

*Your
resource
for
everything
local*

SHOP
LOCAL

July 2021
Issue 395

Quartet

The Parish Magazine

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

Quartet Diary

"For Sale - Futon
£25.00 Tennent
01473310320



There is an **electric Harmonium** in the Village Hall at Raydon which is surplus to requirements.

It will have to be removed when the sale of the Hall is completed. It would be a great shame to see it go to the tip, so if anyone knows of a good home for it, please let me know.

Simon Tennent

greenhouse glass
(a 8 x 6 virtually complete) frame blew away before glass could be fitted.
Collection from Higham,
Donation to Quartet funds

Mike Callaghan 07860453892

For Sale

Karma Ergo Lite Manual
Wheelchair
with cushion and
handbook

£50.00
Phone 07590710467 for
details
Raydon (cannot deliver)



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

July

- 2 HSM Lunch Club
- 3 HSM Green Gym
- 4 Raydon Sunday Teas
- 11 Raydon Farmers Market
- 12 SSM Parish Council Meeting
- 13 Raydon Parish Council Meeting
Fair Trade Coffee Morning
- 14 HSM Parish Council Meeting
- 15 HSM Slow Stitch
- 18 Raydon Spring Clean
- 22 SSM House Bible Study Group
- 31 Dedham Vale 'Mighty Hike'

August

- 1 Raydon Sunday Teas
- 6 HSM Lunch Club
- 8 Marenzio singers at Raydon
- 10 Fair Trade Coffee Morning
- 14 R&DGC Summer Show
(Cancelled)
- 19 HSM Slow Stitch
- 27 Higham Art Exhibition preview evening

28-30 Higham Art Exhibition

September

- 3 HSM Lunch Club
- 5 Raydon Sunday Teas
- 7 Fair Trade Coffee Morning
- 8 HSM Parish Council Meeting
- 11 Suffolk Historic Churches Trust Ride and Stride
- 13 SSM Parish Council Meeting
- 14 Raydon Parish Council Meeting
- 23 R&DGC meeting
(NewVenue TBC)

October

- 5 Fair Trade Coffee Morning
- 12 Raydon Parish Council Meeting
- 28 R&DGC Meeting (TBC)

November

- 2 Fair Trade Coffee Morning
- 8 SSM Parish Council Meeting
- 9 Raydon Parish Council Meeting

Editors Corner

No new entries for shop local this month, but please keep sending in suggestions. We know there are lots of small businesses in our area and we'd love to give everyone a boost by letting people know where things are and giving a contact number.

There are however, a few more village events this month and more village halls are opening up, although it's difficult to plan ahead with the prospect of a third wave looming. We're all getting better at coping now, so I do hope those of you who are planning events will be able to go ahead over the next few months. Just have a look at the diary.

We're particularly pleased to see back the Higham Art Festival (see pages 10 and 11) in August. There is a plea for volunteers on page 10, so please do support this great local event if you can.

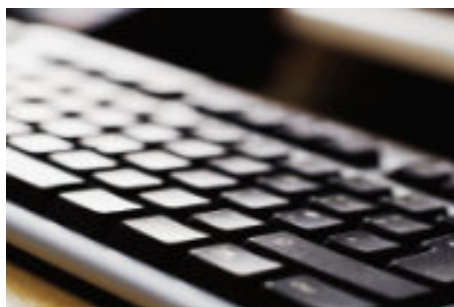
Wendy has kindly written up a lovely recipe for you this month (see page 15) - a favourite from the Fair Trade Coffee Morning in Raydon. We hope you enjoy! If you're not a baker, don't worry, just go to the Fair Trade Coffee morning (see page 12) and get one there!

Happy reading, Anne and Jane



Send us details of companies living near you that offer services or things for sale - we'll contact them and offer free lineage in the Quartet. We would like to build a really useful directory of local resources!

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 2021

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 Manette Writes

Dear friends, July 2021
For more than a year, the Corona pandemic has dominated the headlines and the virus has had a huge influence on our lives, our communities and our churches. Now the situation has improved a lot due to effective vaccines and because many people are being sensible and observing the restrictions but the pandemic has not ended yet. We were all disappointed that the government did not release the final step in their roadmap in view of the new variants which appear to be more transmissible and which may lower the efficacy of the present vaccines - but it seems the sensible thing to do. So yet again, we follow anxiously the daily infection rates and the ever-changing guidance of what is or is not allowed.

The last few weeks have brought more worries for wedding couples who are planning to get married. Some of our prospective brides and grooms have had to postpone their wedding twice, and in some cases three or more times and this has been very hard for them. In our benefice I am looking forward to officiating at two weddings over the summer, and I have already taken several wedding bookings for 2022. It was also lovely to baptise the first baby in Raydon a few weeks ago, and I am talking to several other families about Baptisms. It is wonderful that life is gradually going back to "normal" and we can begin to plan ahead again.

Every year, Archdeacons' Visitations take place in every deanery. These are formal church services, during which churchwardens are admitted to office for

another year. They make a formal declaration and the Archdeacons offer prayer and encouragement. On 7th June, the Archdeacon's Visitation took place via Zoom. We have six churchwardens in our benefice of four churches and I am very grateful for their support and for all that they do. Therefore we will be having a special 'Churchwardens' Service' on Sunday, 25th July at 10am in Raydon. Do come along to say 'thank you' to our churchwardens, some of whom have served in this role with dedication for many years.

Our churches can only fulfil their role in our communities with the help of the many volunteers who do so much, often behind the scenes. If you would like to be involved in one of our churches, please do get in touch with me or with one of the wardens.

Jesus said: "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, 'Love your neighbour as yourself.'" We all need to work together to fulfil these commandments and reach out into our communities.

Wishing you every blessing.

Yours in Christ, Rev'd Manette



Stratford St Mary

In Stratford

Hall Farm Shop Cafe and Restaurant
www.hallfarmshop.com

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

Have you ever thought about becoming a Community First Responder?

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.



The Benefice raised over £380 plus Gift Aid for Christian Aid during this year's Christian Aid Week. Many thanks to all who contributed, it will make such a difference.

The next SSM house/study group will take place on the 22nd July in the Parish Room 2:30pm. We will be taking a look at women of the Bible.

Any one interested is very welcome to join us.
Janet Dewey

Friends of the Institute Stratford St. Mary

The 100 club has been losing members due to Covid and related bereavements, to be viable as a 100 club we need 100 members, we have only 90.

It was therefore decided at the annual Trustees meeting to give the club a boost, we would implement the following from 1st September :-

- 1/ Increase the first prize to £50.00.
- 2/ Retain second prize of £10.00 and abolish £5. Prize.
- 3/ All prizes to be paid in cash
- 4/ All members will be entitled to one free session a year in the Institute hall. Subject to availability, Norman will agree booking with you, telephone 323015.
- 5/ Members will be encouraged to subscribe by bank transfer, members wishing to subscribe in the usual way, can continue to do so. Bank Details for those that want them are account name :-
Friends of the Institute Stratford St. Mary Account No.13842908 Sort code 09 01 54

I hope all our members are happy with this if not or if they require further information please contact Norman on 323015.



