

**Stratford
St Mary**

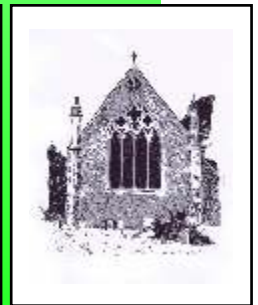
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



July 2018

Issue 359

Wanted

Card making. paper crafts
die set stamps. please
phone 01473 311226

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



Welcome



Dear friends,

As we come up to the beginnings of the harvest season, it was very

good to be able to host a concert at SSM on 16 June in aid of the Farming Community Network, who help farmers and all others who work on the land who might get into financial or psychological problems. They do a wonderful job, and I was thrilled that the concert managed to raise nearly £1,000 towards their work. We all depend on farmers to provide our food, and it is good to be able to give something back occasionally in this way.

Appropriately enough, during these next few months, the Church is in the season of Trinity, when we wear green vestments to think of all the new growth that might be happening in our hearts and lives as well as in the fields that surround us.

I have been given the theme of 'hope' to talk about in assemblies in the School in SSM, and that too ties in well with this season, when we all feel slightly better for the sun and for holidays. I have been praying for all those taking exams in our parishes, and for hope for their futures. May our young people achieve what they need

in order to progress to the next phases of their lives.

Here's a verse from a poem by Emily Dickinson about hope:

'Hope' is the thing with feathers
That perches in the soul
And sings the tune without the words
And never stops at all.

May hope nest in your heart too. And God bless you as you go on holiday or simply stay at home to revel in the beauty of our Suffolk countryside.

Rosalind Paul
Rector



The Quartet Diary



July

- 1 Higham Village Party
Raydon Home made Teas
- 9 SSM Parish Council Meeting
- 13 Holton Open Golf Day
- 17 Raydon Fair Trade Coffee
Morning
Raydon Parish Meeting
SSM Parish Council Open
Meeting
- 21 SSM Village picnic
SSM Church - Path Weeding
Clean up
- 26 R&DGC meeting. Venue TBA
- 27 HSM Social Club Whist

August

- 4 Raydon A Fayre
- 5 Raydon Home made Teas
- 14 Raydon Fair Trade Coffee
Morning
- 18 R&DGC Summer Show
- 31 HSM Social Club Whist

September

- 2 Raydon Home made Teas

7-9 SSM Village Beer Festival

- 8 37th Ride and Stride!
HSM Social Club Progressive
Dinner
- 10 SSM Parish Council Meeting
- 11 Raydon Fair Trade Coffee
Morning
- 18 Raydon Parish Meeting
- 27 R&DGC meeting
- 28 HSM Social Club Whist

October

- 9 Raydon Fair Trade Coffee
Morning
- 16 Raydon Parish Meeting
- 25 R&DGC Open Charity night

November

- 6 Raydon Fair Trade Coffee
Morning
- 11 Sunday Lunch SSM
- 12 SSM Parish Council Meeting
- 20 Raydon Parish Meeting
- 22 R&DGC meeting

Editors Corner

I'm off on holiday soon (although I shall be back by the time you get the magazine!) And while I have been getting ready I have been musing to myself about why I go at all when we live in a lovely part of the country, the weather has been great lately and travelling anywhere is such a bother these days. I think adding to my reluctance to go is my love of walking locally and how lucky we are that we have plenty of footpaths and beautiful scenery to visit.

This brings me on to another thing I am very grateful for - the people in our parishes who without any fuss, quietly and consistently pick up litter they find when out and about and bin it appropriately. Our villages are so much better for having these people, we get to live in a cleaner environment, better for us and the wildlife we share with. We can all do our bit to contribute as well - even one less piece of litter in the hedgerow all builds up to a cleaner, healthier place to live. So thank you to all you 'unsung heroes and heroines' keep up the good work, and maybe all of us will feel staying at home is better than going away on holiday!

Of course there's plenty to do advertised in our pages over the coming months as well, so have a good read, and enjoy where you live to the full!

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 July 2018

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Stratford St Mary

Stratford St Mary Parish Council Emergency Team

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

Hilary Cairns – Emergency Team Leader

6 Mors End 01206 323417

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hilcairns@tiscali.co.uk

Norman Woodard

12 Swaynes 01206 323015

Norman.woodard@fatbloaters.com

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07958 515573

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3 Spanbies 01206 322990

billdav@hotmail.com

Power Cuts

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

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

SSM Path Weeding Clean Up Morning at St Mary's Church



Time from 9 am.

Refreshments will be provided.

Date Saturday 21 July 2018.

Tools required : Edging Sheers, Hoe ,
Hand Tools... Trowel & Fork , Spade &
Strimmer.

