

**Stratford
St Mary**

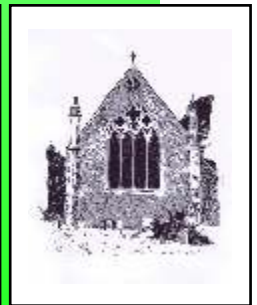
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



July 2019

Issue 371



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

www.powercut105.com

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

SSM First Responders are now part of the Community Token Scheme. Please support us at the following Co-op branches - Hadleigh, Dedham, Capel St Mary and East Bergholt. The more tokens we get, the bigger share of £1000 we get.

Many thanks

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

Small Ads pin board

The Quartet Diary



July

- 5 HSM Golf Day
- 7 Home made teas - Raydon
- 8 SSM Parish Council Meeting
- 9 Raydon Parish Council Meeting
- 10 SSM Lunch Club, Parish Room
- 16 Raydon Fair Trade Coffee Morning
- 17 Communion, SSM Parish Room
- 24 SSM Coffee Morning, Parish Room
- 25 R&DGC meeting (Village Hall)
- 26 HSM Whist

August

- 4 Home made teas - Raydon
- 13 Raydon Fair Trade Coffee Morning
- 17 R&DGC Flower and Produce Show
- 30 HSM Whist

September

- 1 Home made teas - Raydon

- 7 Suffolk Historic Churches Bike Ride
- 9 SSM Parish Council Meeting
- 10 Raydon Parish Council Meeting
Raydon Fair Trade Coffee Morning
- 26 R&DGC meeting
- 27 HSM Whist

October

- TBC HSM Quiz Night
- 8 Raydon Parish Council Meeting
Raydon Fair Trade Coffee Morning
- 24 R&DGC meeting
- 26 Bonfire Collection

November

- 1 HSM Fireworks Night
- 5 Raydon Fair Trade Coffee Morning
- 11 SSM Parish Council Meeting
- 12 Raydon Parish Council Meeting
- 28 R&DGC members evening and AGM

Editors Corner

Well, the weather has been putting the dampeners on things for the last few weeks, hasn't it! Although it's been lovely for the gardens (and hopefully the farmers) over here in Suffolk, I think some of our neighbours in Norfolk might think otherwise. We had a really hot and sunny summer last year, I wonder if we are due for a wet one this year? We will have to wait and see!

Hopefully it won't spoil the well laid plans of so many of our local organisers as the summer season of sales, fetes and shows is upon us. We have a fair selection mentioned in the Quartet this month, so we hope you find something that appeals to you.

Also, for Holton and Raydon residents particularly, we want to draw to your attention the article on page 11 about broadband coverage issues. The joint Parish Council initiative hope to gain as much performance data from residents as possible to build a picture of localised issues. This will really help when talking to service providers about solutions. Please take part if you can.

Happy reading for another month!

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 2019

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Stratford St Mary

Tea in the Garden

Iris and Don Umfreville thank all who supported the 'Tea in the Garden' event at Christmas Cottage in aid of the Macular Society.

The sum of £330 was raised towards research into what is the fastest growing cause of blindness in the Western world. A big thank you to those who donated cakes and plants also to Rex and Josie Thompson, John and Jenny Symonds, Fran Potty, Linda Kitchen and Barbara Smith, who all worked hard as a team.



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.

INSTITUTE HALL BOOKING CLERK CHANGE

Please note that requests for bookings should be made through the bookings email address:

ssminstitute.bookings@gmail.com.

Information supplied to book should include a name with contact details and the nature of the event.

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

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

STRATFORD ST MARY PARISH ROOM

Letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.

all day - £38.00.

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

Special rates for regular bookings. Heating and lighting are included. To book the hall and for general enquiries, please phone John Taylor on 01206 323908

Stratford St. Mary Christian Fellowship
(known as Stratford Chapel)
Upper Street, Stratford St. Mary CO7 6JH

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

Sunday Services: (every Sunday)
10 am: Morning Service and Junior Church followed
by refreshments
6.30 pm: Prayer and Praise

Midweek Activities:
House Groups at Stratford St. Mary, Dedham and
Cape St. Mary

"The Coffee Pot" for everyone
Tuesdays 9 am - 11 am: during term time

Men's Recreation Evening meeting monthly on
The 1st Wednesday of each month

Seaks Children's Club each Friday during
Term time from 5pm - 6.30pm for ages 7 - 11.