All,
Just to let you all know, last month we recorded the highest number of hours covered. We recorded 179.5 hours, there were only 4 days during the month where there was no cover at all.

A big thank you to Stephen and Peter for the time they commit.

Community First Responders

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

The current Emergency Team members are all over 70 years of age and, in the current climate, we would like to welcome younger village residents to join the team to assist anywhere in the village if called upon to help. If you feel you can be of use in any such emergency, please contact the parish clerk Mrs Jenny O'Hanlon on parishcouncil@statfordstmary.org.uk

SUFFOLK HISTORIC CHURCHES TRUST CYCLE RIDE/STRIDE/WALK – SATURDAY 11 SEPTEMBER 2021

▲RIDE+STRIDE



11 Sep - a date for your diaries.

With permission from Government, it is hoped that SHCT, in its normal format, will take place in 2021.

I will pass on sponsorship forms 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.

David Isaac



Winners of SSM 100 Club

58	E Pring	£40.00
80	C Steward	£10.00
32	L Ellingham	£ 5.00

Parish Room

At last we are open for business, subject to any government restrictions of course.

Please contact John Taylor on 01206 323908 for details and to book.

Coffee Morning

We have recommenced the monthly coffee mornings (Ed- Every forth Wednesday I believe)

at 10.30a.m. in the Parish Room.

Do come along and socialise at £2.50pp

The Village Emergency Telephone

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

Higham



In Higham

Brett Valley installations - Oil boiler servicer - 01206 337316

HC Smith Builders - 07468 456772

Derek Allen Fresh Fish (Thursdays) 07967 755771

Macmillan Cancer Support - fundraising in memory of Margaret Snelling and Tim Francis

On 31 July, the Francis family will be taking part in the "Dedham Vale Mighty Hike", walking 26 miles from Kentwell Hall in Long Melford to Flatford Mill, to raise money for Macmillan Cancer Support. Margaret and Tim died of cancer within 3 days of each other in February 2021. We are hoping to raise as much money as possible for Macmillan as a tribute to their courage, and to help others with cancer. If you would like to support this very worthwhile cause, or would like more information about the Mighty Hike and the work of Macmillan, we have a Just Giving page at:

<https://www.justgiving.com/fundraising/timothyfrancis>

Hazel Theobald and I are delighted to inform you that plans for the biennial Art Exhibition in aid of the Higham Church Fabric Fund are well under way. We have received notification from 60+ artists of their intention to exhibit and the titles are coming in as I type. The quality (and quantity) of artworks on display should make 2021 a very special year, although we are sad it will be the first without Peter Wilson. His wife, Gill will be on hand to help out, as will Roger Freeman who organised the show with Peter for many years and we have been promised a painting of Peter's to display in the church in his memory. It would be really good to see everybody from the parish supporting this important local event and of course we won't be able to run it without an army of volunteers.

If you haven't filled in the online form to express your interest in helping out, yet, then please visit the website below or email: highamart@gmail.com

Online form: <https://form.jotform.com/211562580622350>

Evening Preview: Friday 27th August 7.30pm - 9.30pm (official opening 8pm)
Exhibition Open: Saturday 28th, Sunday 29th 9.30am - 7.00pm and Bank Holiday Monday 30th August 9.30am - 4.00pm

Many thanks for your support, we look forward to this popular cultural event and the opportunity to come together as a community once more.

Nathan Crame

Higham Art Exhibition and Sale of Paintings: Friday 27th - Monday 30th AUGUST 2021



At the time of going to press, we are confident that our biennial Art Exhibition and Sale of Paintings will take place this year at our beautiful 13th Century Church on the banks of the River Stour, in the heart of Constable Country. We have decided to hold the event over the August Bank Holiday weekend to allow an extra day for the showing of works by many talented, renowned artists.

The stunning surroundings of the Dedham Vale Area of Outstanding Natural Beauty lend themselves to the display of high quality works of art and we look forward to welcoming you to this celebration of art and creativity.

The Exhibition this year will open as follows:



Friday 27th AUGUST 7.30pm – 9.30pm
Saturday 28th AUGUST 9.30am – 7.00pm
Sunday 29th AUGUST 9.30am – 7.00pm
Monday 30th AUGUST 9.30am – 4.00pm

All proceeds from the sale of paintings will go to the Higham Church Fabric Fund.

Tea, cake and refreshments will be served throughout the weekend.

Admission £1.00 inc catalogue – children under 14 free.

Parking available opposite church.

COVID-19 safety measures will be implemented if necessary.

For more information, email: highamart@gmail.com

St. Mary's Church Higham, CO7 6JY

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



Fair Trade coffee morning

What splendid sunshine for our Fair Trade coffee morning on June 15th. In fact there was so much sunshine that Geoff set

out the socially distanced chairs and tables under the shade of the beautiful trees in the Churchyard.

We didn't have a "Guest Baker" so I made some Chocolate and Raspberry Doughnut cupcakes, a recipe for which is in the Quartet. Really easy to do and very tasty (according to our visitors today.) We also had the wonderful cheese scones and the very lightest Victoria sandwich made by our "Frinton Friends"

We had several visitors today, some from Hadleigh and others just passing by and decided to join us. The Library Van was here as was Love Refills. Do have a look and try some of the products, there are new ones every time and they are very reasonably priced and eco friendly.

I hope to have the sponsorship forms for the Historic Churches Trust fundraising event on September 11th. I'll also have the sheet for you to book your slot in the Church for signing in visiting riders and striders, so please join in if you can.

We need another sunny day for our next Fair Trade coffee morning, the restrictions will still be in place so we'll be outside again. July 13th is the date and hopefully there'll be a "Guest Baker" this time !! Who will accept the challenge?

Many thanks again for your continued support, it's lovely to see everyone

Wendy Mumford, 01473 312123



Raydon Club



The Raydon Club has now re-opened at the Pavilion on Wednesday evenings and is operating in a COVID-secure manner. The bar opens at **8:30pm** and will close promptly at **11pm**. A good selection of beers, wines and spirits are available at considerably less than pub prices.

Membership is open to all residents of the village (over 18s only) and anyone wishing to join is welcome to come along to enjoy a socially distanced drink and chat.



Ideal for your special event

The Raydon Pavillion is for hire

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

Available Morning, afternoon, and evening.

For Details Contact Mark Smout
Tel 07748 842750 or email
marksmout@gmail.com

Suffolk Historic Churches Sponsored Cycle Ride.

↑RIDE+STRIDES



September 11th is the date for this event and it's getting nearer!

I've seen many cyclists and walkers out and about and I hope all of them are practicing ready to take part. I also need people to sit in the Church to welcome visitors when they arrive, and to offer them refreshments as well as sign their forms.

If you're new to the village and would like more information on this event then just give me a call.