We hope for better weather this time as
our March Clean Up morning was
CANCELLED as the ground was Covered in
SNOW !!

'Super Hero Zip Line'

I thank everyone who so kindly sponsored me to take on the challenge to Zip Line down from Ipswich Hospital Maternity Block, in aid of The Baby Bereavement Group.

Thanks to your generosity the amount I raised is nearing £1000.

I couldn't have done it with out your encouragement.

Diana Pearce.

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!



IGNITION Youth Club
Stratford Chapel
Every Friday night
7.30 to 9.30
 Age 11 - 16
 contact Beckie.w@live.com

Stratford St Mary Church,

There but not there!

To commemorate the end of World War One we are planning on purchasing nine of the 'There but not there' silhouettes for benches. They cost £42 each and the sale will benefit a selection of charities supporting service persons and will be used to remember each of the men from the village that lost their lives during the First World War. We will seat each of them in the pews of the church and can be seen the weekend of Remembrance Sunday. We are hoping to raise enough, through donations, to purchase all 9 as a memorial from our village. If you would like to make a donation to the cost of these please do so by posting it to Christine Cousins at 7 Tally Ho Corner, Stratford St Mary, CO7 6JJ. Although these will be representing the 9 lives lost in Stratford St Mary we would like to remember all of those family members lost and will have a memorial to those in the church at the same time, please clearly list your loved one's name with your donation and they will be displayed.

100 Club winners

June

166	G. Kitson	£40.00
24	V. Castle	£10.00
90	E. Pring	£5.00



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.

We will also be holding a Sunday lunch in the Parish Room on 11th November and there will be more details to follow.

With many thanks,
 Sarah Brass

STRATFORD St. MARY PARISH ROOM

Letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.

all day - £38.00.

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

Special rates for regular bookings.

Heating and lighting are included

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

SSM Quiz Evening

A big thank you to all those involved in the SSM quiz. A good time was had by all and we raised just over £320.00 for the fabric of our lovely old church.

Look out for the next event! “

The Institute hall

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

Many thanks to all our 100 Club subscribers for your continued support in helping us to maintain your village hall. Membership costs only £1 per month and you could win £40 first prize in our monthly draw. Contact Norman

Woodward (address and phone number as above) if you wish to join.

Stratford St Mary Institute Committee

Community First Responders

CFR's are trained volunteers who are dispatched by the ambulance service to life threatening emergencies in local communities. The volunteers normally work within a radius of 8 minutes drive from their location but depending on circumstances this could be further. They can normally get to a casualty before an ambulance can get there, assess the patient and start possible life saving treatment immediately. If the situation changes the CFR can update Ambulance Control to give them an updated assessment of the patient.

The Stratford St Mary area is covered by a CFR bag supplied by Stratford St Mary Parish Council. This bag is presently used by 2 volunteers in Stratford St Mary and one in Langham. The area is also covered by other volunteers with different bags from Dedham, East Bergholt, Manningtree, Brantham and Bradfield.

A volunteer can be on call whenever they want, if you are logged off duty, you do not get called.

At the moment the Stratford St Mary bag is not utilised as much as it could be and I would like to improve this. Ideally I would like some volunteers in Stratford St Mary to complete the training and then become CFR for Stratford St Mary and the surrounding villages. The more hours we have the bag active the better cover we have for ourselves.

If you are interested in finding out more about becoming a CFR please contact me (Peter Dawson) on 07775 667753 and I can let you know more about it.



Beer Festival 2018

Friday 7th to Sunday 9th September

Festival begins 6.pm Friday

Enquiries to: info@stratfordswan.com

INCLUDING

VillageLife

Quintuple (pub games) Challenge

Saturday 8th September 4pm to 8pm

A team competition across five traditional pub games

Boules; Darts; Suffolk Quoits; Skittles &

Nine Men's Morris

Teams of five, all ages and genders



Enquiries and team entries to

villagelife@stratford-st-mary.org



Telephone 01206 323 091

Can't raise a team but still want to play?

Scratch teams can be formed on the day.

STRATFORD ST MARY PARISH COUNCIL

Have committed to the preparation of a Neighbourhood Plan to set out local preferences for the future development of the community.

Neighbourhood Plans are identified as the preferred method for communities to influence the planning process related to their particular area.

To initiate the process for development of the plan, an open meeting is to be held on Tuesday 17th July 2018 at the Institute Hall, Higham Road, Stratford St Mary, commencing at 7.30 pm.

All who live work or play in the Stratford St Mary area are invited to attend this meeting to learn more of the process for development of the plan and how to contribute to its preparation.

If the future of Stratford St Mary and its immediate environment matters to you, please come to this meeting to make your views known and offer support in any way you can.

