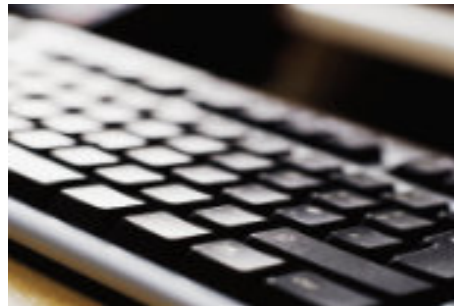
This time of year is traditionally a bit quieter for the Quartet as folks are still in winter mode and thoughts of events and things to do outside are still overshadowed by Christmas. We do still have a good selection of articles for you however. There are a few meetings happening in January that you may well need to know about (I'm thinking particularly Stratford Section) as well as advance notice of some plans for later in the year that you might need to book early for.

However you start your New Year, we do hope the Quartet is a useful addition to it and at the very least will give you five minutes with your feet up and a cup of coffee!

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 2023

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

Rev'd Nicola Writes

Dear Friends

On behalf of Rev'd Manette and myself, may we wish you all a healthy and happy 2023. A new year brings much promise but can also be full of feelings of worry and concern. Wherever the start to this new year finds you, may you be comforted by the fact that the church is always there for you. Our four parish churches serve the communities of the villages they are in and everyone in this Benefice and beyond, whether you are a regular church-goer or whether you visit the building once or twice a year, or maybe not at all. The church is not just there for Sundays and it is not just the buildings either. We take pride that even in this day and age of break-ins and vandalism our four churches are open every day, so do please come and use them for prayer, for rest, and for reflection.

Since the middle of November I have been doing a fair bit of reflecting myself as I began a month-long placement joining the chaplaincy teams at both Ipswich and Colchester hospitals. I will admit to being a trifle daunted before I started. I had no idea what to expect other than I knew I would be taken 'behind the scenes' and a visit to the mortuary was planned. However, I had no need to be concerned. The Chaplaincy Team were so spontaneous in their love for all whom they met. The overriding feeling I came away with was 'Joy'. When you know that the only reason people visit hospital is because either they themselves or somebody they know are poorly, to talk

about joy seems an odd word to use. Every member of the Chaplaincy Team though emanated joy from within which was then manifested in all of the daily contacts they made. It was wonderful, and I thanked them for the trust they had in me, but also for the value they placed on my pastoral experience.

So I begin this year on a high, a high from my placement as well as excited about finishing my curacy in the next couple of months. I want to thank all of you for the love and support you have shown during my training and ministry as a Reader and then latterly as an Ordinand, Deacon and Curate. You have all shared this rather long and winding journey with me and I look forward to later in the year when I will serve you as an Assistant Priest.

With my love and blessings,

Nicola



Stratford St Mary



In Stratford

Hall Farm Shop Cafe and Restaurant
www.hallfarmshop.com

Anchor Inn www.stratford.pub
01206 322143

The mobile pizza co - 07982 427483

ABC Preschool - 01206 322466

Kate Baines, Virtual Assistant - 07799 391343

Orwell Electrical - 01206 322969

Andy Smith Roofing - 01206 322882

Jackson Plumbing and Heating -
01206 322063

Nigel Bruce Electrician - 01206 322751

Penrose and Partners - Vets. 01206 323414

Finest Gardens - 07756 364560

John Burrell Bespoke Bedrooms -
07734700507

Nexus Creative Print Production -
gill@nexuscpp.co.uk

tim germain - furniture designer-
maker. www.germain.co.uk



Coffee Morning

We have recommenced the monthly coffee mornings which take place on the fourth Wednesday of every month.

10.30 am in the Parish Room Do come along and socialise - £2.00pp. Money raised to date has contributed to the purchase of chairs and garden furniture for the Parish Room

STRATFORD ST MARY INSTITUTE HALL

Please note that requests 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

CHRISTMAS TREE COLLECTION

As in previous years after Christmas, Babergh D C will be collecting real Christmas trees for re-cycling from the Village Institute Car Park in Higham Road. Trees can be left in the car park next to the boundary with Orchard Barns Nursery between Thursday 5th January and Tuesday 17th January ready for collection from 6.30am on Wednesday 18th January but please do not leave any after this date. Trees must be less than 7 feet tall and have all decorations, stands and pots removed.

If you require any further information please call 0300 1234 000 (Option 4)

Stratford St Mary Parish Council

Pylons/Underground Cables **MAKE YOURSELF AWARE!!**

There will be a village open day
on
Saturday 21st January
at the
Institute Hall

From 12.00 noon – exhibition
3pm – panel discussion

Full details to follow
**Look out for the leaflets
through your doors**



Archie, known to many as "Hoagy" Carmichael settled with his wife Anna in Upper Street, Stratford St Mary in the early 80's.

They had many, many happy years involved in various community groups including the WI and Scottish Country Dancing. Hoagy was an ex RAF pilot and used his skills to help in organising the "Raydon Wings" flying displays. Anna died in 2012 and Hoagy moved in with his daughter in Nottinghamshire, but still maintained his close ties with friends from SStM.

Hoagy (97) sadly died peacefully in early December.

In accordance with his wishes, the family hopes his ashes will be interred with Anna's in SStM Churchyard at a date to be confirmed in 2023.

Anyone having known him will be welcome to attend.
Hilary Carmichael
hils@resiliencecentral.co.uk



Stratford St Mary Hand-bells

Interested in learning (or re-learning) a new skill?

We are hoping to start up the Stratford St. Mary hand-bell ringers group once again.

Our village has a notable history of bell-ringing and we are hoping to re-establish our once thriving hand-bell group.

Novices and new players welcome (*tuition provided*) and we would love any previous / experienced players to join us too.

Please contact Heather Wager for more information at:

heather.wager@btinternet.com

Stratford St Mary Parish Room

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

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

ssmparishroom.bookings@gmail.com

or contact Paul Ranson on 01206 322156
or
07870 388184



LITTLE SPARKS

**(Mums and Tots)
at
Stratford St Mary Chapel**

**9am - 11am every Wednesday
(Term Time)**

Donation Request: £1 per family

**Contact Beckie for more information at
sparksandignition@gmail.com**



Stratford St Mary

Join us for the big 'Quiz of the Year'!

Our pre-Christmas quiz was a sell-out and a great fun evening enjoyed by all. Do join us for our next Village Quiz Night to be held at The Institute Hall on

Friday 27th January at 7.30pm.

Book your place / or table by contacting Dave Pooley on:

davepooley53@gmail.com

Tables of 6 (or come along and we will allocate you to a team)

£5 per head. Bring your own drinks / glasses / nibbles.

*** Proceeds in aid of Ukraine***





Stratford St Mary Community Trust

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

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

Telephone: 07850668064

E-mail: trust@stratford-st-mary.org

We may be able to help.

All such contact will be in strictest confidence.

Board of Trustees
Stratford St Mary Community Trust (SsMCT)



STRATFORD ST MARY RAMBLING CLUB

Invite you to join them on their walks. Distances vary from 4 to 5 miles with shorter evening walks in the summer. Do join us on our walks

For more information, please phone Don Umfreville 01206 322626



Winners of SSM 100 Club

The winners of the December 100 club draw are

£50 Paul Alexander (No 83)
£10 P Woollard (No 10)

For just £1 per month be in with a chance of winning £50.

All surplus funds go towards the upkeep of the Institute Hall. Each member can hire the hall for free once a year.

Contact either Norman Woodard on Norman.woodard@fatbloaters.com or Phil Brown on philipbrown123@hotmail.co.uk for details

Stratford Chapel

Upper Street, Stratford St. Mary

Leaders: Phil Wyncoll & Bill Richardson

Youth and Children's Pastors: Jamie & Beckie Wyncoll

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

Services and Groups:

Every Sunday:

10.30am Morning Worship and Junior Church

6.30pm Church Prayer Meeting

8.00pm Bible Teaching Group (currently on Zoom)

Monday: 8.00pm House Group (on Zoom)

Tuesday: 7.30pm Discipleship Group (at the Chapel)

8.00pm House Group (on Zoom)

Wednesday 9-11am Mums and Tots

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

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

Web-site: stratfordstmarychapel.com

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

General enquiries: Maggie Chapman (01473 311436)



Following the amalgamation of Village Life with the Jubilee planning group, we will be moving forward under the Village Life banner and will aim to keep the village community (and others!) up to date with plans and ideas for future events.