Many thanks
Wendy Mumford 01473 312123

RAYDON PARISH COUNCIL

SCHEDULE OF MEETINGS 2021

(all at 7.30pm via ZOOM until further notice)

Tuesday 13 July
Tuesday 14 September
Tuesday 12 October
Tuesday 9 November

NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact

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

Raydon and District Garden Club

So into the 7th month (July) heading into full summer having passed the longest daylight day it's so wonderful to enjoy all the lovely flowers in the gardens and soon to be harvesting all the other veggies after broad beans & early potatoes once again.

Also nice to be able to venture outside the garden boundary, not just walking for exercise but further afield to enjoy the lovely English countryside all around us for which we must be truly thankful and being able to stop outside for a cup of tea and a chat (but keeping distance etc). I hope you were all able to enjoy the SPRING just passed even though it was very chilly with night frosts most nights in April and of course very dry, which then changed to warmer but very wet in May followed by a mixed June. Overhead here in Raydon have seen Buzzards and Red Kite on several days, heard Cuckoo sadly only once, but on walks heard Nightingales and Skylark, Black cap, Yellow hammer, several Linnets and Kestrel and this year many Brown Hares. The field poppies are always a picture to behold especially if your lucky enough to see a mass flowering in a corn field. In the gardens of course the English roses are at their best and the scent is wonderful and I always hope the rain when it comes is not to heavy to spoil the blooms.

Talking of gardens to view Daphne and myself visited the Shelley & Lower Raydon open gardens on the week end of 12/13th June and I must say what a great day out with lovely gardens (all different, some large some small) but most importantly all made you very welcome. It was very well organised with choice of 3 carparks so not to much walking in between and fantastic refreshments enjoyed by all and blessed by superb weather. It's good to get ideas and inspiration from other gardeners, also you might just spot a un-usual plant that you haven't got in your own garden.

By the time you read these notes **the garden club will be moving** out of the Old Primary School village hall, home to the garden club since 1986 (before that it was Shelley Hut !!! remember ?) and into what will become our new home at the King George V playing field pavilion. For those members who can remember we held two very successful summer flower shows (between 400 – 500 entries) in 1984 and 1985 on the playing field using 3 very large marquees (hired) as there was no building to use in those days, which involved about 15 persons to help erect and take down, quite a major job and involving ropes and strength and many hours work over a couple of days. We then had to collect 40 tables from a storage barn in Gt Wenham ready for all the exhibits which involved yet another day/evenings work. We were thankfully helped by Terry Mansel and his truck for all the carting backwards and forwards. What a lot of effort but of course we were younger then. I am pleased to say that will not be necessary again as we will fit the shows to the building/pavilion and all equipment will be stored on site.

We may have a small tent outside to enable refreshments, whilst keeping all space inside for the exhibits. The first "show" will be in the Spring of 2022 to which I am sure you will all be looking forward to, however before all that our first

41st Year



Re-start of meetings is scheduled for Thursday 23rd September 2021 @ 7.30pm provided we get no return to more restrictions or worse another lockdown.

We may still have to be flexible with limited numbers allowed indoors but your GC committee will assess situation early September in conjunction with KGV pavilion committee. If numbers are restricted then we will **set up a booking system to cover the Sept, Oct, & Nov meetings. Not every member will see quartet so if you can pass this info on to them please.**

It will be so nice to be able to start up once again in this our 41st year, and to meet all you members not seen since March 2020, also any new members joining the club for the first time. Darren is trying to arrange an interesting speaker (subject TBC) and hopefully refreshments and a raffle will be allowed. There is plenty of car parking space on a new tarmac surface and for those not having been inside before the hall is fully carpeted so should be nice and warm in the colder months. On going works at the pavilion as monies allow will I am sure improve the internal facilities even further.

Please contact myself or any committee member if you would like a particular garden related subject for next year so we can arrange the necessary guest speakers for 2022. We will need to get these booked as soon as possible before they get their diaries full.

Your committee are looking forward to meeting you all once again on 23rd September when we officially start up again in our new venue.

Geoff Horrex.
01473 310422 / 07810086143

Doughnut Cupcakes.

Makes 12. Prep 15 mins. plus cooling time

Cook for 25 mins

Ingredients

200g/7oz cooking margarine
200g/7oz Fair Trade caster sugar
2 eggs plus 1 yolk
300g/11oz self raising flour
60g/2oz Fair Trade cocoa powder
120ml/4fl oz milk
1/2 tsp baking powder
Jam of your choice

Icing if desired

4oz Fair Trade icing sugar
2oz Fair Trade cocoa powder
little water to mix

Method.

1. Heat oven to 180C/160fan/gas 4. Sift the flour and cocoa powder into a large bowl then add the margarine, sugar, eggs, baking powder and milk. Beat together just until you have a smooth soft batter. Add a little more milk if necessary.
2. Line a 12-hole muffin tin with paper cake cases. Fill the cases two thirds full with the batter then make a well in the batter and spoon in 1tsp of jam. Cover with another tablespoon of cake batter.
3. Bake in oven for 25mins until risen and cooked through. Leave to cool before icing if liked.

Icing
Sift together icing sugar and cocoa and mix to desired consistency with a little water. Spread onto top of cake and finish with chosen decoration.

Chocolate and Raspberry as made for Fair Trade coffee morning.



Raydon Spring Clean

Sunday 18th July

Please join us at 10am outside King George's Playing Field Pavillion. Please wear suitable shoes and clothing and bring gloves, hi-vis jackets and litter picking sticks if you have them. Children are welcome, but **MUST** be accompanied by a parent or other responsible adult.

Have you spotted a particularly unsightly patch whilst on a local walk around Raydon? If you'd like to borrow the parish litter picking equipment and conduct your own household litter pick over the summer please contact Amanda on (07925) 108373. All equipment loaned will be sanitised as per Covid 19 regs before being re-issued.

Please do not attend if you are exhibiting any symptoms of Covid 19. Volunteers should not participate in litter picking duties unless they understand and accept that participation is entirely at their own risk. Volunteers are not working for or on behalf of Raydon Parish or Babergh district Councils, therefore the councils cannot be held responsible for any loss, damage or inconvenience caused as a result of the actions of volunteers or their failure to adhere to the guidance given at the start of the litter pick.

Keep this date!

Marenzio Singers
at St Mary's Church Raydon
on Sunday 8th August

A Summer's afternoon of joyous music



This is a Doughnut Cupcake - quite delicious, as voted for at the Fair Trade Coffee morning! Recipe on p15. Thanks to Wendy!

Tears, Tears, Tears

We're off again!
Sunday 4th July
Sunday 1st August
Sunday 5th September
St Mary's Church Raydon
3.00 – 5.00
Fully Covid compliant & secure outside
Come and join us!



Raydon Farmers Market

Sunday 11th July 10am to 2pm

We are excited to be hosting our first ever farmers market on Sunday 11th July on King Georges's playing field in Raydon. We have over 25 traders already confirmed with more planning on joining us.

You will find a wide selection of breads, cakes, pastries, local cheeses, fudge, preserves, pickles, and locally brewed beers and spirits.