Ignition Youth Club each Friday from 7.30 pm - 9.30 pm
For ages 11 - 18

For further information: Contact Adrian Gates Tel 01473-311919
Or Beckie Wyncoll at beckie.w@liva.com



Community
First Responders

Interested in becoming a CFR?

Why not find out what it is about?

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

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

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

100 Club winners

24	V.Castle	£ 40.00
108	J.Drake	£10.00
139	J.V.Symons	£ 5.00

Stratford St Mary Parish Council Emergency Team

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

Norman Woodard

12 Swaynes 01206 323015
Norman.woodard@fatbloaters.com

Chris Griffin

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

Steve Kite

42 Strickmere 01206 322482
07958 515573

Bill Davies

3 Spanbies 01206 322990
billdav@hotmail.com

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



Family Hour @ The Parish Room

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

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

Come and join us!

Transport to Medical Appointments.

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

Please give us as much notice as you can.

Graham/Diana Pearce 01206 321297
Jenny Symons 01206 322636

SSM Parish Council Meetings

08 July
 09 September
 11 November

The Village Emergency Telephone

The Stratford St Mary Village Emergency Telephone System (VETS) is now up and running.

If you are with a person who you suspect has had a cardiac arrest, immediately call 999 as normal. An ambulance will be dispatched as soon as possible, however due to the location of Stratford St Mary, this may take a while.

You will probably be alone with the patient and cannot leave them to go and get the village **defibrillator**, so we have a group of 10 volunteers who will respond to a telephone call from you. All the volunteers are on the same number and if a volunteer is available you give them your location, they will collect the **defibrillator** and come to your location, they will then assist in CPR and using the **defibrillator** until the ambulance or medics arrive.

The number to call these volunteers is :-

01206 700919

Stratford St Mary Parish Council

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



VILLAGE PICNIC IS BACK

Bring your picnics,

Create your own fun

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

Join in team games,

**Remember the elastics, tug-o-war,
rounders and more!!**

FUN FOR ALL AGES!!!!

Village Life

14th July

Institute Field

—

1pm

onwards

—

Team Games

Fly a kite?

Skipping Challenge?

—

Or simply

relax

Zzzzzz.....

The Choice is yours!!



The JRSOs would like your help; they would like you to save your old inner tubes. Don't bin your old inner tubes, we're collecting them! We are collecting blown out inner tubes for Cycle of Good who send them to Malawi.

Cycle of Good create quality handcrafted goods using recycled materials (like your old bicycle inner tubes) by training tailors in the world's poorest places so they can earn a decent living.

All money made by Cycle of Good pays for childcare and non – profit social enterprise in Malawi.

Cycle of Goods mission is to save every single inner tube in the UK from going to landfill. They have collected 11363 inner tubes so far. Please bring your old inner tubes to the school office.

Thank you for your support,

Miss Jones and the JRSOs
Stratford St Mary Primary School

HISTORIC CHURCHES TRUST CYCLE RIDE/STRIDE/WALK – SATURDAY 14 SEPTEMBER 2019

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

ABC Preschool

What a busy year we have had, as we start to say our goodbyes to our children and their families leaving for big school. Abc Preschool is all about providing the best care and education to your child, whilst they learn through play. We are a term time only setting open week days from 8.45 to 3pm.

We offer education and care to 2 to 5 year olds. If you are looking for a Preschool place for your child then come and visit us and experience for yourself our warm, nurturing, caring environment for your child to learn and grow. We have spaces available from September, for further information please call Kirsty Robinson Preschool Manager on 01206 322466, you can also follow us on Facebook and our website.