Dates for your diary!

Friday 27th January 7.30pm - Village 'Quiz of the Year' Night at the Institute Hall £5 per head, in aid of Ukraine. Bring your own drinks / glasses / nibbles. [teams of 6 or join a team on the night]

Saturday 29th April 'Joseph' sing-along event (more details to follow in the new year)

Friday 26th May Village Ball at The Talbooth (Black Tie or formal attire)

Saturday 6th / Sunday 7th May - Coronation Celebration (Sat. BBQ / party on the Institute field, Sun. Village 'street party / picnic' Institute field). * It has been decided to concentrate efforts on this one big celebration and this will replace the proposed Summer Fair / picnic originally planned for July.

Interested in getting involved? - email us at: villagelife@stratford-st-mary.org and/or come along to our next planning meeting on Tuesday 17th January at 7.30 pm in the Parish Room.



Raydon



In Raydon

Blackwell Barn Holiday Let -
www.cottages.com

Phil Avery Electrician 01473 311261

Ashley Short Carpentry 01473 311226

Gordon Short Decorator 01473 313053

SW Stiff Builders - 07811 005241

Earth&Turf Garden Services -
07922078241

DIY Livery - 07710 540926

Infusion Grill - 07584 573474

Swift Garden Services - 07947 322429

Rheal Coatings - 07539 377740

Franklyn Nevard - Architect 07515
351894

Fresh Eggs - Roadside stall Fox Farm

Katie's Little Beauty Box - 07802
847628

Tarbins Bakes and Cakes - 07922
129825



Fair Trade coffee morning

We celebrated the end of another year with our "Festive" Fair Trade coffee morning, it was actually at the end of November as the date for December would have been 27th. Our "Frinton Friends" came along with the now famous sausage rolls and cheese scones and as ever they were enjoyed by us all, (including Pickle the dog who had one for her breakfast!) Others provided mince pies and Victoria Sponge, in all a very festive affair.

This year we have had more gatherings in the Churchyard than inside the Church, due to that very hot weather, remember it? It was so hot on two occasions that we vacated into the refreshing cool of the Church. Oriente made a welcome return visit in August, he enjoyed meeting us all again and when Rev. Mannelle wasn't paying attention he trotted off and found the only patch of green grass in the whole Churchyard.

Well, we hope for another year of Fair Trade coffee mornings in 2023, they start on January 24th 10. -11.30.am, and a warm welcome awaits everyone, so until then a very happy Christmas and best wishes for the New Year.

Thanks as ever for supporting this event

Wendy Mumford 01473 312123

*Raydon Community Lunch Club *

January Lunch is on Wednesday 11th.

Lunch is only £4.00, plenty of tea, coffee and cold drinks.

If you need Transport The Community bus will bring you from home and back again.

Pre booking is required, ring 01473 826242.

Anyone welcome from near or far, children welcome too.

We need volunteers if you can help, it will be appreciated.

We are open from 12pm, lunch served at 1.30pm.

Booking is essential, Ring/message Faith 07999018049

Holton St Mary village Hall Hadliegh Road CO76NW

We wish you all a Merry Christmas and a Happy New Year.



Full house for Phoenix Brass Band concert in Raydon Church to set the Christmas festivities with a bang. Much enjoyed by an enthusiastic audience.

New Year's Eve

at Raydon Sports & Social Club



31st December 2022

8pm-Late

Includes:

- Welcome drink
- Cold Buffet
- A glass of Prosecco at midnight.

Tickets cost £15 – on sale until 14th December.

Entry by ticket only. Contact: raydonclub@gmail.com

BULLET POINTS FROM MEETING OF RAYDON PC ON 28 NOVEMBER 2022

- **ELECTION OF CHAIRMAN AND VICE-CHAIRMAN**
It was agreed that Amanda Pyall be elected Chairman until May 2023. It was further agreed that Keith Lovering be appointed Vice-Chairman until May 2023.
- **PUBLIC FORUM**
Several parishioners wished to comment on the application by Brett Vale Golf Club, with concerns raised about the number of proposed additional lodges, the impact on

wildlife, increased traffic, light pollution, impact on the AONB. However, representatives from BVGC emphasised that the lodges would be a high quality development forming part of a well-supported local business. The facilities could be used by parishioners. The application was discussed by councillors later in the meeting; councillors voted by 6 votes to 1 to object. Cllr Ward confirmed that the application would be going to Planning Committee.



On a soggy Sunday in late November, a crab apple tree was planted in the churchyard of St Mary's Raydon to commemorate the Jubilee of Her late Majesty Queen Elizabeth II and to be part of the Green Canopy. It joins three other commemorative trees to form a quadrant of native trees, all recording historic events. The tree was blessed by the Rector Rev Manette Crossman and planted by Geoff Horrex, Churchwarden, in recognition of his many years of service to the church and village. Apart from his Churchwarden responsibilities, which have also involved maintaining the churchyard/wildflower area, Geoff runs a successful Garden Club in Raydon, has regularly organised a Good Friday Walk around the Benefice, serves on several committees in the Hadleigh area and supports all the activities in the village.

Ideal for your special event

The Raydon Pavilion is for hire

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

Available morning, afternoon and evening

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

Raydon and District Garden Club

Firstly may I wish all garden club members a Happy, Healthy and successful gardening "NEW YEAR". So here is winter and your gardens are resting !!! but are they ???. I noticed daffodil bulbs and a few snowdrop bulbs just showing before Christmas, but that's normal. What isn't normal is the rhubarb which still uncovered on 9th Dec and already had a couple of frosty nights but the shoots are at least 6" high and fresh green leaves. Have now covered with a thick layer of straw otherwise it will get scorched. Unfortunately we have had badger problems in the autumn and they dug out two roots/crowns to get at a wasp nest so they will need to be replaced in Springtime. Talking of pring if it's on schedule we are talking only 12 weeks approximately then we start all over again with planting. By the middle of January you will start to notice the nights pulling into more daylight but of course then the old saying "As the days lengthen the cold strengthens" which seems to happen most years. At least with the garden in rest or slow motion it gives time for countryside walks where you can discover the structure of trees without leaves, see wild life more clearly, or if frosty and perhaps snow on the ground you will see all the nature tracks of different animals and birds. Always a nice part of the walk is to see if you can guess what else has walked in the same direction as yourself even though you may not see the actual animal or bird.

At the November AGM night unfortunately your committee had to take the decision to put membership fees up by a small amount to help the club stay solvent and cater for the huge rise in speaker fees made worse by the increased fuel cost. This said membership fee is only £17.00 per person which when spread over the twelve months of 6 meetings and two shows works out at £2.12p per meeting so not too excessive.

Some garden clubs in neighbouring villages or small market towns charge much more for membership and on top of that a fee on the night. We are trying to avoid this scenario but will need to increase a small amount each year to keep on top of costs especially if speaker costs continue to spiral. Your committee is very aware and looking at several ways of cutting costs and to this end taken the decision to not send show cups away for engraving any more. (save £300.00 per year) A great shame but instead we have purchased a book to be called "R&DGC Roll of Honour" This will be on display at either request, or at shows and AGM nights. Everybody who wins a Cup or Salver at the shows will have their name and cup listed. This will of course preserve the club history but at a far less costly method. Some of our cups now over 42 years old are starting to show signs of wear and tear (bit like your chairman) so these will be replaced as needed.

If any members would like to sponsor a replacement cup as they become necessary please contact any committee member or myself so we can discuss all possibilities. We need the cups etc to



ST MARY'S CHURCH, RAYDON
INVITE YOU TO OUR
COMMUNITY WARM SPACE
Join us at The Pavilion from
12 noon until 2.00pm
Thursday 19th January and
Wednesday 15th February
for

Sponsored by Raydon Parish Council and The Pavilion

continue the tradition of presenting to the winners at shows.