There will be cut flowers, locally grown plants, handmade soaps and candles and a wide range of art and crafts, including handmade baby clothes and leather goods, plus gifts for your home and garden. You can even bring along your empty jars and bottles to refill with store cupboard foods and household liquids and products.

For you dog lovers we have a stall selling dog treats and grooming gifts, so please bring along your 4 legged best friends (on their leads).

The Sweeting swing band will be making a special appearance and our bar will be open selling both alcoholic and soft drinks. Teas and coffees will also be available and maybe even ice lollies. And with great street food you can be sure to find something for all the family.

We have ample parking and all proceeds will be going toward the upkeep of the King George playing field and pavilion.

We hope you can join us and help support some fantastic local businesses! Any questions please call Stephen on 0794721180

Holton St Mary

In Holton
Love Refills mobile shop -
www.loverefills.co.uk

Ann Mason Care - 01206
233372

The next **Parish Council meeting** will be held on Wednesday 14th July 2021 at 8pm at Holton St Mary Village Hall. Public attendance is welcome subject to any COVID restrictions applicable at the time of the meeting. Please contact the Parish Clerk at hsmparishclerk@gmail.com for any further information.

Quiet Lanes Proposal

Holton St Mary Parish Council is exploring the opportunity to designate Stubbins Lane as a 'Quiet Lane' as part of a county wide project. Quiet Lanes are intended to encourage drivers to 'Expect and Respect' more vulnerable road users by having advisory signs clearly indicating that the road is a shared space. This proposal will be discussed within the public forum of the Parish Council meeting on 14th July 2021 at 8pm at Holton St Mary Village Hall, public will be able to attend subject to COVID restrictions applicable at the time of the meeting or alternatively comments about this proposal can be forwarded to the Parish Clerk at hsmparishclerk@gmail.com. Further details about Quiet Lanes can be found at www.quietlanessuffolk.co.uk



Holton St Mary Lunch Club

We hope to resume the Lunch Club in the Village Hall on the First Friday in JULY

If you are looking forward to good food and good company again, please sign up by either calling or emailing me so we know how many to cater for

Many thanks

Sally Thurlow - 07721 625313 or
salthurlow@gmail.com

Holton St Mary Parish Council Meeting Dates

The planned dates for full Council meetings for the coming year are;

14th July 2021,
8th September 2021,
10th November 2021,
12th January 2022
9th March 2022, (Annual Parish Meeting)
13th April 2022,
11th May 2022

Volunteer needed for Village Local History Recorder Holton St Mary

A volunteer is needed for the role of village recorder. Marjorie Haste has been the recorder for 15 years noting changes in the street scene, recording events, collecting memorabilia and writing an annual report for the Ipswich Records Office. If anyone is interested in taking over this role further information is available at slhc.org.uk or contact myself and I will pass your details to Marjorie.

Liz Sims Parish Clerk at
hsmpparishclerk@gmail.com

Keep this date!

Marenzio Singers

at St Mary's Church Raydon

on Sunday 8th August

A Summer's afternoon of joyous music



Green Gym

Saturday 3rd July

Meet in Church Square at 10.30 am

Holton St Mary Village Hall

The Hall is back in use and taking bookings again. Please contact Tanya Kunz on 01473 823886

Holton St Mary Millennium Green Trust

Century Club draws were made at the June Friday lunch and the winners are:

April: £30 No 26 Bob Holmes, £15 No 5 Sheila Gibson, £10 No 35 Tony Ryan, £5 each No 98 Sheila Morgans and No 45 Dori Clarke

May: £30 No 108 Jacqueline Unwin., £15 No 76 Riet Howard, £10 No 6 Pat & Linda Hawes, £5 each No 88 Vera Pender and No 112 Lee Barton

June: £30 No 129 Ann & Robert Woodgate, £15 No 34 Keith & Karen Jeffreys, £10 No 27 Dr Joe Adams, £5 each No 118 Angela Stedman and No 61 Sue O'Connor

Marjorie Haste
Secretary

Slow Stitch

The Slow Stitch group is meeting again on the third Thursday of the month at 2 - 4pm in the Village hall Holton St Mary. Whether you sew, knit, crochet, embroider, or enjoy tapestry, you are all welcome to join our drop-in group. We are not providing refreshments at the moment but you are welcome to bring along a cup of tea.

The aim of the group is to take our time as we enjoy stitching and we are happy to help beginners. Thank you for all the donations of wool that the group have received this summer. This is much appreciated as we complete a number of community projects to support the Marie Curie charity and Women's refuge in Ipswich.

For more information contact Jeanette Appleton 07768418942

Barry's Page

At the start of the pandemic there were windows of opportunity to have socially distanced small gatherings.

I attended an outdoor lunch with four others and with such excellent hosts and copious amounts of drink the conversations inevitably did the rounds from personal tragedy to happy marriages, times gone past and if only.

It was a great day but I made a glib remark about who needs God when we have Netflix.

I wrote this the next day after my headache had gone.



Netflix

Who needs God when we've got Netflix?
Who needs prayers when we've got films
Who needs faith when there's no doubt
Who needs love if the flames gone out
Who needs hope when all hopes gone
Who need lyrics if there is no song
Who needs pity from those that care
Who needs companionship, a life to share

Who needs a preacher to shout it out loud
Who needs a pat on the back to make them feel proud
Who needs forgiveness to make them feel better
Who makes promises that will never be kept, and then denied as we try to forget
But live each day with guilt and regret of the lie once told that can not be withdrawn and the punishment that will be metered out from the day we die back to when we were born.

All these scenarios we can find on Netflix
So who needs God if we've got Netflix?

WE DO!

At this time of year, the verges are looking amazing, with the riot of different wildflowers bursting through. The best of the cow parsley, also aptly named Lady's Lace, has gone over, particularly after the recent heavy rains and red campion, vetch, orchids, cornflowers, and poppies are coming into their own to create a blaze of colour along our local routes.

It is worth taking time to check-out your nearest humble roadside verge, which in the UK provide a home to over 700 wildflower species - nearly 45% of the total number of our wildflower species - and offer refuge to over 20 of the country's 52 wild orchids.

Bordering motorways and by-roads, these thin borders extend to around 500,000km and cover an area that is estimated to be the same size as the Lake District National Park. Generally nutrient-poor and left undisturbed, they provide the vital conditions in which wildflowers thrive. Some are now protected as they offer the last remaining refuges for some very rare and declining plant species.

And, verges are not just vital for wildflowers. They support the pollinators such as bees, flies, moths and flower beetles as well as other insects and spiders, plus the mammals and birds that rely on them. Road verges also provide physical links from one wildlife habitat to another, creating corridors that allow animals to move easily from place to place. Without these corridors, populations can become isolated, making them weaker genetically and more vulnerable.

A word for anyone keen to protect these beautiful havens is to encourage landowners, councils and highways authorities not to mow too early, before insects have had a chance to pollinate the wildflowers or their seeds to ripen. If they

are cut, the mowings need to be removed to prevent enrichment of the soil or a covering that can prevent some species' seeds from germinating.