Stratford St. Mary Institute Hall Notice

Please be aware that the Institute Hall has been hired by various Caravan Clubs during 2019 on the following weekends:

16th, 17th and 18th of August

Although caravans will be parked on the field area, all play equipment will continue to be available for the use of Stratford St. Mary Residents.

These Caravan Club lettings brings a substantial amount of revenue to the hall funds, which in turn helps us keep the hall in good shape.

The Institute Hall Management
Committee.

Need to email Stratford St Mary Parish Council?

**You will need to use
parishcouncil@stratfordstmary.org.uk**



Your Church Needs You!!!!

Our beautiful old church is in constant need of repair so we are trying to raise funds through a series of events such as the quiz night, cheese and wine evenings, concerts in the church and so on. We have a superb team of volunteers that run the church but we'd like to establish a specific fund raising team to help protect this building and would welcome some new faces and ideas.

Please call Julie on 07989 639 583 if you would like to get involved.

Spanish Club



I'm currently learning Spanish and so am looking for people who would enjoy getting together say once a month for an evening of Spanish conversation and culture. Please call or email if you are interested.

Julie
07989639583

"The Coffee Pot"

-at-

Stratford St Mary Chapel

The Stratford St Mary Christian Fellowship have started a community coffee morning each and every morning between 9am and 11am during school term time.

Everyone is welcome:

The Coffee Pot is situated within the Chapel Lounge. A safe area is provided for children to play whilst you catch up over freshly made coffee, tea and a piece of cake.

At around 10.30 am each week there is a Story time and songs for the children and a brief 'Thought for the Day'

For further information contact;
beckie.w@live.com

Neurology charity Headway Suffolk hosts its fifth annual Neuro Conference on Wednesday 16 October at Wherstead Park, Ipswich from 9.30am - 4.30pm.

Conference delegates will hear from five keynote speakers:

- Chris Tarrant - TV presenter famous for hosting Who Wants To Be A Millionaire? will discuss suffering a stroke and his recovery
- Dr Jane Hawking - Author, teacher and first wife to famed scientist Prof Stephen Hawking will talk about autism
- Dr Hilda Hayo - CEO and Chief Admiral Nurse at Dementia will speak about dementia
- Dr Charlotte Brierley - Neurologist at Addenbrooke's Hospital will perform neuro examinations on stage
- Dr M Rahman Chowdhury - Stroke consultant at Ipswich Hospital will present on communication after stroke

Headway Suffolk has previously attracted Stephen Hawking and Prof Robert Winston to address its conferences and this year's event promises to be another highlight in Suffolk's calendar that is not to be missed for healthcare professionals, with delegates also being updated about the charity's services and future, and hearing from the director of Social Services.

Tickets, priced at £40 each, can be purchased by telephoning Headway Suffolk on 01473 712225 or by email helenmfairweather@headwaysuffolk.org.uk. Alternatively, you can purchase them through www.eventbrite.co.uk/e/headway-suffolk-neuro-conference-2019-tickets-55527680788.

Holiday Cottage in Cromer



Quartet Special offer

Free Bottle of Champagne for the first Quartet Booking

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

Coach House Cottage is a charming cottage sleeping five, and the Studio is a perfectly self contained space for two. Both come with a lovely courtyard garden and are only five minutes walk from the beach/pier. See page 29 for more details.

*Some summer weeks still available.
Short breaks accepted. Please
contact Frances on 077110806589
for further details.*

Raydon



Fair Trade Coffee Morning

June 18th and our Fair Trade coffee morning. It was warm and sunny and quite humid! Was this the calm

before the predicted storms and heavy rain? We'll find out later!

We were busy with our usual regulars, and also some "soon to be regulars" who joined us today. There were rock cakes to enjoy with the usual great Fair Trade coffee, and plenty of chatting as well. We were catching up with the news about the forthcoming concert with Yalda Davis and friends, it sounds exciting so make sure you're there on June 29th.