There are no club meetings in January but we start 2023 our 43rd year with Thursday 23rd in KG5 pavilion at 7.30pm (the fourth Thursday in the month as usual),

Enjoy your winter break, hopefully weather not to servere and your committee looks forward to another sucessful garden club year. See you soon. Geoff Horrex. 310422 or 07810086143



NEWS FROM KING GEORGE'S FIELD TRUSTEES

We are delighted to confirm that an important milestone was achieved at the end of November with the Village Hall committee agreeing to make the proceeds from the sale of village hall available to KGF Trustees to help finance the cost of a new community building in Raydon. The Trustees are extremely grateful to the Village Hall committee for this significant contribution and are now able to start pursuing additional sources of funding to try and raise enough money to meet the likely cost of £500 – 600,000.

An approach has already been made to Babergh District Council and discussions are under way to apply for a grant from their Community Infrastructure Levy (CIL) fund. Other sources of funding, such as the National Lottery and the Landfill Communities Fund, are also being investigated.

In parallel with this, we have been talking to an architect living in the village, who has generously volunteered to provide his services free of charge, and we are looking to sign up with a project management company that will provide the Trustees with expertise and guidance during the whole life of the project from initial design through planning and construction and on to final completion.

More news will follow in the New Year as the project begins to take shape.

RAYDON PARISH COUNCIL

Parish Clerk Jane Cryer	01473 824287
raydonpc@gmail.com	
Chairman	
Councillor Faith Backhouse	07999 018049
Councillor Keith Lovering	07939 075143
Councillor Jim Lowe	01473 313094
or 07923 546669	
Councillor Amanda Pyall	07925 108373
Councillor Jayne Tann	01473 828283
or 07887 767478	
Councillor Jo Brothers	07875 329901
Councillor Colin Chapman	07731 477971

RAYDON PARISH COUNCIL

SCHEDULE OF MEETINGS 2023 (all at 7.30pm in the KGF Pavilion)

Tuesday 10 January
Tuesday 7 February
Tuesday 7 March

Meeting dates for the remainder of 2023 will be confirmed when the timetable and key dates leading up to the elections in May 2023 are confirmed.

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

Holton St Mary





In Holton
Ann Mason Care - 01206
233372

Freshen Up Decorating -
07900 242 141

Holton St Mary Millennium Green Trust

Century Club winners are:

October: £30 No 121 Chris Gentry, £15 No 51 Gil Mann, £10 No 110 Steve Carr, £5 No 73 Brian Keen.

November: £30 No 28 Gerald Godden, £15 No 109 Peter Cheng, £10 No 93 Richard Noel, £5 No 38 Louise Dolan.

December: £30 No 97 David Morgans, £15 No 86 Les Norman, £10 No 75 Tony Howard, £5 No 111 Chris Sims.

Thank you all for your support this year, income from the Century Club pays for the ongoing running costs of the Green. The cost for the draw tickets has remained static at £1 a month for the last 22 years. In view of current price increases the Trustees have reluctantly decided that it is time to revise this to £1.25 a month.

Therefore when payments for 2023 are made in January we will be collecting £15 instead of £12.

Marjorie Haste
Secretary

First Friday of the Month Lunch Club

January 2023

From January 2023 the cost of lunch will increase from £3.50 to £4.00 per head.

All ages including children are welcome at all lunches. Lunch will be served from 12.30 – 2.00 pm.

If you would like to join us 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.

May we make one request – if you have signed yourself up for lunch and then find yourself unable to attend please can you inform the lunch organisers well in advance. Margins are tight these days and we have run at a loss for the last few lunches!



Sunday Lunch



The return of the renowned Holton St Mary Sunday Lunch which will take place on Sunday 26th February 2023

In the Village Hall

Price held since 2020 £15 adults £10 children (free for pre-school children)

This is your chance to 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

This popular event is always fully subscribed so please book early to avoid disappointment.

Stand by your beds pudding bowls to be asked to cook something or donate a dessert/pudding towards this Church fundraiser

Holton St Mary Millennium Green Trust

Century Club subscriptions for 2023 are due in January. Once again we would like as many people as possible to pay by bank transfer and your collector will shortly be putting a note through your door giving the necessary details. Thank you all for your support this year, income from the Century Club pays for the ongoing running costs of the Green. The price of draw tickets has remained static at £1 a month for the last 22 years. In view of current price increases the Trustees have reluctantly decided that it is time to revise this to £1.25 a month. Therefore we will be collecting £15 instead of £12 for the year. By law we have to pay out in prizes at least half of the proceeds therefore, as long as we retain your support, the prize money will also be increased. If you are new to the village, would like to take part and have not been contacted by the end of the month, please give me a call and I will make the necessary arrangements.

Marjorie Haste, Secretary
01473 311615

Slow Stitch

We meet every third Thursday of the month in Holton St Mary, Village Hall from 2-4pm. We are a drop-in group where anyone can just pop in, whether for a chat or to bring their own project to stitch.

A bag of ten knitted breasts was sent to Lactation consultant Annabel Campbell last month. She wrote to the group saying how deeply touched and grateful she was to the Slow Stitch group for making such valuable teaching aids.

For more information contact Jeanette Appleton 07768418942



Green Gym

The next Green Gym session will be on **Saturday, 4 February 2023** at 10.30 in Church Square. There will be a general tidy-up that day as well as any other tasks that may have emerged in December and January and require attention. This autumn we have planted many more daffodil bulbs which will hopefully gladden our eyes, hearts and spirits from February and beyond. We want to thank everyone who has given us bulbs and some lovely comments and encouragement over the past twelve months; it is nice to feel appreciated. There is always space and work for new members to the Group. We hope you have a joyous Christmas and a happy and healthy 2023. Thank you.
Richard Appleton 07976 010754

Poo bags for Christmas?

Did your lovely dog receive poo bags for Christmas, I wonder? Dogs bring love and laughter into our lives. They can also, when not managed responsibly, have a detrimental impact on the natural world around them as we take them for their daily stroll.

Poo has been a bit of a tricky issue in some of our public areas of late, not least the Millennium Green. Here, those little gifts our pets leave behind can really cause problems for other users: joggers, walkers, families and the young children enjoying this beautiful village amenity.

We know that responsible dog walkers always pick-up their dog's poo if they see it, so this is a shout out to all dog owners to keep a close eye on their beloved pet as they enjoy the run of the Green, just to be sure they are not leaving anything unwanted behind. Critically, not only is dog mess unpleasant, it can cause *Toxocariasis* if accidentally ingested. Although thankfully rare, it most often affects young children and can cause serious disease, including blindness if ingested. So, if you can spare a moment to take another sweep around the Green and use your Christmas poo bags before leaving, this will help keep the area safe for everyone.

On another 'poo-related' note, and worth thinking about for dog walkers enjoying the beautiful walks around Holton St Mary, when we think ecologically, the dog (related to the wolf) is viewed as a top predator, thus something to avoid – so the smell of dog poo will affect the behaviour of other wildlife. To small mammals like mice and voles (the primary food source for barn owls), dog mess is a 'Don't live here!' warning sign, driving them away. For larger mammals like deer and grazing livestock, faeces carry parasites, which then requires chemical treatment to control. And, for



anyone cutting back grass near a path, dog mess can represent a pretty unpleasant hazard! So, again, please just take that extra moment to pick-up any dog poop, wherever you're walking.

And, one of the least recognised impacts of dog poo is the gradual fertilisation of 'low nutrient' habitats, such as woodlands and heathlands. Over time, wildflowers that thrive in low nutrient areas can be gradually overtaken by nutrient-loving nettles and docks. In one Suffolk Wildlife Trust reserve, a clear 'poo belt' around the car park, where dog walkers have not picked-up, has created a different habitat to the rest of the reserve!

Let's hope that 2023 is the year that dog walkers one & all take that extra moment to retrace their beloved's path and use those Christmas poo bags to good effect, for everyone's benefit. There is a dog poo bin at the entrance to Church Square, so you don't need to carry it far. Thank you.