Meeting facilities and refreshments
sponsored by *Village Life*



PARISH COUNCIL MEETING DATES

9th July

10th September, 12th November

7.30pm until 10pm



21ST JULY 2018
VILLAGE
PICNIC

Bring your picnics.

Create your own fun

Bring bats, balls, kites, games for a fun family day

Join in team games, build dens... HAVE FUN!

Village Life

Village Picnic

21st July

Institute Field

1 μm

onwards

Team Games

Fly a kite?

Build a Den?

Or simply relax

Zzzzzz.....

The Choice is
yours!!

HISTORIC CHURCHES TRUST CYCLE RIDE/STRIDE/WALK – SATURDAY 8 SEPTEMBER 2018

8 Sep - a date for your diaries.

I will pass on sponsorship forms for the annual Suffolk Churches bike ride/stride/walk to those who have taken part in previous years, when I receive them. Newcomers are very welcome to take part, to support any church of your choice, and can contact me on 322259, or call into Rosebank, Lower Street, to collect a sponsorship form.

It is not too early to start finding sponsors to support your efforts.

David Isaac

Higham



**ROLL UP, ROLL UP
GET YOUR TICKETS NOW**

Tickets £15 per Adult
Under 16's £5



Boating



Cricket



Contact

Sara Carr – 01206 337325, carr.kingfisher@btopenworld.com
Caroline Parker – 01206 337234, hugo.parker@btinternet.com

Raydon



Fair Trade Coffee Morning

Such a lovely warm and sunny day for our June 19th Fair Trade coffee morning, we knew some of our regulars would be unable to come today and that included me. Michael is a bit under the weather and in hospital so I couldn't miss visiting time.

I managed to stay for a little while though as we had two birthdays to celebrate today, but unlike last month they were not 90th birthdays!

Shoe box items for "Operation Christmas Child" were brought in today, some lovely knitted bags with scarves and hats on the way as well. I'll have knitting patterns available at our next Fair Trade coffee morning, also bring your diaries so we can make a date to jointly fill the boxes whilst enjoying tea and cakes.

Thanks so much to the stand-in team for running the event today and look forward to seeing everyone again on July 17th. Perhaps we'll have the forms for the "Ride and Stride" annual sponsored event, do come along to collect yours!

Many thanks,
Wendy Mumford 01473 312123

Highways Issues in Raydon

The Parish Council has requested a site meeting with Suffolk County Council to discuss a number of issues, including lorries turning into Woodlands Road, speeding and extending the 30mph areas. In the meantime, please continue to report issues such as potholes and signage problems via the Suffolk County Council website.

Potholes

We're sure you will all have noticed the many potholes and damaged road surfaces in the village. The PC is logging these as we spot them and reporting them via Suffolk County Council's online reporting tool. However, we would like to remind you that anyone can report damage online, so please do so - if you see anything, go to www.suffolk.gov.uk and then click on the 'report' icon.

30mph signs for your wheelie bins

The PC is in the process of having some self-adhesive 30mph signs printed for wheelie bins (you may have seen these in Higham) - they're coming soon, so keep a look out for them! Many thanks,

Jane Cryer
Clerk to Raydon Parish Council
01473 824287 / 07920 713940
raydonpc@gmail.com

Raydon Century Club Draw

JUNE 2018

£25	31	Leah Banyard
£15	117	M Hajaig
£10	45	N. Gregory
£5	11	T. Cooper
£5	33	A. Banyard
£5	108	G Cousins
£5	91	D Andrews

GRAND DRAW

£100	117	M Hajaig
£50	14	CK Quedley
£50	36	P Banyard
£50	15	R Mason

Homemade Teas

at

St Mary's Church, Raydon

Sunday 1 July 2018

Sunday 5 August 2018

Sunday 2 September 2018

Teas served from 3.00 to 5.00 pm



Annual Sponsored Ride and Stride. September 8th

The sponsorship forms for this years annual event will soon be with us, so make sure you save the date of September 8th. We need lots of support here in Raydon to help towards some of the Church repairs we've had to undertake. (Chancel Arch for example)

You can ride a cycle, a mobility scooter, or a horse. You can walk or run, even visit a few Churches if you are shopping in a town (There are 5 in Hadleigh) or sit in our Church and register participants when they arrive. Please! Please! Please! do what you can, get lots of sponsors and raise lots of money! 50% to Raydon 50% to Suffolk Historic Churches Trust.

Thanks in advance
Wendy Mumford 01473 312123

The Parish Council would like to say thank you to everyone who turned up for the litter pick on Saturday 9th June. It went very well - glad to report there was not an obvious amount of rubbish, but still enough to fill a wheelie bin. And no dog mess either, which we're sure you'll all be glad to know! Thank you for helping to keep Raydon beautiful.