And, why not think about sowing some of your favourite wildflowers in your front verge? Plantlife are running a wonderful Roadside Verges campaign at the moment and offers a lot of advice on how to support the idea of creating pollinating-flower-strewn verges for us all to enjoy, including the wonderful wildlife in Suffolk. You can find out more about the campaign, how to support it, how to influence councils and how to create your own wildflower area on the Plantlife website here: <https://plantlife.love-wildflowers.org.uk/roadvergecampaign>

But, most importantly, do take the time to stop and stare.... As you are likely to find some hidden gems to enjoy in amongst the buttercups and the poppies along our local country lanes!



SUFFOLK HISTORIC CHURCHES TRUST

↓ RIDE + STRIDE ↓



Saturday 11th Sept 2021, 9am – 5pm

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

Although the majority of the money each year (last year more than £170,000) is raised by cyclists, people are finding more and more different ways of taking part.

Classic and Veteran cars, which have taken part since 2018, raised more than £12,000 last year and many of our older or less mobile participants have taken to their e-bikes and mobility scooters; we even have a number who go on their static bike on a virtual tour of their local churches.

In addition, we have always encouraged those who sit at a church, welcoming cyclists, to ask their friends to sponsor them for each hour they are on duty and why should those, who regularly keep their church and churchyard neat and tidy, not ask to be sponsored for each pew they polish or for each wheelbarrow full of weeds?

If you would like to take part in this year's Ride and Stride, please contact

Caroline Favell
Email: martinfavell99@gmail.com
Tel: 01473 310268

Anyone for tennis? Join us at Dedham Lawn Tennis Club!

Whether you've never held a racquet or are a budding Andy Murray or Heather Watson, we'd love to welcome you to our friendly village tennis club on the playing fields in Dedham.

With club sessions, teams in local leagues, coaching for adults and juniors and a wide range of membership options available, we're always on the lookout for new members.

Search online for Dedham LTC to find out more and see how you can get involved.



We encourage lifelong learning for those no longer in full time employment and retired from work altogether. Emphasis is placed on making learning active and fun as well as helping in developing friendships. Groups are returning to near normal meeting: art lovers, walking, churches and historic buildings, dining, kayak, getting fit again, garden visits and table tennis. Others may soon follow.

Upcoming monthly meetings and lectures – 9 June "Walt Disney: Struggles of a Legend" and 14 July "*Getting away with murder* LAW AND MEDICINE".

Visit the Stour Valley website u3asites.org.uk/stourvalley for more information. New members are always welcome.

SESAW News

Delicious! A steaming, hot cuppa on a roasting hot day. As I buried my face in Tanya's mug to glean the last drops of her tea, I couldn't help earwiggling about some good news.

Mum was very pleased because the Barn Owl was ready to leave us. Lea will keep a watch on the welfare and supplement its food for as long as is necessary to ensure a smooth transition back to the bird's natural environment. Several birds of prey needed intensive feeding to rectify the harsh conditions they experienced due to the wet, cold Spring. One of them also had a fractured wing which was repaired by our vet, now all the raptors have been returned to the wild

If a run on the wild side appeals, there is just time to enlist in the Nayland 10K on Sunday 12th July. This fun, family event (not a race) for all levels, is well organised and raises lots of money for several local charities including SESA. Sign up at: www.nayland10k.co.uk

As we all adapt to the 'new normal' some of our volunteers have moved on, leaving us short of animal carers. If you can help and have a morning to spare each week, please leave a message on our answerphone or email with your details. Jobs include cleaning kennels, dog walking and feeding – which reminds me, it's time for dinner! Come on Mum, put the kettle on for another brew and don't forget to save some for 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

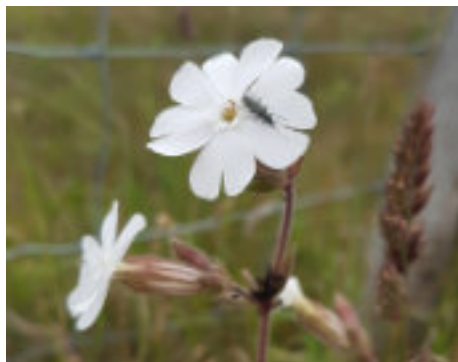


A View From Above

This little snippet landed in our inbox the other day, and although it's slightly out of area, we thought we'd recommend it to the gardeners among you.

<https://www.capelallotments.co.uk/a-view-from-above/>

It's a birds eye view over Capel allotments watching 2020 go past month by month.



Hadleigh u3a

Restarting live activities in July – Come and join us!

We are all looking forward to the promised easing of restrictions from June 21 and we at Hadleigh u3a are planning to celebrate the relaunch of our regular activities with our annual Summer Party on Monday 12TH July at the Guildhall. After that our monthly speaker meetings will return to our usual venue at the URC in Market Place, Hadleigh on the afternoon of the second Monday of each month at 2.30 pm. During the covid period we have replaced these with a Zoom presentation at the same time every month.

Don't know about the u3a?

Maybe wondering how to re-engage with people after so long at home? If you are no longer in full-time employment and looking for something interesting to take you out of home and daytime television? And who isn't after the year we have just had? Then read on.

Our motto is Learn, Laugh and Live!

Here at Hadleigh u3a we have over 200 members. Now we are about to cast off the shackles of lockdown, we are more keen than ever to welcome newcomers. Nationally there are well over 1,000 u3as with over 430,000 members. And almost half a million people can't be wrong! Founded in 1982, the u3a is a UK-wide collection of locally run groups that provide a wide range of opportunities to come together to learn for fun and enjoy exploring new ideas, skills and activities together. Apart from being friendly and relaxed it also provides the perfect antidote to the issue of loneliness for anyone who has been left feeling a bit bereft of human company over the past year. There are no age limits and no formal qualifications required or to be gained.

Membership here in Hadleigh is normally £15 for a year (but currently only £12 per year due to reduced activities in covid period) and for that you get a monthly open meeting with a professional speaker, with the emphasis on interesting and entertaining subjects, plus the opportunity of joining one of over twenty small special interest groups ranging across a wide variety of interests. Have a look at our website for more information – just google Hadleigh Suffolk u3a.

We also organise theatre trips, days out to lots of places of interest and a Christmas lunch at Hintlesham Hall in December. All these are charged at cost and all the more enjoyable when shared with like-minded people. All members also receive a quarterly national magazine called Third Age Matters, full of interesting articles and what other u3a's are doing around the country.

To find out more do have a look at our website or contact me for an information pack.

We look forward to hearing from you!

Sue Witham - Chairman

CONTACT DETAILS : Sue Witham -
Telephone 07770 870405 – Email
suetram@aol.com



Holy Family Roman Catholic Church

Ipswich Road, Brantham CO11 1TB
Parish Priest: Fr. Paul Vincent OCD Assistant
Priest: Fr Bineesh Elenjikkal OCD
180 Hawthorn Drive Ipswich IP2 0QQ T e l :
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.