Claire Rowan

Holton St Mary Parish Council -

The next meeting of Holton St Mary Parish Council is to be held - see below - at 8pm in Holton St Mary Village Hall. Members of the public are welcome to attend. There is an opportunity to ask questions in the Public Forum Section of the meeting.

Dates for Meetings

Parish Council Meeting	January 11th
Parish Council Meeting	March 8th
Annual Parish Meeting	April 12th
Parish Council AGM	May 10th

Holton St Mary Village Hall

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

Worth registering!

With the cold snap before Christmas highlighting the need for us to look out for our neighbours, it's worth pointing out that our utility providers offer a priority service for vulnerable residents. Those eligible will need to register with their providers in order to qualify for the helpful additional support available:

UK Power Networks

<https://www.ukpowernetworks.co.uk/power-cut/priority-services/about-the-priority-services-register>

You can register if you or someone in your household:

- relies on medical equipment.
- have refrigerated medicines.
- have a serious or chronic illness.
- have a disability.
- is living with dementia.
- are of pensionable age.
- have children under five in your household.
- have mental health difficulties.

UK Power Networks can provide free services to customers who need it and offer support in the event of a power cut. Just call **0800 028 4581** and ask about the Priority Services Register or register online.

In addition, for widespread power cuts, UK Power Networks offers to keep us up-to-date with what's happening via text. Call the number above and register.

Anglian Water (AW) – WaterCare Service

<https://www.anglianwater.co.uk/help-and-advice/water-care/priority-services/>

Anglian Water offers a free Priority Services Register. Sign-up online or call: **03457 919 155**

Help offered as part of AW's WaterCare Service:

If you're going through life changes - eg if you're recovering from a medical treatment, or going through a divorce, job loss, AW can offer temporary support to help you out.

If you use vital medical equipment (home dialysis or other mechanical medical devices), AW will let you know as far in advance as possible (and offer support) if there's going to be a water supply interruption.

If you're an expectant mother or have a baby under 12 months old – AW will contact you as a priority if your water supply is going to be interrupted.

If you're deaf, or have a sight, hearing, or speech impairment - AW can send your bills in large print, Braille, or audio formats. Or can send your bills to a friend or relative.

If you have restricted mobility or a disability - AW can offer to read your meter for you. And, if they need to visit, will know to wait to give you more time to answer the door.

If you have a serious or long-term illness – AW will look at the best ways to support you and give you priority during any changes to your water supply.

If you need mental health support - You can talk to AW over the phone, email, or live chat – and they will work out a way to support you.

If you're caring for a loved one - AW can add you to its nominee scheme, so you can manage their account for them. If your loved one is also signed up to AW's Priority Services Register, AW can contact you to let you know about any interruptions to your loved one's water supply, and work with you to get them the help they need. A nominee can also sign someone up for the

Priority Services Register.

BT

<https://www.bt.com/about/digital-impact-and-sustainability/our-approach/our-policies-and-report/bt-vulnerability-policy>

If you have an age-related, physical or learning disability, suffer from mental health issues, have difficulty in communicating, or, due to challenging circumstances and events such as bereavement or separating from a partner need some extra support, it is worth speaking to the team at BT to see if they can help to keep you connected. Call BT on **0800 919 591**: Monday to Friday 8am to 5pm.

Alternatively, the next time you call BT, let the advisor know and they'll make a note of it on your account so that they can consider your extra needs when you contact them next time. You can give permission for someone else to contact BT on your behalf.

BERGHOLT BRIDGE CLUB

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

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

We meet at

THE LAMBE SCHOOL

Gaston Street

EAST BERGHOLT.

Monday evening at 7pm.

Want to know more?

Call Jayne : 07887767478.

SESAW NEWS

Each year, happy owners often return with ex-SESAW dogs for a Christmas visit. One of these catch-ups highlighted an issue which might interest readers so here is Carmen's story:

"Last year we were ready to open our hearts to another dog, having lost one in lockdown. We just missed one we liked at SESA W but were introduced to three Cocker Spaniels. Poor things, they were so scared and neglected, understandably after being used for breeding. We fell in love instantly and knew they were the dogs for us.

They came home where they are safe, cared for and very much loved but we noticed strangers giving us horrible looks when out on walks. We couldn't figure out why, but then it clicked. They saw the girls' low-hanging bellies, caused by having so many litters of puppies in their previous lives, and they were judging us for how they looked. It made us feel awful.

The moral is, please don't make assumptions based on how a dog may look or act. Maybe, like ours, it didn't have the best start and the owner is trying to make a good life for their pet and help it heal from horrible past experiences. Our girls have come on so well since we've had them, but there is still a long way to go. So please don't judge a book by its cover, because you don't know what's happened on the inside."

Well said, Carmen. It's the same for canines like me. Many of my fans used to think little dogs were nasty and vicious until they met me,

Kenny (the Boss) Chihuahua.

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



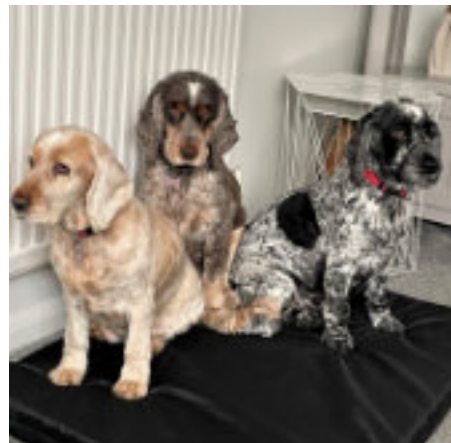
Do you enjoy singing?

Do you like to socialise with like-minded people?

Then come and join the Constable Singers every Thursday from 7pm to 9pm at East Bergholt Congregational Church. First session free then £2.50p per week. No need to read music. All ages welcome and we particularly need men and altos. We sing along to backing tracks covering many different genres of music

AND WE HAVE FUN !!

Contact Terri 07891785969
We look forward to meeting you.



'Take ... and take just a little bit more': survival of our NHS

The 'World at One' (BBC Radio 4) recently featured an excellent piece on the relationship between the NHS and private medicine and where the patient sits (or lies) in this relationship. There has been a reported increase of over 100% in private healthcare-use over the past year, most of which has been for orthopaedic (mainly hip and knee replacements) and ophthalmic (mainly cataract removal) procedures. Private GP and medical consultations also continue to increase. Patients' primary motivation for private health is an earlier consultation, a quicker diagnosis and earlier treatment, often to alleviate severe pain and regain mobility. Waiting lists and times have increased dramatically since COVID, although this pattern was emerging before March 2020. Wanting better treatment is a less common motivator for private healthcare, despite the fact that the public generally believe that healthcare which is paid for will be 'better'. This is a fallacy, particularly in paediatrics. In fact, if a patient's surgery or immediate post-operative period becomes complicated, it is far safer if the patient has undergone this in an NHS and not a private hospital.

For some years, the NHS commissioned private hospitals to operate on those in most need or who had waited the longest, to reduce waiting lists and using an agreed tariff; this trend is rapidly increasing. One concern voiced by many, including patient advocacy groups, is that this arrangement will 'bleed' the NHS of valuable medical and nursing personnel which could then, paradoxically, lead to longer waiting times. This issue was addressed in the 'World at One' programme. Matthew Taylor, Chief

Executive of the NHS Federation gave clear and what I thought were honest responses to questions raised by Sarah Montague, the programme's presenter. He felt strongly that the increasing use of the private sector would not 'bleed' the NHS of resources. He used the word 'reciprocal' to describe the relationship between the NHS and private healthcare, which clearly implies a mutually beneficial arrangement (symbiosis). The NHS will only benefit through a sustained decline in waiting lists and times; the private sector will earn more money. This may be a challenge in the near future and particularly if more and more patients go privately for their healthcare. In this situation, the patient who pays will be treated first. Matthew Taylor was less certain about whether the public's disillusionment with the NHS would see their gradual exodus to the private sector, but probably not. I am less optimistic. The strikes by nurses, physiotherapists and ambulance crews (and almost certainly other healthcare professionals this year) may nudge the public in the private direction.