PARKED CARS

If your car is going to be parked for any length of time, on the public highway, please ensure it is not blocking driveways, post boxes, notice boards etc, as this can make access extremely difficult.

Thank you!

Raydon and District Gardening Club

It does not seem possible that as I write these notes (18th June) we are already half way through not only the month but also the year with the longest daylight day due in 3 days time. June however is a lovely month if only for the "Roses" with fantastic colour and in most cases perfume, plus if you like strawberries & cream now is the time they are at their best for all to enjoy. I said last month a dripping June keeps things in tune however so far this has not happened (at least not in this area) so we are having to keep using the watering can almost daily especially on the pots which dry out so quickly. Once the birds have finished nesting it's time to trim hedges etc but by now the grass is not growing quite so quickly so freeing up some time for these other jobs.

On 17th June we had our summer outing, this year to Grimsthorpe Castle & Gardens, nr Bourne, in Lincolnshire. A full coach of 53 members and guests enjoyed a pleasant day with on route stop at Frost's garden centre Bampton for coffee stop etc. It was a cool day at times with rain clouds threatening but it stayed dry. We had our usual raffle on coach before heading back to Raydon arriving at 8.00pm to conclude another successful day for this garden club.

July local garden meeting has caused us (Darren in particular) a considerable amount of problems with several options not available and having been let down again this week we are still trying to find

alternative venue. Your committee will make contact with members as soon as possible to confirm date and venue.

Next up will be Summer Show on Sat 18th August so get ready to fine tune entries, make sure you have entry schedules, ready to submit on Wednesday 15th August. This is an open show to all but restricted to entrants living in certain villages so check in show schedules to see if you qualify. Lots of children's classes as well so join in the fun and support this local traditional village show and who knows you may be one of the lucky winners taking home silver cups or cash prizes.

Advance notice:- **Lets get dirty** On 27th Sept our next indoors meeting will be a hands on workshop called Practical Propagation so come along and learn / have a go.

As always look forward to meeting you all over the coming months.

Geoff Horrex. 01473 310422



Raydon Parish Council

Your Parish Councillors are:

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

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

Parish Council meeting dates for the remainder of 2018:

Tuesday 5 June
Tuesday 17 July
Tuesday 18 September
Tuesday 16 October
Tuesday 20 November

All at 7.30pm in the Pavilion, KGF



NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact
Jane Cryer, Parish Clerk
Sunnyside Cottage, Overbury Hall Road,
Layham IP7 5NA
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 pm.

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

August Afayre

Saturday 4th August

Opening 10.30am Closing 3.30pm

St Mary's Church, Raydon

Lunchtime BBQ



Cake Stall



Plant Stall



Bric-a-Brac



Books



Tombola



Hoopla Stall



Sideshow



Holton St Mary

Holton St Mary Village Hall

can be hired at very reasonable rates!

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

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

The First Friday of the Month Lunch Club



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

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



The Holton St Mary United Charities Trust has some funds available to those resident in the village of Holton St Mary who are in need.

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

Paul Torrington on

familytorrington@btinternet.com
01473 312046.

or

SUFFOLK HISTORIC CHURCHES TRUST

Holton St Mary Millennium Green Trust

Winners of the recent Century Club Draw are as follows:

April: £25 No 10 Paul Smith, £15 No 9 Pam & Tudor Quare, £10 No 115 Martin Partridge, £5 No 52 Paul Torrington & No 41 Graham Wade

May: £25 No 18 David Maddison, £15 No 13 Shirley Suckling, £10 No 39 Michael Wilson, £5 No 120 Gary Gentry & No 80 Mike Coulthard

Jun: £25 No 46 Anne Wicks (Hurray!), £15 No 8 Russell Thompson, £10 No 62 Sheila Stiff, £5 No 2 Keith Hyland & No 89 Jimmy Hammond

We have two vacancies for Trustees, if you would like to be involved and contribute to the management of the Green by becoming a trustee please contact me on 01473 311615 or speak to any of the Trustees. We hold 4 meetings a year and occasional working parties.

Marjorie Haste

Secretary



Annual Bike Ride and Stride

Saturday 8th Sept 2017, 9am – 5pm



Cyclists and walkers of all ages are invited to take part in the annual Bike Ride and Stride.

- See Suffolk's magnificent historic churches
- Enjoy a healthy bike ride or walk
- Help raise money to keep Holton St Mary Church in good order

For more details and sponsor forms please contact:

Caroline Favell
tel: 01473 310268
email: martinfavell99@gmail.com

Holton St Mary Social Club

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

Friday 27th July
Friday 31st August
Friday 28th September

Holton Open Golf Day

A final reminder to those who have not
already done so, this year it is being held
again at Seckford Hall Friday 13th July
£33 to include a round of golf and a 2
course meal
£12 for guests dinner only
Tee times commence 1pm.
Please complete the list on the notice
board in the Village Hall.
Should you have any queries then please
contact Bob on 07966 266293.