Services planned for JULY 2021

Sunday 4 14th SUNDAY IN ORDINARY TIME

9am Mass

Tuesday 6

9.20am Eucharistic Adoration
10am Mass

Sunday 11 15th SUNDAY IN ORDINARY TIME

9am Mass

Tuesday 13

9.20am Eucharistic Adoration
10am Mass

Sunday 18 16th SUNDAY IN ORDINARY TIME

9am Mass

Tuesday 20

9.20am Eucharistic Adoration
10am Mass

Sunday 25 17th SUNDAY IN ORDINARY TIME

9am Mass

Tuesday 27

9.20am Eucharistic Adoration
10am Mass

East Bergholt WI

2020 was a difficult time for all of us. However, as a group we were pleased to be able to keep in touch in many ways and enjoyed sharing news and activities with each other through e-mail and meeting up in small groups when restrictions allowed.

As the latest restrictions start to ease, we are making more positive plans for the months to come. We have used Zoom successfully for our last three main meetings. Our Craft group have been getting together virtually once a fortnight and we have also had lunch time and evening get togethers for members who wish to join in.

From 2021 the WI subscription year will run from April to March. Due to savings made in 2020, through the cancellation of our monthly meetings, we are pleased to be able to offer our members a reduction and our annual subscription for 2021 will be £34.

We would be pleased to welcome new members to share in our activities and friendships. If you would like to join us please contact our President Tina Hurley on 01206 298223, Gill Rattray on 01206 298380 or through our website. We look forward to meeting you.



Allotment Plots Available

Would you like an allotment plot?
Dedham Allotment Association
have plots available, please
contact Diana for further details
01206 321297

Local Services

The Constable Country Medical Practice

The Medical Centre,
Heath Road, East Bergholt, Colchester
CO7 6RT

Surgery opening hours

8.00am – 6.30pm Monday to Friday
Telephone 01206 298272
Fax 01206 299010

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

Surgery opening hours

8.00am – 6.30pm Monday to Friday

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

Crime prevention

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

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



MOBILE LIBRARY

Stratford St Mary - Route 11

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

7 July, 4 August, 1 September, 29 September, 27 October

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

13 July, 10 August, 7 September, 5 October, 2 November

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

Bin collections

Week Commencing	28 th June	Recycling Week	
	5 th July	Refuse Week	
	12 th July	Recycling Week	
	19 th July	Refuse Week	
	26 th July	Recycling Week	
	2 nd August	Refuse Week	
Waste Services 0300 1234 000 (option 4) Email: recycling@baberghmidsuffolk.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 Tannith 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.

Theres room for more.....!

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 393069 / 07941 781489 to check availability

ARTSCENE

Local Mobile Picture Framing Service
30+ years experience

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

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

Fix-A-Lock

Locksmith - available 24/7

• 24 HOUR LOCKSMITH -
Wooden and UPVC doors

Ted Blanchette
07836 551032

Prestige virtual assistance Making time for you

Providing a flexible approach to personal assistant support remotely to business owners, directors and entrepreneurs.

Services include:

- Research Project
- General Admin
- Time Management (diary/emails)
- Social Media Posts
- Document Management
- Project Management
- Office Moves

M: 07799 391343

E: info@prestigevirtualassistance.co.uk
W: www.prestigevirtualassistance.co.uk

Bespoke, handmade soft furnishings
& upholstery



Contact Annabel

07539 722496 [sewnimble](https://www.instagram.com/sewnimble)

KATE O'CONNOR - BHSAI

Horse riding free lance instructor.
DBS checked up to date, Child safeguarding up
to date, 20 years teaching experience
Showjumping/ x country/ dressage
Confidence building /natural horsemanship.
Behavioural problems / loading etc .
Can come to you or meet at a hired venue.
Ip7 and Co7 area.

Mob . 07891135561

Email katevandervord@live.co.uk

**If your picture needs framing:
We can do it!**

ALB-Framing

07769 858076

**Whilst following Covid guidelines
home and office visits are available**

- Bespoke framing
- Gallery wrap
- Float mount
- Block mount
- Sport shirt framing
- Medal framing
- Antique framing
- Gift vouchers

As members of Fine Art Trade Guild, who
wrote the international standards for picture
framing, we work to these requirements.

www.alb-framing.com
info.albframing@gmail.com



Plethora
of Words.

*Professional,
expert copy and
content writing*

Website Content
Blogs
Social Media Content
Articles
Press Releases
CV & Job Spec Writing
Excel SpreadSheet
Assistance
...and more

01255 214612 | 07521 735940

info@plethoraofwords.co.uk

www.plethoraofwords.co.uk



VILLAGE LOCATION WITH A WONDERFUL
GARDEN AND OUTSIDE CLASSROOM.



01206 322466

admin@abcpreschoolstratford.co.uk

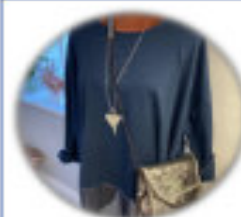
www.abcpreschoolstratford.co.uk

CHARITY NO. 1134021

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

JOIN US FROM 2 YEARS OLD

**OFSTED
OUTSTANDING**



Ladies Boutique in East Bergholt

Selling clothes, scarves, bags, jewellery and purses

Wed, Thurs and Fri – 10am - 3pm

Sat – 10am - 1pm

Contact Sarah McGrath

The Street, East Bergholt CO7 6TF

info@sarahjane-colchester.co.uk

Tel 01206 299160

Sarah Jane's Boutique

www.sarahjane-colchester.co.uk



Hall Farm

Shop & Cafe Restaurant

HALL FARM
SHOP | DELICATESSEN | CAFE

Located on the outskirts of Stratford St Mary within the beautiful Dedham Vale, Hall Farm Shop & Cafe Restaurant offers stunning views, wonderful food and great shopping.

The Cafe Restaurant serves the most amazing food, from fabulous breakfasts and delicious lunches to exquisite cheese scones and mouth-watering cakes. Booking is advised.

Our Farm Shop, Butchery and Deli stock a wide selection of local and regional quality produce, as well as offering a tempting array of homeware, gifts and plants.

Restaurant Open: Mon to Fri 9am to 5pm / Sat and Sun 10am to 4pm
Farm Shop Open: Mon to Sat 9am to 5pm / Sun 10am till 4pm



Shop: 01206 322572, shop@hallfarmshop.co.uk | Restaurant: 01206 323600, cafe@hallfarmshop.co.uk
Hall Farm, Stratford St Mary, Colchester, Essex CO7 6LS | www.hallfarmshop.com



Rheel Coating Co

We are now pleased to offer our tyre fitting service.