The programme also included interviews with four patients. One had a hip replacement undertaken at a private hospital, as an NHS patient; another had a knee replacement done privately at a personal cost of £15,000. None had private health insurance and all agreed that they would still prefer to receive future treatment through the NHS.

The NHS remains an invaluable asset to the public but it cannot survive without much love and support and not just financial support. Obvious areas of support are first, to ensure that any GP or A+E attendance is really necessary and second, to reduce the need for any healthcare; 'prevention is always better than cure'. Clearly, this is another

challenge with an increase in life-expectancy, often accompanied by multiple physical and psychological ailments and wholly inadequate social care. However, there is still time for all of us, particularly if aged less than 40, to take a mature responsibility for our own lifestyle and its impact, either directly or indirectly on the NHS. Many still believe that what they eat, drink and smoke and their level of exercise doesn't matter and also because ultimately, the NHS will always be there to, 'sort me out'. This perception is mistaken and un-tenable if we really want to maintain the principles, practice and very existence of the NHS. Everyone unequivocally praised the NHS in the 'COVID-years'; it would be a disgrace and an insult to now complain, criticise and abuse them. We are all responsible for the fate of our truly remarkable NHS. We must all do something about it and the least we can do is to show all its staff understanding, empathy and kindness.

Richard Appleton
Consultant and Clinical Professor in
Paediatric Neurology

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

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

We have over 40 interest groups including walking – from strollers to 5+ milers –

theatre, garden visits, art appreciation, curry club, science group, keep fit, pickleball there's something for everyone.

Monthly coffee mornings are held on the first Friday of the month 10am – 12pm at the Lambe School, East Bergholt. Our monthly lectures are held on the second Wednesday 2pm at Constable Hall, East Bergholt. Lecture on 11th January Andrew Baker "Amidst doom and gloom , ought we to celebrate ?" Every day seems to bring news of some disaster. But we are living through an era of unprecedented progress. Challenging insights with which to start a new year.

Please take a look at our website www.u3asites.org.uk/stourvalleyfor more information and contact details.

St. Mary's Church, Capel St. Mary



A Concert of Light Classical Music
featuring String Players & other Soloists from **TRIANON**

Saturday 25th Feb 2023 - 4.00 pm

St. Mary's Church
The Street
Capel St. Mary
IP9 2EL

Free Entry
- Retiring Collection -

The concert will last approximately one hour and will be followed by refreshments in the Church Hall



Manningtree & District Photographic Society

As we start the new year we are looking forward to the second half of our 2022/2023 programme, which includes print and colour competitions, presentations by professional photographers and various field trips. Our next competition is on 26th January - 'Prints – Open Mono', Judge: Vic Hainsworth ARPS, DPAGB, APAGB. Full details can be viewed on our website.

We also continue to run our themed Facebook challenge to keep us motivated.

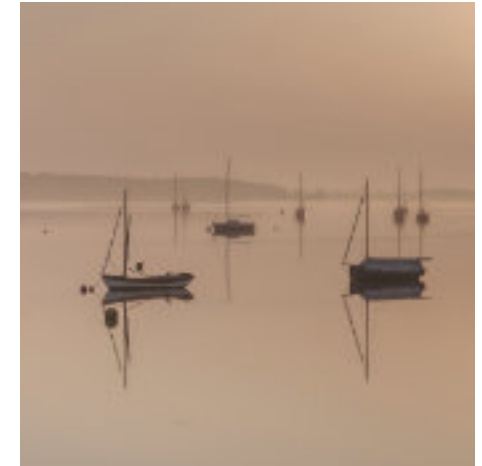
This month's featured image is 'Sahara Dust on The Stour' by Kevin Cannings, which was one of the winners of our recent 'Open Colour' print competition.

We are a small and friendly group of photography enthusiasts who meet up on the Essex/Suffolk border. The club aims to provide a pleasant environment for members to enjoy the development of their photographic skills through a variety of activities in the company of like-minded individuals.

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

For further information please contact our Secretary Viv Scurrrell on 01206 393751 / Email: madps@post.com

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



Dedham Tennis Club

Dedham Tennis Club is a friendly club in a beautiful setting. We welcome members of all ages and abilities and offer the opportunity to play tournaments, undergo coaching and meet new friends. All with an emphasis on fun and inclusion.

Whether you are looking for the chance to improve your game, get fit or simply want to enjoy the community vibe, Dedham Tennis Club is for you.

Membership options are on the website now, with junior membership starting at £5. Go online at: clubspark.lta.org.uk/dedhamlta for details of memberships, coaching groups & how to book courts.

Why not pick up that racket & join Dedham Tennis Club?

Holy Family Roman Catholic Church

Ipswich Road, Brantham CO11 1TB
 Priest in Charge: Fr Bineesh Elenjikkal
 OCD. Parish Deacon (Retired): Rev Clive
 Brooks 01206 396319. The Priory, 180
 Hawthorn Drive Ipswich IP2 0QQ. Tel:
 01473 684963. www.stmarksparish.org.uk

The weekly Newsletter, with Mass times,
 is always displayed in the cabinet
 alongside the Church's front door and may
 also be read on the regularly updated
 website www.stmarksparish.org.uk
 together with other Parish news. Fr
 Bineesh Elenjikkal is the Ipswich Hospital
 Catholic Chaplain assisted by Deacon
 Rev Clive Brooks (01026 396319)

All are very welcome to attend Holy Family
 services; it is not necessary to be a
 Catholic and enquiries about the Catholic
 Faith are always welcome. Please contact
 The Priory, as above, or a local person
 whom you know is a Catholic.

All are very welcome to attend Holy
 Family services; it is not necessary to be
 a Catholic.

Services for JANUARY 2023

All are very welcome to attend Holy Family
 services; it is not necessary to be a Catholic.

**Sunday 1 SOLEMNITY OF
 MARY, THE MOTHER OF GOD**
 9am Mass

Tuesday 3
 9.20am Eucharistic Adoration
 10am Mass

**Sunday 8 BAPTISM OF THE
 LORD**
 9am Mass

Tuesday 10

9.20am Eucharistic Adoration
 10am Mass

**Sunday 15 2nd SUNDAY IN
 ORDINARY TIME**
 9am Mass

Tuesday 17
 9.20am Eucharistic Adoration
 10am Mass

**Sunday 22 3rd SUNDAY IN
 ORDINARY TIME**
 9am Mass

Tuesday 24
 9.20am Eucharistic Adoration
 10am Mass

**Sunday 29 4th SUNDAY IN
 ORDINARY TIME**
 9am Mass

Tuesday 31
 9.20am Eucharistic Adoration
 10am Mass

Bin collections

Week Commencing			
	26 th December	Recycling Week	BH Week
	2 nd January	Refuse Week	BH Week
	9 th January	Recycling Week	
	16 th January	Refuse Week	
	23 rd January	Recycling Week	
Waste Services 0300 1234 000 (option 4) Email: recycling@babberghmidsuffolk.gov.uk Visit www.recyclenow.com to find your nearest recycling banks			



Do you want a
 recommendation?

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

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

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

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

Brantham Bull 01473 328248

Lucca Enoteca Manningtree 01206
 390044

Oranges & Lemons East Bergholt 01206
 299000

the florist in East Bergholt does lovely
 flowers:- www.gayedrummond.com

Sam Pritchard sam@samselectrics.co.uk
 07940031776 - Sam can certify safety for
 insurance and landlord work too. Anyway,
 he's great.

There's room for more...let us know...!