Progressive Dinner

The date for your diaries is Saturday 8th
September.

Please contact me (details below) if you
wish to participate. I know a number of
you have already indicated to me that you
would like to take part, and I will be getting
in touch with you shortly.

Quiz Night

Thanks to all for an excellent evening in
May. Special thanks to Erik to sorting the
caterers at very short notice. Great time
was had by all.

Looking forward to the next one in
October. Date to follow.

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

It is now possible to set up an alert for any planned roadworks in your area.

www.roadworks.org is a national web portal
hosting a complete and up to date copy of
the Council's Street Works Register data.
Suffolk County Council subscribes to the
site in order that it can broadcast
information of works and events on our
highways to anyone with access to the
internet. It enables anyone to see what is
going on, in any area, nearly everywhere in
the UK. This website also provides for a
notification service which can be tailored
according to user. Below is a step by step
guide to setting up email alerts from this
website:

1. Browse to www.roadworks.org
2. Open the map area for which you
would like to receive alerts
3. Click on the envelope icon at the top
left of the website
4. Choose your options
5. Click 'Set Alert'



As You Like It

by William Shakespeare

THE DEDHAM PLAYERS

Open air summer production at

Castle House, Dedham on

4th to 7th July 2018

Tickets £15 from

SHAKESPEARE HOUSE

GALLERY or MUNNINGS ART

MUSEUM, DEDHAM or online

at www.dedhamplayers.org

Gates/bar open 6pm. Bring a

picnic & join the fun!

PERFORMANCE 8PM.



Hello there

My name is Mark Finbow. I'm producing a new piece of touring theatre for the Seagull Rep. The show is specifically designed to visit community venues. I hope you don't mind me contacting you directly. I often find parish councils are the best people to contact when booking a rural tour.

The new-look Seagull Rep professional touring theatre company are hitting the road during May 2019 with their East Anglian tour of Hound of the Baskervilles and we'd like to give you and your community the chance to be one of the first venues to host this enthralling touring production. The Seagull Rep's Hound of the Baskervilles has been developed during a three week research and development period at The Seagull Theatre, funded by Arts Council England.

Please find further info about the production by contacting me at seagullrepco@gmail.com Should the production be of interest to you and your venue please do get in touch.

We look forward to hearing from you

Mark Finbow

Hound of the Baskervilles Producer



PAWS WITH A CAUSE

A fundraising country walk for all the family. All proceeds in aid of East Anglian Air Ambulance (EAAA).



**Sunday
30
September
2018**

10am - walks finish 3pm

www.eaaa.org.uk

Glemham Hall
Woodbridge, Suffolk, IP13 0BT

TENDRING SHOW
SATURDAY 8TH JULY
2017

at Lawford House Park,
Near Manningtree,
Essex •

Show starts at 9.00am

**A GREAT DAY OUT FOR THE
WHOLE FAMILY**

Over 250 Trade stands & Exhibits •
Lifestyle & Art Show Marquee •
Huge Food Hall
Large Countryside Area •
Main Ring Entertainment •
Livestock & Equestrian Shows

WWW.TENDRINGSHOW.CO.UK



**CHERNOBYL CHILDRENS
LIFELINE & CHARITY SHOP**

As the date of the group arrival approaches we would like to say a very big thank you to all of our supporters who have helped to make this year's visit possible. 15 children arrive on July 1st and four of them will have their birthdays while they are here, the first being on the day of arrival!

Many people have dropped donations into our Charity shop but not left their details so I have been unable to write personally to thank you. If you prefer to remain anonymous then of course we respect this but I would like to take this opportunity to acknowledge how grateful we are for your contributions.

The Charity Shop provides a great focal point for us and helps to raise awareness for our work. Although we have Links across the country we are not a National chain of shops, all staff are all unpaid volunteers. We really do need people who are able to offer a few hours a week to help out covering for holidays and sickness, each session is only 3 hours so if you think you could be available to help with "spot cover" we would love to hear from you, no experience is necessary and you're never on your own. Everyone is very friendly and welcoming, drop in and have chat when you are passing.

We give as much support as possible to the children, their families at home and also the Host Families who take the children into their homes for the whole month, the donations and support we receive from our local community form a great part of this support. Yes, the main purpose of the children's visit is for Health Recuperation but how brilliant is it that we can also give them memories to take home that will last them a lifetime!

We are always happy to continue to receive donations of clothing for the children

throughout the year, any age is appreciated as we provide clothing to the children when they come here and also to their siblings at home plus other children who, for various reasons, are unable to be included in the program who we will visit in Belarus later this year.