We were also spreading the word about the Suffolk Historic Churches Trust sponsored ride and stride event. It's on September 14th and sponsorship forms are now available in the Church. We also need people to sit in the Church on that day to record the visiting riders and striders. Let me know if you can help, 50% of the money raised comes to our Church so here's a chance to "do your bit"!

We meet again on July 16th, hope to see you there and yes! We did get the heavy rain and storm.

Many thanks for your continued support

Wendy Mumford 01473 312123

Suffolk Historic Churches Trust

Sponsored Ride and Stride

They're here!

Yes the sponsorship forms for this years event are in Raydon Church now!

We need lots of participants and people to sit in the Church as recorders.

Please help raise some funds for our Church.

Also a chance for classic cars to show off. Join the rally at Melford Hall,

collect sponsors and visit churches on the way.

Contact Wendy Mumford for more details. 01473 312123

RAYDON PARISH COUNCIL SCHEDULE OF MEETINGS 2019 All at 7.30pm in the KGF Pavilion

Tuesday 9 July
Tuesday 10 September
Tuesday 8 October
Tuesday 12 November

NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please visit www.raydonpc.org, or contact Jane Cryer, Parish Clerk: 07920 713940 / email raydonpc@gmail.com

Broadband Issue

The Parish Councils of Holton St Mary and Raydon have jointly been considering the issue of broadband connectivity in the villages and particularly performance and reliability.

To take this forward requires two key actions:

1 Check your own system - if it is not set up properly or capable, the bandwidth from your service provider will not reach your screen.

2 Check the line speed - this has to be done at the point of entry to remove issues from point 1 above.

In order to gather information on performance we have set up a shared site to gather data.

If you have any familiarity with google and spreadsheets you will be able to access the form online at Google Drive.

Feel free to complete the form with as much information as you wish to share. Note this is a public access site and all data will be open access. Please provide your email address to raydonpc@gmail.com and access to the site can be sent to you.

Once we have a few weeks of information we should be able to ascertain if there is a pattern to the problems encountered to support any action with the service providers.

The form contains a tab with information on how to action points 1 & 2 above.

So - to join please email raydonpc@gmail.com and we will send you the link and contact information.

Raydon & Holton St Mary Broadband
Keith Lovering & Sally Thurlow

Inconsiderate car parking

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

Jane Cryer

Clerk to Raydon Parish Council

RAYDON CENTURY CLUB WINNERS

Grand Draw Winners 2019

29	Mrs R. Griggs	£100
41	Mr P. Cousins	£50
132	Mr D. King	£50
42	Mrs P. Palfreman	£50

Homemade Teas

at

St Mary's Church, Raydon

Sunday 7 July 2019

Sunday 4 August 2019

Sunday 1 September 2019

Teas served from 3.00 to 5.00 pm

All welcome



In aid of the Church Fabric Fund

27 JULY 2019



BOOKS

BRIC A BRAC



BBQ 12-2PM



GATES OPEN 11AM

ST MARY'S CHURCH

RAYDON

RAYDON VILLAGE HALL CENTURY CLUB

On the 14th March 2019 a Public Meeting was held to discuss the future of the hall. At that meeting it was agreed that the hall should be sold subject to consent of The Charity Commission as required by the Trust Deed. As there is no way of knowing how long the hall will be available for use the committee feel that it would be inappropriate to continue to run the Century Club. The final draw will therefore take place in June.

On behalf of the committee I would like to thank everyone who has supported the Century Club over the years.

David King, Chairman

Your Raydon Parish Councillors

Sue Newton

1 School Cottages
Woodlands Road, Raydon IP7 5LL
07808 818847
suenewton21@gmail.com

Jane Cryer – Clerk

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

Christine Hempstead

2 Brett Green, Upper Layham, IP7 5LX
01473 810171 / 07891 236245
hempstead91@hotmail.com

Keith Lovering

The Green, The Street, Raydon IP7 5LW
07939 075143
Keith.lovering16@gmail.com

Howard (Jim) Lowe

Drummoyne, Hadleigh Road
Raydon IP7 5LH
01473 313094 / 07923 546669
h.lowe19@outlook.com