Local Services

The Constable Country Medical Practice

Heath Road, East Bergholt, Colchester CO7 6RT

Surgery opening hours

8.00am – 6.30pm Monday to Friday
Telephone 01206 298272

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

Surgery opening hours

8.00am – 6.30pm Monday to Friday

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

Crime prevention

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

PC 1347 Gilkes Pcco 3041 Cooper
babergeast@suffolk.pnn.police.uk
Telephone...101

Your District and County Councillors

District Councillor: John Ward

Leader, Babergh District Council
Phone: 07802 414981
Email: john.ward@babergh.gov.uk

County Councillor: Georgia Hall

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

MOBILE LIBRARY

Stratford St Mary - Route 11

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

18 January, 15 February, 15 March
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

24 January, 21 February, 21 March

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 299555 / 07941781489 to check availability

ARTSCENE

Local Mobile Picture Framing Service
30+ years experience

Oil paintings, Photos, Prints, Medals, 3D Bar 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

Fix-A-Lock

Locksmith - available 24/7

- 24 HOUR LOCKSMITH -
Wooden and UPVC doors

Ted Blanchette
07836 551032

R.m.k.chisnall

YOUR LOCAL MACHINE SERVICE

For mower repairs, compact tractors
and small machinery

Mobile: 07557 771721
Email: r.m.k.chisnall@gmail.com

John Deere trained
Address Winaire, Radleigh Road Higham, Colchester CO76LJ

Bespoke, handmade soft furnishings
& upholstery

SEW
NIMBLE

Contact Annabel

07539 722496  [sewnimble](#)



Home baking in Raydon; afternoon teas,
cakes, brownies, cupcakes...

Find me on Instagram and facebook or contact:

claire@tarbinsbakesandcakes.com

07922 129825



Dave's Private Hire

Professional and friendly service

Based in Dedham

For all your travel needs:

- Waits to local shops
- Days out
- Airports
- Cruise terminals

Licensed to carry up to 4 passengers

To make a booking please call

07834 570479

davesprivatehire44@gmail.com



ESTABLISHED
OVER
20
YEARS



Summit Landscapes

East Anglia's Most Trusted
Landscaping Company

-  Garden Design & Construction
-  Groundworks
-  Driveways & Drop Kerbs



Get in touch to arrange a free on site
consultation and quotation, visit

www.landscapingpaving.co.uk

or call

01223 929394

HALL FARM



CHRISTMAS AT HALL FARM SHOP

HAMPERS

Hall Farm hampers are made individually to order meaning you can add a personal touch to the perfect gift for a loved one, friend or colleague!
We require a minimum of 72 hours notice to fulfil orders, please call or ask in store with any queries.

CHEESE

Our counter boasts over 45 cheeses with a mix of local and European.
We strongly advise you pre order to avoid disappointment.

COOKED HAMS

Our locally sourced, home cooked hams are perfect for Boxing day!
Local smoked and un-smoked hams; half, whole and on or off the bone
(only available when pre ordering).
Order forms will be available in store or on our website.

CHRISTMAS TIPPLE

See our ever expanding range of Gins, Whiskies and Liqueurs in store
as well as a range of small bottles that are perfect for hampers or gifts.

Get your Pre Order forms from the store or on our website!

Shop: 01206 322572

Hall Farm, Church Road, Stratford St Mary, Colchester, Essex, CO7 6LS

 [HallFarmShop](#) hallfarmshop.com



OWN A SHARE IN A RACEHORSE



Price per share: £67.00	Number of shares: 650
-----------------------------------	---------------------------------

Join in the excitement of owning a share in a new two year old colt for 2022 by CHARMSPIRIT which is in training with Stuart Williams at Newmarket. The colt was acquired at the Tabernacle Yearling Sales and is currently in pre-training, he will be targeted at races in the Spring of 2022.

The share price is inclusive of all charges up to 31st October 2022.

"What this colt was much when I viewed him at the Yearling Sales. He is of good size and shape and looked as if he'd be a good type."

"Yes, sure we shall have some fun with him in the coming season, and wish the syndicate luck with him"

- Trainer Stuart Williams at Diomed Stables



- Shareholders receive their full entitlement of prize money won
- Regular email reports regarding progress and racing plans
- Share certificate and agreement with full terms and conditions
- Stable visits (when regulations permit)
- Multiple shares available which can also be bought as gift for family or friends

Reserve your shares by contacting:
diomedracing@gmail.com
 Or telephone The Secretary on 01838454881



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
 Cafe and gift Shop OPEN DAILY
 10am-5pm
 East Bergholt Place, CO7 6UP
 Tel: (01206) 299 224

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

Holiday Let in Cromer Coach House Studio - Sleeps 2

- Spacious two-level studio
- Double bed. Ensuite shower
- Large sitting room with wood burner
- Fully fitted kitchen with dining area
 - Pretty courtyard garden
- 5 minute walk from the beach
- Dogs allowed (maximum of 2)

Please visit our website: www.coachhouse.studio

Blackwell Barn Holiday Let

The Street Raydon IP7 5LW

- Large double/twin bedroom
- Ensuite shower
- Fully fitted kitchen
- Countryside setting
- Cozy, modern and Covid cleaned

All enquiries via www.cottages.com



Bland Landscapes Ltd

Our services include:

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

01206 230882
www.blandlandscapes.co.uk
 Ivydene, Frating Road
 Colchester, Essex, CO7 7SY

J.F. TREE SPECIALIST LTD



Over 20 years experience in the industry

What we do

- ✓ Tree Surveys
- ✓ Hedge Cutting
- ✓ Planting and Aftercare
- ✓ Stump Removal
- ✓ Fruit Tree Pruning
- ✓ Logs and wood chip supplied
- ✓ Felling and Dismantling
- ✓ Crown Reduction, Lifting, Thinning and Cleaning
- ✓ Tree Monitoring

07841 623027

jftreespecialist.com



Fully insured and council approved
Free estimates and expert advice

Stratford Hills Logs For fires and woodburners

Ready to Burn
Fully Licensed

Call Rob at
Stratford Hills Farm on
07979 237868



DEDHAM VALE TREE SURGERY

- NPTC qualified, fully insured
- Hedge maintenance and reduction
- Stump grinding
- Chestnut cleft fencing installed
- All tree work undertaken
- Crown reduction and shaping
- Pruning and pollarding
- Felling, sectional dismantling

SPECIALISING IN BIG TREES IN DELICATE SITUATIONS

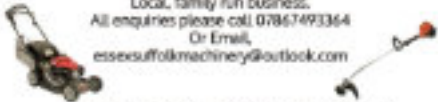
www.dedhamvaltreesurgery.co.uk **07756811098**



Essex & Suffolk Garden Machinery

Servicing and repairs to lawn mowers
and all types of garden machinery

Local, family run business.
All enquiries please call 07867493364
Or Email,
essexsuffolkmachinery@outlook.com



Free collection and return in the Tendring and Debenham areas.



Garden services.
Competitive rates

Call Bryan
07622 078241

Swift Garden Services

DESIGN
PLANTING
CLEARANCE
MAINTENANCE

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

AB Trees

- Tree reduction
- Tree felling
- Tree pruning
- Hedge trimming
- Vegetation clearing
- Lawn Cutting
- Log splitting
- Firewood
- Can cover all aspects of arboricultural tree work

07808 808147

antonbray1990@gmail.com
Ipswich



BUILD WITH COLLIERS

Collier & Catchpole
COLLIERCATCHPOLE.CO.UK

Looking for aggregates, paving, walling and edging?