On August 26th I will travel with 18 people, 13 of whom are from Mid Suffolk, on a good will mission to Belarus. This will be their first time visiting Belarus and will give them the opportunity to visit the children they have hosted over the past few years. The trip will include a visit to the Children's Cancer Hospital in Minsk, several Social Shelters (cross between an Orphanage and a Foster Home) and we will also visit a local school and take part in the "First Bell" ceremony which celebrate the beginning of the new school year.

I am sure there will be much to report on our return!


Many thanks to everyone for their continued support.


Elizabeth Parker
Link Chair
www.ccllmidssuffok.org.uk
01449 760343
07771 550868



Waste collection schedule

July 2018						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

 Recycling collected this week

 Rubbish collected this week

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Church Secretary – John Jeffreys
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All Together Now - have your say on the future of health care in east Suffolk

You are invited to help shape the future of health services in east Suffolk by attending All Together Now – the annual patient partnership conference hosted by NHS Ipswich and East Suffolk Clinical Commissioning Group (CCG).

This third annual conference is a great opportunity get involved in the discussion and debate around local NHS services. You will be able to learn more about the role of the CCG as commissioners of many local health services and hear of its achievements over the last 12 months.

By attending you will be invited to participate in workshops that will help with the planning of future services so that they meet the needs of local people – including mental health, maternity, substance abuse, dementia, primary care, prevention and community health.

It is also an opportunity to meet with CCG staff, local health care professionals and representatives from local health and care organisations. Additionally, there will be an exhibition which celebrates the 70th anniversary of the NHS.

All Together Now is being held at Quay Place, St Mary at the Quay, Key Street, Ipswich IP4 1BZ on Tuesday June 26 from 1.30 – 4.30 p.m.

Anyone with an interest in local health care is invited to book a place attend this free event.

Ring The Communications Team on 01473 770014

Nayland Horticultural Society

Our Annual Flower Show is on Saturday 4th August 2-5pm. Schedules and entry forms from Margaret or Trevor Smy, telephone 01206 262022 or e-mail trevor.smy24@gmail.com or visit the website, www.naylandhortsoc.org.uk

Nayland Horticultural Society - date for your diary. Visit to RHS Hyde Hall on Sunday 6th September, leaving Nayland at 9am. Visit the website for details. www.naylandhortsoc.org.uk

Dedham Tennis Club is holding a juniors event on Sunday 8th July at the club courts. Emphasis of this LTA supported day is on participation and fun, so children of all abilities are welcome. It takes place from 10:30 to 13:30.

Cost £5 per child. Rackets are available. We also hope to have a barbeque and a bouncy castle.

On the day we will be offering a special junior membership price of £10 for those joining Dedham Tennis Club for the first time.

If you have any questions or would like to book a session for a junior, please contact our juniors coach Zico at zico.davies@zicotennis.co.uk

Dedham tennis club welcomes new members of all ages & abilities. Reduced membership packages are now available. Check out

<https://clubspark.lta.org.uk/dedhamltc>

Recent Meetings

On Wednesday 13 June Tony Diamond's subject was "Chocolate". He presented the history of the colourful discovery of chocolate and the spread of the hot drink in Europe, its astonishing aspects and an overview of its financial importance to the UK.

Future Meetings & Diary Dates

"Around the World in a Container Ship" is the interesting talk by Peter Hesketh, a former Police Officer & Merchant Navy Purser, on Wednesday 11 July. As a lone passenger for around 4 months it positively was not a cruise. He explains the attraction of and comments on, life at sea when the ship spends so little time in port.

As suggested by Members we are introducing our first August meeting, on Wednesday 8th, when Tania Harrington MA, artist, art lover and researcher will talk on "Art Attack- A History of Vandalism In Art". She will look at works of art that have been vandalised over the years and the reasons behind these criminal attacks, divided into Political Motivations, Mad Attacks and Artist Attacks. It will be a serious, at times disturbing, but also humorous illustrated talk.

On 12 September Taff Gillingham, Historian, will present a very British view on "Remembrance And The Great War". Taff advises film makers emphasising the need for historical accuracy on the 1914/18 War.

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 Third Age Trust, have over 350 members and 40 groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Gillian Gibbs may be contacted.

Meeting Venue

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2 for 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except August and December.

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Stour Valley Men's Probus Club

Recent Meetings

Dr John Knight spoke to us on 6 June on the life of "John Betjeman "The Man & His Poetry" and on 20 June Chris Parfitt presented "A Portrait of a Suffolk River". Both meetings were much enjoyed by members.

Future Meetings & Diary Dates

On 4th July John Field will introduce us to "The Treasures of Ipswich". We hold our Summer Buffet at The popular Haywain on 18th July when our spouses and Probos

Widows join us for what is sure to be an enjoyable event and a tasty meal.