- New tyres
- Wheel balancing
- Puncture repair
- Valve replacement
- Silver and black wheel weights
- Tyre disposal

Services we offer:

- Powder coating
- Brake caliper refurbishment specialists
- Sand blasting
- Chemical stripping
- Braking system/pipes replacements

There's painting it, and there's giving it a Rheel coat

FOR MORE INFORMATION & PRICES PLEASE SEND US A MESSAGE

" We are situated in Raydon on the B1070 "

Contact info:
07539377740 – info@rheelcoating.co.uk



Leisure Hire

Marquee and Equipment Hire

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

Summer or Winter Weddings
Anniversaries Corporate

Brochure upon request
www.leisurehiremarquees.co.uk

(01206) 242196

Swift Garden Services S G S

DESIGN
PLANTING
CLEARANCE
MAINTENANCE

HEDGE CUTTING AND LAWN MOWING
ALL YOUR GARDEN REQUIREMENTS CATERED FOR

For more information please contact:
R SWIFT (RND Commercial Horticulture)
Telephone 07947 322629

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



**PLANT CENTRE
GARDEN & CAFE**
For Specialist and Popular Plants

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

Garden & Arboretum open Mar -Sept
Café and gift Shop **OPEN DAILY**
10am-5pm
East Bergholt Place, CO7 6UP
Tel: (01206) 299 224

**BUILD WITH
COLLIERS**

GETTING YOUR GARDEN READY FOR SUNSHINE?

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

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

COLCHESTER 01206 715500 | **IPSWICH** 01473 689605

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

Looking for aggregates,
paving, walling and edging?

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



Design, Implementation and maintenance of
Garden Landscapes

Improve your garden this year!
Wendy Norman 07756 364560

Email wendy@finestgardens.co.uk

RHS qualified

Member of The Gardeners Guild



Bland Landscapes Ltd

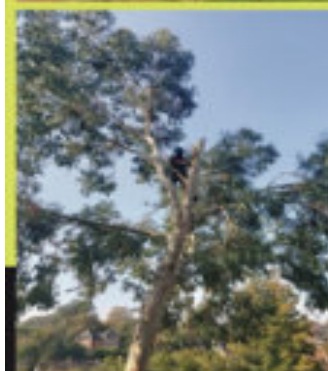
Our services include:

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



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



DEDHAM VALE TREE SURGERY

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



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

Specialising in big trees in delicate situations

Info@dedhamvaltreesurgery.co.uk
www.dedhamvaltreesurgery.co.uk

mobile 07756 811098
phone 01206 323056




HANDMADE UPCYCLED ITEMS FOR THE HOME AND GARDEN

We take things that would otherwise end up being thrown away and craft them into unique and beautiful items.

- Flower Vases
- Furniture
- Portable Bars
- Rustic Tea Trays
- Wall Art

Want something bespoke? Commissions welcomed.

Tel: 07947 211 802
craftedbygreenwood@gmail.com

@CraftedByGreenwood



Garden services.
Competitive rates

Call Bryan
07922 078243

Mending your home

ACER TREE SPECIALISTS LTD

All staff NPTC qualified and fully insured. 10 million public liability

- 24 hours emergency tree work
- All aspects of tree work under taken .
- Hedge maintenance and reductions.
- Stump grinding
- Tree removal
- Pruning
- Pollarding



25 years experience. For a free no obligation estimate

Call 07786836928 or 07891135561
Or Email Acertreespecialists@hotmail.co.uk

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 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

S.W. STIFF

Carpentry & Building Maintenance

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

CONTACT : Steven
on 07811 005241

Michael J Byles

Plumbing & Heating

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

General Plumbing & Heating
work also undertaken.

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



*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



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
- Artexing and Coving
- General Repair and Maintenance
- Floor and Wall Tiling
- Wallpapering
- NVQ2 Qualified

A PROFESSIONAL PAINTING & DECORATING SERVICE
FROM PEOPLE YOU CAN TRUST

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



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

Jackson

Plumbing and Heating East Anglia Ltd

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

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

£10.00 discount - Servicing boilers and minor repairs
£30.00 discount - larger repairs
£150 discount - boiler changes
£250 discount - full installation

07834 612009
01206 322063
01473 214215

(estimates given before work undertaken)

Brett Valley Installations

Oil boiler Service Engineer.

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

Local, Reliable, Competent.

Nick Marno Tel. 01206 337316 or 07896 054439



David Price

Painter and Decorator

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

TEL
01206 975917
 MOBILE
07872 001929

dpricedecorators@yahoo.com



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**



H.C. SMITH BUILDERS

SKILLED WORKERS

ESSEX SUFFOLK

BRICKWORK EXTENSIONS REPAIRS
 LANDSCAPING PATIOS REPOINTING

RELIABLE. FRIENDLY. METICULOUS.

✉ ENQUIRIES@HCSMITHBUILDERS.CO.UK

☎ 07468 456772

WWW.HCSMITHBUILDERS.CO.UK



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



**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



GORDON SHORT

PAINTER / INTERIOR & EXTERIOR,
PROPERTY MAINTENANCE
& GENERAL HANDYMAN

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

GIVE ME A CALL:

01473 313053 / 07773 236642

gordonshort1959@icloud.com

**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: denise@richardsonandrothwell.co.uk

Gas Safe registration number: 184271

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

AERIAL & SATELLITE SPECIALISTS

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

MJS SYSTEMS
For A Free Quote and Advice Call

CAI - RDI & TRUSTMARK APPROVED

digital TV Approved Member cai plus TRUST MARK
www.mjsystems.co.uk
Buckingham, Bedfordshire MK18 2BB

EDg
edwards design group

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

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

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

The Gattinotts, Unit 2a, Hedleigh Road
East Bergholt, Colchester CO7 6QT
01206 299780



SCHOFIELD REMOVALS Est. 1919

Removals and Storage

- We cover local, national and international moves.
- We've been moving people from Suffolk and Essex for nearly 100 years.
- Find out about our specialist moving services; from pianos and paintings, to full packing services. We're always happy to help!
- We have over 100 clean and safe self-store units.
- Our staff are long serving and fully trained to BAR standards.

— Your move, safe in our hands —

01206 233376 | www.schofieldremovals.co.uk | info@schofieldremovals.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 BETHAZIONE FRANK & PIRKELE Fisher & Paykel SIEMENS Quooker FRANK & PIRKELE Miele Bosch & Siemens LINDHOLM



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



DianaM Cleaning

- Home weekly cleaning
- Home deep cleaning
- Office cleaning

Contact information: Diana Marinova

Mobile number:
07925 624123

Email address:
dianamarinova61@yahoo.co.uk



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



We understand
Mary loves to keep up
with all the gossip

Our staff work tirelessly to make sure our residents are kept stimulated, from trying a new hobby to making sure Mary's up to date with the latest news.

Blackbrook House care home
Gun Hill, Dedham, Colchester, Essex, CO7 6HP
Call us for more details on **01206 805839**
Visit: [anchorhanover.org.uk/BlackbrookHouse](https://www.anchorhanover.org.uk/BlackbrookHouse)

9.5
Anchor Group
carehome.co.uk
score**

Rated Jan 2020
Good
Care Quality
Commission

BICS
THE BRITISH INSTITUTE OF CLEANING SCIENCE

**Proudly
not-for-profit**

*carehome.co.uk review scores are based on independent reviews with a maximum score of 10.
Review quoted and rating correct as of 12/05/2021.