Go to our website and click on our online shop. **WE DELIVER!**

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

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 or Colchester Essex CO7 6DW

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

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**

Mending your home

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



Andy Smith Roofing

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



For more information contact
Harvest Cottage, Upper Street
Stratford St Mary CO7 6JW
01206 322882
07754368693

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

For all your internal and external painting and decorating work:

- Doors, Windows, Skirting and Fascias
- Floor and Wall Tiling
- Artexing and Coving
- Wallpapering
- General Repair and Maintenance
- 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.tenondecoratingtd.co.uk - tenondecorating@btconnect.com
Sbras, East End, East Bergholt, Colchester, Essex CO7 6XQ





Call us for a free quotation

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

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



Jackson

Plumbing & Heating & Renewable Technologies



Services we offer:

Gas, Oil, Central Heating,
General Plumbing, Bathrooms,
Heat Pumps, Solar Thermal Hot Water, Solar PV, Electric Battery Storage, Electric Car Charging Points
MCS Grants up to £5000



01206 322 063 01473 214 215 01245 287158
Grant UK, Worcester-Bosch, Baxi-Potterton, Vaillant

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 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

Raydon Electrical



Landlord Test Certificate * Electrical
Vehicle Charging * Extensions
Garages * Summer House
Outbuilding * Emergency Repairs
Smart Homes * Wi-Fi * Cabling
Point to Point Links

NO JOB TOO SMALL

W : raydonaelectrical.co.uk
E : sparky@raydonelectrical.co.uk
T : 01473 942140

ARDLEIGH CHIMNEY SWEEP SERVICES



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

ANDREW SMITH

01206 231718 • 07845 249820

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

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)

Nigel Bruce

Industrial & Domestic
ELECTRICIAN

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

Gary Moye Plastering

Over 25 years' local experience
Now based in Stratford St Mary

Tel: 07807 314911
email: garystewartmoye@gmail.com

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



GORDON SHORT

Painter/Interior and Exterior
Property Maintenance and General Handyman

Trustworthy and efficient
No job too small or too big
Local and reliable

Give me a call: 01473 313053 / 07773 236642

gordonshort1959@icloud.com

Richardson & Rothwell

Plumbing & Heating Ltd

FRIENDLY, LOCAL PLUMBING AND HEATING ENGINEERS

SPECIALISING IN OIL AND GAS BOILER INSTALLATION,
REPAIRS AND SERVICING

COMPETITIVE PRICES

ALL PLUMBING WORK UNDERTAKEN. NO JOB TOO
SMALL

Unit 1
Dedham Vale Business Centre
Manningtree Road
Dedham
Colchester
Essex CO7 6BL

Tel: 01206 323732 Fax: 01206 323735
E-mail: enquiries@richardsonandrothwell.co.uk

Gas Safe registration number: 184271



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 Marmo Tel. 01206 337316 or 07896 054439



L.W.
CARPENTRY & BUILDING

12 Winding Piece. Capel St Mary

Mob: 07539067582 Email: leeewcb@gmail.com
Find us on [facebook](#)

Carpentry. Timber Framing. Garden
buildings. Kitchens. Extensions

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**



MJS SYSTEMS
Audio Visual Security

ALARM - CCTV - AUDIO VISUAL SPECIALISTS

- Smart Wireless Alarms
- HD CCTV
- Video Door Bells
- TV Wall Mounting
- TV Aerial Points
- Audio System
- WIFI & DATA Networks
- Repairs & Maintenance

For Free Quote & Advice
Tel: 01206 322071 mjssystems.co.uk

Sponsors of EBUFC U9% 

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.edwarddesigngroup.co.uk
Email: info@edwarddesigngroup.co.uk

The Gallinets, Unit 2a, Hedleigh Road
East Bergholt, Colchester CO7 6QT
01206 299790




Right at Home
Quality Care in Your Home

WE'RE HIRING

Would you like a Care Service that offers you:

- A Discreet Service
- Consistent CareGivers
- Set Visit Times
- A Person Centred Approach

We can provide:

- Personal Care Visits
- 24hr Live-In Care
- Companionship
- Sleeping/Waking Nights
- Light Housekeeping

Contact us today at

📞 01206 932792
✉ colchester@rightathomeuk.com
🌐 www.rightathomeuk.co.uk/colchester
📘 www.facebook.com/rightathomecolchesteranddistrict/

 Care Quality Commission
Good

 **TOP 20 AWARD**
2019
homecare.co.uk



ARRDEN VALE

kitchens

100% EXCLUSIVE, BESPOKE, HANDMADE TIMBER


Established in 1997, Arrden Vale Kitchens is a family business dedicated to producing bespoke handmade kitchen, bedroom and office furniture.

We specialise in the design, creation and installation of exclusive handmade kitchens throughout East Anglia.

T: 01449 782062
E: info@arrdenvalekitchens.co.uk
www.arrdenvalekitchens.co.uk



AGA | BETHAZON | FRANK & PERRY | Farrow & Ball | SIEMENS | Gorenje | Miele | Lindberg



9.8

Blackbrook House
carehome.co.uk
 Score

Rated Jan 2020
 Good

CareQuality Commission

*carehome.co.uk scores are based on independent reviews with a maximum score of 10. Rating correct as at 26/07/2022.



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

Felicity Toone

Freshen Up Decorating

- Established in 2002
- Based in Holton St Mary
- Small, local projects preferred
- Interior, Exterior, Joinery, Furniture

07900 242 141
flisstoone@gmail.com

Who cares if Janice and Lenny want to stay together? We do.



Blackbrook House care home
 Gun Hill, Dedham, Colchester CO7 6HP
 Call 01206 805 839 Visit www.anchor.org.uk/BlackbrookHouse



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

Professional Services

Alexander Technique



- ✓ Improve balance, co-ordination and ease of movement.
- ✓ Enhances health and wellbeing.
- ✓ Individual tuition. Also weekly group classes in Colchester.

Rosalind Field MSTAT
01473 210796
07759 393 026

Susan Morrison Registered Osteopath

TEL: 01206 299027
MOB: 07919 101099
email:
susie.kramers@gmail.com

Abbey View, Rectory Hill
East Bergholt, Suffolk,
CO7 6TG

Nayland Chiropractic

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

EYFS / KS1 / lower KS2 Primary School Tutor

- *Highly qualified primary school teacher with 20 years of experience
 - *Rated OFSTED 'Outstanding' during my career in EYFS and KS1
 - *Specialising in phonics, reading, writing and KS1 maths
 - *Tailored tuition to meet the specific needs of your child
 - *Full DBS clearance
 - *References on request
 - *Flexible availability, evenings, weekends and holidays
 - *Based in Stratford St Mary, but willing to travel
- Please feel free to contact me with any questions you may have or any further information you would like.*

*Cathy MacMorrin -
07412139835 or email:
cathy.macmorrin@hotmail.co.uk*

PRIMARY SCHOOL TUTOR AVAILABLE

- Highly qualified primary school teacher specialising in English and Maths
- Experience teaching across KS1 and KS2 for over 30 years
- Full DBS clearance
- Available for summer sessions or evening/weekend sessions.
- All sessions personalised to the needs of your child
- I am based in Holton St Mary

Feel free to private message me with any queries

Trena Walker - 07773652095



Body Mind as One

Studio Classes run on
Tue, Thu & Fri (mornings)
Mon, Tue & Fri (evenings)

Max 6 participants per class
Equipment provided

More Energy - Less Stress
Gain Calm & Ease in Body Mind & Spirit

Body Mind as One

Movement & Mindfulness for Adults

QiGong

Yogalates

Somatic Exercise

Yin Yoga, Restorative Yoga & more

for full information, booking, etc. please visit

www.bodymindasone.com

Janet Drake - Body Mind as One, Charity Farm Estate, Chattisham

Franklyn
Nevard
Associates



Architecture and Interior Design

Thurland, Sulleys Hill, Lower Raydon,
Ipswich, Suffolk, IP7 5QQ



New build / Extensions /and Alterations /
Feasibility Studies / Planning / Building
Regulations, and Tendering specifications.

Contact Franklyn

tel: 01473 372 382 mobile: 07515 351 894

email: franklyn@franklynnevard.co.uk

web: www.franklynnevard.co.uk

ESTABLISHED IN 1982



Osteopathy and Western
Medical Acupuncture Clinic
in the heart of Dedham
providing treatment for:

- Back pain & sciatica
- Arthritis pain & stiffness
- Neck & shoulder pain
- Trapped nerves
- Tennis/Golfer's elbow
- Tendinopathy
- All joint strains
- Muscle/ligament strains



Dedicated to getting you better.



DEDHAM
OSTEOPATHY

Luke Jackman Bsc Hons Ost
Registered Osteopath

Tel: 01206 323 239 / 07974 144593

www.dedhamosteopathy.co.uk

One hour initial appointment • Free on-site parking • Open weekdays and evenings



We can make it easy to prepare
an LPA today!

When they are needed, the absence of
Lasting Powers of Attorney results in
additional time, stress and cost for those
trying to help look after your affairs. Putting
LPAs in place before they are necessary
provides you with protection in regard to
your financial affairs and welfare choices,
which many people wrongly believe their
loved ones can deal with for them if they
ever become unable.