We don't meet in August and return in the autumn on Wednesday 5 September when Tracey Macknew of the Giggly Pie Co will present her "Life Story". Then on Wednesday 19 September David Ablewhite will return to tell us about "The Other Prince William".

Meeting Venue

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

New members are welcomed

Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed by Stour Valley Men's Probus Club, we meet on the first and third Wednesday of each month in Manningtree at 10 for 10.30am. Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.



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Constable Singers

This would be a good time to come and join our choir as we start on new songs for the coming season. We sing each Thursday at The Lambe School East Bergholt and on the second Thursday of each month at The Congregational Church E.B. starting at 7pm. No audition and words provided and the first session is free after that £5 per session so come along and enjoy.

For further details contact Mel
[01206298628] or Yvonne[01206298428]

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Tally Ho! Corner - 11.25am - 11.45am
Strickmere (School Lane end) - 11.50am
- 12.10pm

Route 14

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Tuesdays

19 June, 17 July, 14 August

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Church Square - 9.30-9.45am

Raydon

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Lower Raydon

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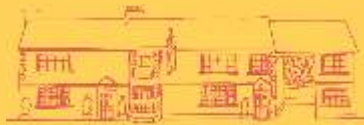
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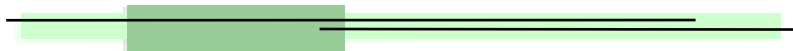
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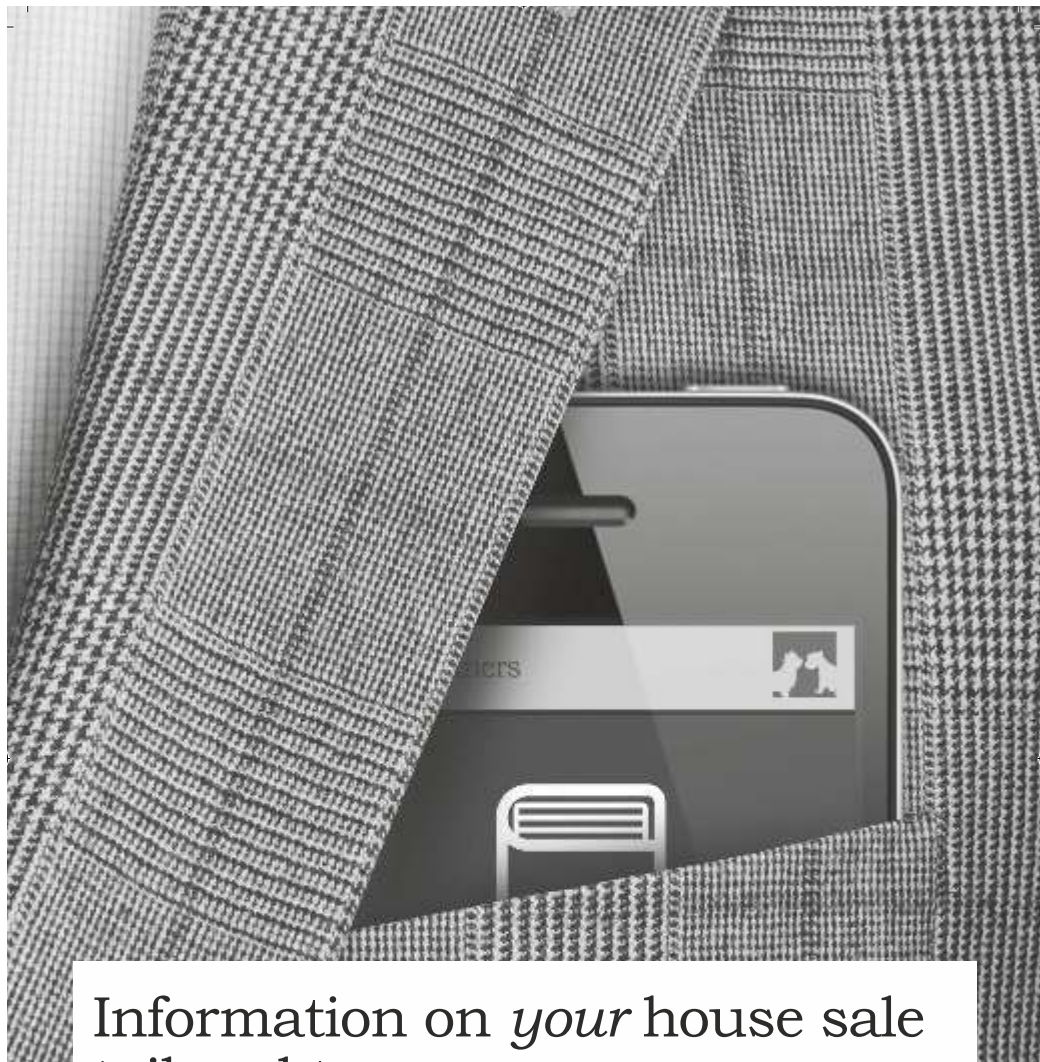
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Midweek Communion

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

Home Group

Our Home Group will meet again on 5 & 19 July 2.30-4 p.m. at 5 Veyses End. We are using Rowan Williams' book 'God with us' to explore the meaning of the Resurrection. All are welcome.