Amanda Pyall

Tarbins, The Street, Raydon IP7 5LN
01473 310050 / 07925 108373
pyall.family@gmail.com

Sigi Steer

Woodside, Woodlands Road
Raydon IP7 5PY
07591 875267
steer2@btinternet.com

Jayne Tann

Fox Farm, Lower Raydon IP7 5QL
01473 828283 / 07887767478
jayne@foxfarm.co.uk

Raydon and District Gardening Club

These notes are being written on 16th June and it's almost half of 2019 already. By the time you have read this copy the longest daylight period will have passed, and as garden club members we will be thinking about the Summer Show (well at least your committee will be). Hope you have all managed to enjoy another lovely Springtime. At last we have had a decent drop of rain in this area (some places too much according to the news with homes flooded etc.) This time last year we were all busy with the watering cans as it was very dry and we were all wishing for rain. No two years are the same which of course is what makes gardening a challenge and interesting but at the same time good for the soul. Now is the time to relax in the garden in the warmer weather and perhaps just dream about summers passed.

So now to club news, we all enjoyed a lovely large garden evening visit to Boxford on May 30th. It was full of many interesting and some unusual plants, the host was on hand to answer any questions, and we enjoyed refreshments supplied by members to finish off the visit.

Hopefully the June coach outing was successful once again and now we look forward to a meeting (in village hall) on Thursday 25th July with guest speaker Karen Kenny on a fascinating

talk called "The Magical Mystery of Herbs".

Then Saturday 17th August is the traditional "Summer Flower & Produce Show" once again (it seems to come quicker each year). You do not have to be a member so please pick up a entry form from either committee members, or village hall, or St Mary's Church. Check the rules firstly to see if you live within the restricted area, then have a go, children's section as well, it's enjoyable with cups and assorted prizes to win, along with meeting other people in our community, plenty of refreshments and grand raffle finish off the show day.

Advance notice:- September 26th in village hall, Guest speaker Jan Michalak with a subject called "Rock" – a look at Alpine Gardening. Your committee looks forward as always to meeting you all at any of our gardening events & shows.

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.

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

Wrest Park, Bedfordshire

A few tickets remain for this day visit.

Picking up in Hadleigh and Raydon

Sunday June 23rd Contact Geoff for more information
Phone 01473 310422 or
Mobile 07810 086143

Raydon Club

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

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



Litter Pick

The Parish Council would like to send a big thank you to everyone who turned out in the rain for the Raydon litter pick on 8th June. Your hard work was very much appreciated, especially on such a miserable day – thank you for helping to make the village a nicer place to live in!

Amanda Pyall



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

Holton St Mary

The First Friday of the Month Lunch Club



First Friday of the Month Lunch Club -

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

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

Any surplus funds will be reinvested.

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

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

Millennium Green Trust

The winners of the draw for the last three months:

April

£25	(39)	Michael Wilson
£15	(116)	Paul Oliver
£10	(31)	Marion Gill
£5	(24)	Ian Pearce
£5	(76)	Riet Howard

May

£25	(33)	Mark Anderson
£15	(89)	Jimmy Hamond
£10	(57)	Mary Powell
£5	(36)	Sam Thurlow White
£5	(36)	Michael Wilson

June

£25	(27)	Dr Joe Adams
£15	(3)	Naomi Ellis
£10	(113)	Kevin Last
£5	(77)	Ron hood
£5	(13)	Shirley Suckling

Defibrillator Training

We noted at the Parish Council last month that it has been few years since we had offered training on the community Defibrillator located outside the village hall.

If any villager would be interested in a refresher course, or would like to learn how to operate it, please email the Parish Clerk; hsmparishclerk@yahoo.co.uk

Holton St Mary Social Club

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

Friday 26th July
Friday 30th August
Friday 27th September
Friday 30th August

Early Opening on Friday.