Contact us today to protect
yourself and your loved ones.
Legal advice with a conscience.

FJG

FISHER
JONES
GREENWOOD
SOLICITORS

Fisher Jones Greenwood LLP, Charter Court,
Newcomen Way, Colchester Business Park,
Colchester, Essex, CO4 9YA
Offices across Essex and London

01206 700585

www.fjg.co.uk
enquiry@fjg.co.uk

P.W. Body Repairs Ltd.

Repair & Paintwork Specialists Car & Light Commercial

- Insurance Work
- Motorhomes & Caravans
- Small Horse boxes
- Paint less Dent Removal
- Classic Cars
- End of Lease
- Wheel Refurb
- Collection Service

Paul - 07785 268971

**Birchwood Farm - Unit W - Birchwood Road
Colchester - Essex - CO7 6HX
Tel 01206 323126
Email: pwbodyrepairs@gmail.com**



DIY LIVERY

available at Lower Raydon

- Barn style stables
- Large paddocks
- Manège
- Quiet location



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

THE BARN VETERINARY PRACTICE

Robert M Hill BVMS MRCVS

Wentham 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



Kingsleigh Estate Agents

Sales and Lettings

Award-winning family-run,
independent agent

**Covering Dedham, Colchester, Manningtree
and surrounding villages**

- Fully immersive 360° tours
- Bespoke Particulars
- 3D Floorplans
- Paid social media adverts
- Professional drone photos
- Premium Rightmove listings
- Experienced, award-winning team
- Associate office in Park Lane, London

No lengthy contracts — zero week tie-in period

01206 940123

High Street, Dedham, CO7 6DE

sales@kingsleighresidential.co.uk

lettings@kingsleighresidential.co.uk

Follow us on social media for
sneak previews of soon-to-be
launched properties





Chapman Stickels

Suffolk and North Essex

Providing unrivalled local knowledge,
combining traditional servicewith
a modern marketing approach



chapmanstickels.co.uk

01473 372 372

info@chapmanstickels.co.uk

The Corn Exchange, Market Place, Hadleigh IP7 5DN

Part of Investeq Holdings Limited



STORAGE CONTAINERS TO LET

NOTLEY ENTERPRISE PARK
RAYDON
CO7 6QD

20ft. - £80 per month + VAT
40ft. - £140 per month + VAT

Let on Easy In / Easy Out Terms
Secure Site
24 Hour Access

Contact:

Nicholas Percival Surveyors

T: 01206 563222

E: info@nicholaspercival.co.uk



Grier & Partners

LAND & NEW HOMES



Does your Garden have Development Potential?

We offer a personal and professional service to home and landowners who wish to realise the full potential of their property, expertly guiding owners through each step of the process from planning to sale in order to achieve the best financial outcome.

Please contact John Radford for further assistance

john@grierandpartners.co.uk - 01206 299222

BENEFICE CONTACTS, SERVICES AND EVENTS

Priest-in-charge: Rev'd Manette Crossman: Tel. 07947 737789
Email: revmcrossman@gmail.com

Curate: Rev'd Nicola Tindall: Tel. 01787 212340
Email: revnictv@outlook.com

Lay Elder: Sandy Ranson 01206 322156
Email: sandyranson29@gmail.com

Please contact Rev'd Manette if you would like to know more about being baptized or confirmed, if you would like to get married in one of our churches, or if you need to arranged a loved one's funeral.

If you would like to receive Home Communion, please contact Rev'd Manette or Rev'd Nicola.



Regular updates about what is going on in our parishes can be found on the Benefice Facebook page:

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

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

Stratford Jonathan Dewey 01206 322148

Benefice Safeguarding Officer:

We are happy to announce that Steph Middlebrook will be our new Benefice Safeguarding Officer and she will also help with some general parish administration. Until she has completed the necessary training, please contact Rev'd Manette with any questions or concerns.

Church Services for January

Sunday 1st. January New Year's Day

2nd Sunday of Christmas **8am and 10.45am: Services of Holy Communion for the Deanery at St. Mary's Church in Hadleigh**

Sunday 8th January 10am: Holy Communion Higham

Epiphany / Baptism of Christ / Plough Sunday

Sunday 15th January 10am: Holy Communion Holton

Epiphany 2

Sunday 22nd January 10am: Holy Communion Raydon

Epiphany 3

10am: Family Hour Stratford St. Mary in the Parish Room

Sunday 29th January 10am: Family Communion Stratford St. Mary

Candlemas

(Presentation of Christ in the Temple)

5th Sundays in the Benefice

On 5th Sundays we have a more informal Family Communion. This is a shorter service which begins with a Café Church style breakfast at 10am, followed by a short contemporary service of Communion in which children and adults can be involved in different ways. For 2023 the dates are as follows:

29th January – Stratford St. Mary

30th April – Higham

30th July – Holton

29th October - Raydon

Sing-along Joseph on 29th April 2023 in Stratford St Mary

Come and sing your favourite songs from 'Joseph' and join us for cream tea in the afternoon. Everyone welcome, bring the whole family, music will be provided. More details to follow in the next edition of the Quartet

With the many winter viruses and flu-type illnesses that are doing the rounds, if you feel in any way unwell, or you have a cough, a temperature, a sore throat or a runny nose, even if you don't test positive for Covid, please stay at home until you feel better. Some members in our church congregations are vulnerable and we don't want to share illnesses if we can avoid it.

Family Hour in Stratford St Mary at 10am

Everyone is welcome to come along to Family Hour in the Parish Room. Our next meeting is on **Sunday, 22nd January**. All are welcome to join us. Breakfast (bacon rolls / juice / tea / coffee) served **from 9.30 am**. We look forward to welcoming you.
The Family Hour Team.



Sunday Hangout in Higham

Thank you to all of you who came to the Christingle session in December. We reflected on the meaning and the history of the Christingle and the children made some lovely Christingles, too. Many thanks to all the helpers.

A Sunday church group, aimed primarily at children, but open to any age! The Sunday 'Hangout' is a time to reflect on our craft activities or we may go outside to explore. It's an opportunity to hang out with friends, whilst getting involved in fun activities which the whole family can enjoy. We meet for about an hour at 4pm and snacks and drinks will be provided.

**The next Hangout sessions will be on 26th February & 26th March.
We look forward to seeing you!**

Chat, Prayer & Coffee every 3rd Wednesday of the month

Stratford St Mary Parish Room, on 18th January at 10am.

This is an informal time to chat, share news and pray together over a cup of coffee. This is the last time we are meeting this year. Why not leave your busyness behind for a short time and join us for coffee and mince pies to reflect on what Christmas is really about? We look forward to seeing you!

Benefice House Group

The House Group will meet this month on **Thursday 26th January** at the home of Jonathan and Janet Dewey: 5 Veyses End, 2.30 - 4pm

Benefice Churches Open

All the churches in our benefice are open every day for private prayer and visiting. Everyone is welcome to come and visit and enjoy some quiet time for reflection or to enjoy the beautiful church buildings.

Prayers

**Almighty God,
in the birth of your Son
you have poured on us the new light of your incarnate Word,
and shown us the fullness of your love:
help us to walk in his light and dwell in his love
that we may know the fullness of his joy;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.**

**God our Father,
in love you sent your Son
that the world may have life:
lead us to seek him among the outcast
and to find him in those in need,
for Jesus Christ's sake.**

Collect Prayers for the second Sunday of Christmas

Prayer pointers

We pray for those who are unwell and who have asked for our prayers, among them: In Higham: Amanda Berry and Penny Watkins
Outside our parishes: Helen Gregory

We remember all those who have died, among them Archie Carmichael, formerly of Stratford St. Mary, and those whose anniversaries fall at this time. May they rest in peace and rise in glory, and may those who mourn them be comforted in their grief. We pray for everyone who has lost family members or friends who are very much missed at this time.

We pray for peace in the world and an end to violence, aggression, and unnecessary suffering, in the name of Jesus Christ, the Prince of Peace. Amen.