Services in July and August

	8.00 a.m.	10.00 a.m.	6.30 p.m.
1 st July		SSM	Holton
8 th July		Higham	Raydon
15 th July		Holton	SSM
22 nd July	Higham	Raydon + Baptism	
29 th July		10.30 am Deanery Eucharist at Stoke by Nayland	
5 th August		SSM (+Baptism)	
12 th August		Higham	
19 th August		Holton	
26 th August		Raydon	



New Testament Readings and Collects for weekdays in July

1 July: *Trinity 5*. Almighty God, send down upon your Church the riches of your Spirit, and kindle in all who minister the gospel your countless gifts of grace, through Jesus Christ our Lord. Amen.

2nd Luke 19.28-40

3rd Luke 19.41-end. ***Thomas the Apostle***

4th Luke 20.1-8

5th Luke 20.9-19

6th Luke 20.20-26. Thomas More, Scholar, and John Fisher, Bishop of Rochester, Reformation Martyrs, 1535

7th Luke 20.27-40

8 July: *Trinity 6*. Creator God, you made us all in your image; may we discern you in all that we see, and serve you in all that we do, through Jesus Christ our Lord. Amen.

9th Luke 20.41-21.4

10th Luke 21.5-19

11th Luke 21.20-28. Benedict of Nursia, Abbot of Monte Cassino, Father of Western Monasticism, c. 550

12th Luke 21.29-end

13th Luke 22.1-13

14th Luke 22.14-23. John Keble, Priest, Tractarian, Poet, 1866

15 July: *Trinity 7*. Generous God, you give us gifts and make them grow; though our faith is small as a mustard seed, make it grow to your glory and the flourishing of your kingdom, through Jesus Christ our Lord. Amen.

16th Luke 22.24-30

17th Luke 22.31-38

18th Luke 22.39-46. Elizabeth Ferard, 1st CofE Deaconess, 1883

19th Luke 22.47-62. Gregory, Bishop of Nyssa and his sister Macrina, Deaconess, Teachers of the Faith, c. 394 & c. 379

20th Luke 22.63-end. Margaret of Antioch, Martyr, 4th century

21st Luke 23.1-12

22 July: *Mary Magdalene*. Almighty God, whose Son restored Mary Magdalene to health of mind and body and called her to be a witness to his resurrection, forgive our sins and heal us by your grace, that we may serve you in the power of his risen life. Amen.

23rd Luke 23.13-25. Bridget of Sweden, Abbess of Vadstena, 1373

24th Luke 23.26-43

25th Luke 9.46-56. **James the Apostle**

26th Luke 23.56-24.12. Anna & Joachim, Parents of Mary

27th Luke 24.13-35. Brooke Foss Westcott, Bishop of Durham, 1901

28th Luke 24.36-end

29 July: *Trinity 9*. Gracious Father, revive your Church in our day and make her holy, strong and faithful, for your glory's sake in Jesus Christ our Lord. Amen.

30th Acts 1.1-14. William Wilberforce, Social Reformer, 1833

31st Acts 1.15-end. Ignatius of Loyola, Founder of the Jesuits, 1556

1st Acts 2.1-21. Lammas Day

2nd Acts 2.22-36

3rd Acts 2.37-end

4th Acts 3.1-10. Jean-Baptiste Vianney, Curé d'Ars, Spiritual Guide, 1859



For your diary

1 July 3-5 p.m., Raydon, Tea in the Church
29 July 10.30 a.m. Deanery Eucharist, Stoke by Nayland
4 August 10.30-3.30 Raydon August Afayre



For your prayers

We give thanks for those to be baptised in our parishes over the next few months:

Leo Fraser at Raydon on 22 July
Florence Cook at SSM on 5 August
Coben Leonard Bilton-Heenan at SSM on 7 October

And we pray for healing for those who are ill or in need, in our parishes and beyond:

Holton: Ron Stedman, Ralphia Noel
Raydon: David King, Michael Mumford, May Peacock
SSM: Nancy Ablitt, Laura Kerry, Trina
Others: Lucy Archer, Tory Cook, Philip Dean, Helen Gregory,
 Steve Kupfer, Gail O'Dell, John Rye