Thanks to the success of the last 2 early sessions, we have decided to continue this for the next few months. The next dates are on the second Friday of the month:-

Friday 12th July
Friday 9th August
Friday 13th September

Quiz Night

Next quiz is organised for Saturday 12th October

Bonfire Night & Bonfire Collection

This years Firework display will take place on Friday 8th November. It means that our annual collection of garden waste for the bonfire will take place on Saturday 2nd November. We will of course be reminding you nearer the date

Finally a thank you to Gil for organising this year's Progressive Dinner. A huge success enjoyed by all who participated.

Peter Longmate
quaywallslongmate1@btinternet.com



Holton St Mary Village Hall

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

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

SUFFOLK HISTORIC CHURCHES TRUST

ANNUAL RIDE AND STRIDE

**SATURDAY 14TH
SEPTEMBER 2019
9AM TO 5PM**

Every year since 1982 folk of all ages and from all over Suffolk have taken to their bicycles (in recent years many have chosen to walk or drive) on the second Saturday in September to travel from church to church raising money through sponsorship for their local church or chapel.

It is a wonderful opportunity to enjoy the beautiful Suffolk countryside and visit some of the magnificent churches with which the county is blessed and, at the same time, raise money for the upkeep of your local church.

If you would like to pedal, drive or walk for Holton St Mary Church, please contact

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



DEDHAM TENNIS CLUB

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

Juniors £5; Adult Weekday £72;
Individual £106; Family £180.

Coaching for juniors & adults available or just come along & give tennis a try.

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

or email: dedham-tennis-

Bonfires!

I am writing this on a lovely June afternoon. Unfortunately I am also writing this inside the house with the doors and windows closed. Could I make a polite request that people stop and think of others before lighting the bonfire? Particulates in smoke trigger asthma attacks in sufferers and the chemicals in the smoke are known to cause cancer. Bonfires also release carbon dioxide into the atmosphere. The smell can be rather unpleasant as well as being a menace to washing of course! Why not get a brown bin and then your garden waste can be composted?

Celia Iredale

BRANTHAM ANNUAL GARAGE SALE 2019

Benefiting Nepal Children's Trust and the St Elizabeth Hospice

Saturday July 6th 9.00am – 3.00pm

Open garages selling items throughout the village. Look for the balloons and signs throughout Brantham the A137.

Table Top Sale at Brantham Village Hall and our main table will take place outside of the village hall.

Refreshments, Hotdog, hamburger, handcrafts and preserves, tombola, ice cream and much more.

We need £5 minimum donation to book your garage and £7.50 for village hall table.

If you would like to help in any way either on or before the date or wish to donate items for sale or for the Tombola, please contact Maya, Louise or Maggie (see contact details below).

Maya: mayawatling@hotmail.com / 07508 430671

Louise: Louloumadley@btinternet.com / 07792 236414

Maggie:
maggie1woods@googlemail.com / 07867 546484

Facebook: Brantham Garage Sale
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Nayland Horticultural Society

Date for your diary

Nayland Horticultural Society Flower Show. Saturday 3rd August. Why not have a go and enter this fun Flower Show! See online for the show classes at www.naylandhortsoc.org.uk

Appointment to CCGs and Suffolk and North East Essex Integrated Care System

Ed Garratt has been appointed as the Accountable Officer for the three clinical commissioning groups* (CCGs) across Suffolk and north east Essex and as Executive Lead for the Suffolk and North East Essex Integrated Care System (ICS).

His appointment by NHS England and NHS Improvement as the Executive Lead for the ICS will see him take over the role from Nick Hulme, the Chief Executive of East Suffolk and North Essex NHS Foundation Trust, working alongside an ICS Independent Chair also to be appointed later this month.

Suffolk and north east Essex is one of the first Sustainability and Transformation Partnerships (STPs) to be designated as an ICS. In an ICS, local NHS organisations such as CCGs, hospital, mental health and ambulance trusts and GP surgeries work in partnership with local councils and voluntary organisations to take collective responsibility for improving the health outcomes of their local populations

Responding to news of his appointment Dr Garratt said: "I am delighted and honoured to have been given the role of Executive Lead for our local ICS and to continue my leadership of all three CCGs.



Stour Valley Men's Probus Club

On 5 June Norman Jacobs brought back memories of "Light Entertainment from the 1920's to the 1950's". Two weeks later on 19 June Cathy Shelbourne spoke on "In the Wake of the Mayflower". Both meetings were much enjoyed by Members present.

Peter Jones will talk about "Martello Towers Of Essex" on 3 July and on 17 July Liz Barringer will talk about the work of "The Leonard Cheshire Homes".

We do not hold meetings in August and our speaker on 4 September is Mervyn Linford introducing us to the river from "Cattawade Bridge to Ha'Penny Pier". Ted Wheatley will return again and his subject is "Speakers' Corner" on 18 September.

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

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

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

Dr Stephen Ashworth, Senior Lecturer at UEA talked on "Lies, Damned Lies & Statistics" on 12 June. How good are we at intuitively judging probabilities? Should everyone be able to earn more than the average wage. Is it a scandal that doctors/dentists/academics are below the national average? We enjoyed an excursion into statistics & probabilities, which it was hoped, would encourage critical consideration of the statistics with which we are bombarded every day.

On Wednesday 10 July Paul Stancliffe, Media Manager of The British Trust For Ornithology, will talk to us on "Bird Migration". He will explain what we know & what we don't know. How the BTO is using the very latest technology to uncover the mysteries of bird migration. We will follow cuckoos, nightingales and swifts as they undertake amazing journeys to and from their wintering grounds.

Our August Meeting, is a Member's only event and will be held at the Venture Centre, Lawford, CO11 2JE, at the normal time, on the 14th of the month. Further information will be given at our June & July meetings.

The theme of our meeting on 11 September is "Great Composers Of Film Music". Steve Johnson, a film enthusiast, will recall the history of music in film from the beginnings of sound, with emphasis on specific composers who have made significant contributions to music in film.

Each month, the Coffee Grinders meet at The Lambe School, Gaston Street, East Bergholt, CO7 6SD from 10-12 noon. This meeting especially welcomes new members but gives all members the

opportunity of meeting the activity Group Leaders and the Committee whilst enjoying a cup of coffee. The next meeting is on Friday 26 July.

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 370 members and 35 active groups. For further information please visit www.stourvalleyu3a.org.uk where our membership secretary Val Pretty may be contacted.

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

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SESAW NEWS

Hurrah! It's our Open Day and Fun Dog Show on the 28th, when old friends and new join us for an afternoon of fun, food and furrles! Stalls, games, gifts, pet supplies, BBQ, refreshments, homemade cake, ice cream and music from the Hadleigh Ukulele Group. Pooches can try the scurry or enter many classes including SESA W Dog of the Year for those homed by us. Most important of all, visitors can meet our residents and animals awaiting new homes including Sky, a Whippet/Lurcher and her companion Biscuit, a Chihuahua/Jack Russell cross. This inseparable pair arrived in January, both under two years old, very friendly, love a fuss. No real problems other than Biscuit is not keen on other dogs. They will stay with us until the right person comes along to give them a new life. Could it be you?

It's been cold and wet recently but I must pop outside to thank the friendly team of volunteers from Waitrose. They spent two days sprucing up the Sanctuary ready for our big day. The new path has been laid, look closely and you will see someone left a few footprints in the wet cement. All I know is, it wasn't me! Please visit us on the 28th, gate opens at midday. We will be ready to greet you, whatever the weather. You might even see little old me, Kenny (the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare,
Registered Charity No.1124029, Stoke Road,
Leavenheath, CO6 4PP. Open 10-1pm
Thursday-Sunday. Tel. 01787 210888



Constable Singers

We will be singing at " **The Great Bromley Cross Inn Community Pub** " on Thursday 18th July 7pm all welcome.

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

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

Contact Yvonne 01206298428 or Mel 01206298628 or Paula Mob.07799248747

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

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Refuse Week	8 th July
Recycling Week	15 th July
Refuse Week	22 nd July
Recycling Week	29 th July

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Route 14

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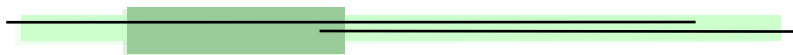
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The Quartet benefice Newsletter and events schedule

Dear Friends,

As I write this on Sunday 16th June (Trinity Sunday), I look back over the last 103 days of "special time" in the Church calendar since Ash Wednesday on 6th March. 40 days of Lent (46 days including Sundays), then Easter, then another 40 days until Ascension Day (including Sundays), then 10 days until Pentecost followed finally by a week taking us up to Trinity Sunday. The 96 days between Ash Wednesday and Pentecost represent the most important time of the Church year. In our Benefice, this time has been celebrated in style and as ever in this Interregnum, we have come together in a wonderful way as a group of four congregations but one team. As has been the case since Rosalind left us last November, we have been given incredible support by the visiting clergy. Today's service in Holton is one of the first in seven months that a visiting clergyman was unable to take the service so we had Communion by Extension.

Since last Monday, the day after Pentecost Sunday, we have now entered "ordinary time" in the Church calendar, so we can take a bit of a breather. Over the next five months taking us up until Advent, we can reflect on the last 103 days. We can also use this time well as we are now entering the key phase in the appointment of our next Rector. We have had our Section 11 meeting and last Monday we met with Bishop Mike and Archdeacon David for our Section 12 meeting, the final stage we have to go through before we can advertise for the new post. Happily they felt our Benefice Profile was excellent so with a bit of luck, we will be able to advertise in the Church Times and on-line by the end of June. We hope to then receive applications by mid-August so that we can start the interview and recruitment process in early September. We have no idea how many and who will apply for the post, but assuming we find a suitable applicant, we can hope to have our next incumbent in place by early next year.

So who are we looking for? We have no fixed ideas, but we are looking for someone who will fit into and lead our established team which is growing in confidence and experience. On another note, Martyn Carr, long time Churchwarden at Higham, is completing his training under the Auxiliary Ordination Pathway and will be ordained as a Deacon in the cathedral at the end of June. Our prayers are very much with Martyn as he prepares for his special day.

Paul Torrington
Churchwarden, Holton St Mary

BENEFICE CONTACTS, SERVICES AND EVENTS



Curate:

Martyn Carr: 01206 337325 martyn.kingfisher@btinternet.com

Reader:

Nicola Tindall: 01787 212340 nicolajtindall@btinternet.com

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

Benefice Administrator:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

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

Benefice website:

www.4marys.org.uk

Churchwardens

Higham	Hugo Parker 01206 337234
Holton	Richard Noel 01206 298276 Paul Torrington 01473 312046
Raydon	Geoff Horrex 01473 310422 Simon Tennent 01473 310320
Stratford	Jonathan Dewey 01206 322148

Services in July and August

	10.00 a.m.	6.30 p.m.
7th July	SSM with Baptism	Holton
14th July	Higham	Raydon
21st July	Holton	SSM
28th July	Raydon	Higham
4 th August	SSM	
11 th August	Higham	
18 th August	Holton	
25 th August	Raydon	

Please note there are no Evening Prayer or Family Hour services in August.

Midweek Communion: A short service of Holy Communion will be held in the Parish Room at Stratford St Mary at 10am on the 3rd Wednesday in July - 17th July.

Morning Prayer: A service of Morning Prayer will take place on Thursday 25th July at Higham Church at 10–10.30am, followed by coffee. All are welcome or do just come for the coffee.

House Group: Thursdays 11th and 25th July; 2-30 to 4 pm at 5, Veyses End, Stratford St Mary. Study: Learning to be like Jesus.

Elders

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

Christine Cousins 01206 322530	Janet Dewey 01206 322148
Sandy Ranson 01206 322156	Peter Snelling 01206 337590

Weddings

We pray for the following couples who will be married in our Benefice in the coming July and August:

27th July	William Barrie and Tina Page in Stratford St Mary
10th August	Damian Collister and Amanda Kateley in Stratford St Mary
26th August	James Cook and Hannah Cantrill in Higham



For your prayers

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

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