Professional Services



**Pedicare
Foot Clinic**
London House, High Street,
Dedham CO7 6HA
Tel: 01206 322674

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

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



**ABILITY
physiotherapy**

**Musculoskeletal
& Sports Injury
clinic**

- Back Pain
- Neck Pain/Whiplash/Headaches
- Tennis and Golfer's elbow
- Achilles and Patella tendinitis
- Ankle sprain injury
- Orthopaedic rehabilitation following surgery

www.abilityphysiotherapytd.co.uk
10 Ryeview Road, Loxford, CO10 2LJ
sara@abilityphysiotherapytd.co.uk 07900 958 667

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



Body Mind as One
brings movement & mindfulness to adults
of any age, gender and ability

Classes online

Movement & Mindfulness (ZOOM)
Yogalates™ (Pilates & Yoga fusion)
£18 per person
Tuesday & Fridays 9:30 to 11:00 am

Mindfulness (ZOOM)
Gentle movement & guided relaxation
£12 per person
Monday & Fridays 7:00 to 8:00 pm

www.bodymindasone.com

*When lock-down eases
Body Mind as One
group classes will be available*



ACUPUNCTURE + WELLNESS

• stress relief • anxiety/depression • pain problems • fertility



Ben Hymas Lic.Ac, BSc(Hons) MBAC
British Acupuncture Council Member



Tel: 07717 314961

benhymas@gmail.com • www.acupuncture-wellness.co.uk
Kersey Mill, IP7 6DP • Open: by appointment



Osteopathy and Sports
Therapy/Massage 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.



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, evening & weekends

Chiropody/Podiatry service
Direct to your home

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

For enquiries please contact

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

01473 211217
07803601085

**FRANKLYN
NEVARD
ASSOCIATES**
CHARTERED ARCHITECT

Rowland, Sullys Hill, Lower Raydon, Ipswich, Suffolk IP7 5QZ



Are you working from home now?
Would you like an extension to give you a little more space,
or possibly reconfigure your existing home?

We are here to assist you, contact Franklyn
Tel: 01473 572 382 Mobile: 07515 351 894
Email: franklyn@franklynnevard.co.uk
Web: www.franklynnevard.co.uk
ESTABLISHED IN 1981



**"I'll sort
it out
tomorrow"**

**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



**THE
DEDHAM VALE
DELI**

WWW.DEDHAMVALEDELI.CO.UK

Your local online deli service bringing curated
artisanal products direct to your door.

- Hand Crafted Cheese
- Olives & Antipasti
- Oils & Vinegars
- Meze & Tapas
- Nibbles with Drinks
- Charcuterie & Fish
- Bakery, Crackers & Accompaniments
- Healthy Snacks
- Ethically sourced Teas & Coffees
- Preserves, Jams & Honey
- Gift Hampers & Holiday Cottage
Welcome Boxes



Order Your Deli Delights, Delivered To Your Door:
WWW.DEDHAMVALEDELI.CO.UK

**Penrose & Partners
VETERINARY SURGEONS**

Upper Street
STRATFORD ST MARY
Tel: 01206 323414

"Friendly, Professional, Local"

Mon-Fri 8.45-12.30 & 2.30-6.30 (4.00 Wed)
Sat morning at Brinkley Lane

Consultations by appointment
Operating Theatre

Main Branch 70 Brinkley Lane, Highwoods,
Colchester 01206 842808
www.penrosevets.co.uk

Pest Solution

The answer to all your Pest Problems



Free advice and quotations

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

The Street, Raydon, IP7 5LW
01473 396807

info@pestsolution.co.uk
www.pestsolution.co.uk

DIY LIVERY

available at Lower Raydon

Barn style stables
Large paddocks
Manège
Cross country jumps



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

**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
- Professional drone photos
- Bespoke Particulars
- Premium Rightmove listings
- 3D Floorplans
- Experienced, award-winning team
- Paid social media adverts
- 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



• Estate Agents • Lettings • Valuations
• Land & Property Management



Chapman Stickels

Suffolk and North Essex

Providing unrivalled local knowledge, combining
traditional service with a modern marketing approach.

Please visit us at
The Corn Exchange, Hadleigh.

Or call us
01473 372 372

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

Part of Investeq Holdings Limited



STORAGE CONTAINERS TO LET

**NOTLEY ENTERPRISE PARK
RAYDON
CO7 6QD**

20ft. - £70 per month + VAT
40ft. - £120 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
THE PROPERTY EXPERTS

Contact us on
01206 299222
or drop by the
office

Located in the centre of the village of East Bergholt with a wealth of local connections and a broad approach to marketing property. We combine a strong friendly family lead team with National marketing and concise social media activity to best effect sales or lettings for our clients. Contact us to see what we can do for you.

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

Grier & Partners
LAND & NEW HOMES

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

Printed by K-D S, Chattisham. (01473) 652 354

BENEFICE CONTACTS, SERVICES AND EVENTS

Priest-in-charge:

Rev'd Manette Crossman: Tel. 07947 737789

Email: revmcrossman@gmail.com

Deacon:

Rev'd Nicola Tindall: Tel. 01787 212340

Email: nicolajtindall@btinternet.com

Please contact Rev'd Manette if you would like to know more about Baptisms or if you would like to get married in one of our churches. We are also here to help you arrange a loved one's funeral or if you would like to receive a home visit.

Benefice Safe-guarding Officer:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

Please check our website **Benefice website:**
www.4marys.org.uk



updates also available on the Benefice Fb page

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 for July.

It was disappointing to hear that the lifting of restrictions has been delayed by the government but in view of the rising numbers of different variants of the Covid virus this seems sensible. We will continue with the measures currently in place for all our services to keep everyone safe.

We hope that many of you will be able to join us for the following 10am services:

Sunday 4th July - 10am: Stratford St. Mary Holy Communion
5th after Trinity

Sunday, 11th July - 11am: Higham Holy Communion
6th. after Trinity.

Sunday, 18th July - 10am: Holton Holy Communion
7th..after Trinity

Sunday, 25th July - 10am: Raydon Holy Communion
James the Apostle.

- 10am. Family Hour in the Parish Room (SSM)

Rev' Nicola will be ordained Priest on 4th July. Due to ongoing Covid restrictions, only a few close family and friends will be able to attend in person.

The service will be livestreamed from www.facebook.com/stedscathedral/posts so that candidates' wider circle of family, friends and church members can join 'virtually' if not physically.

Nicola will be celebrating her first Mass (Holy Communion) on **Sunday, 11th July at St. Mary's Church in Higham**. This service will begin at the later time of **11am**. Everyone is invited to stay for a celebratory drink and nibbles after the service.

Please pray for Nicola as she prepares for ordination to the priesthood.

Family Hour

This will be our second Family Hour back in the Parish Room, using the outside garden space when we can. More details will be circulated before the service. We are very much looking forward to welcoming the children and their families again. We will then resume Family Hour services in September.

For practical reasons we are discussing to change the **starting time of Family Hour to 9am** – please let us know whether this would work for you! All best wishes from the Family Hour Team.



Mid-week Morning Prayer in Stratford St. Mary.

The monthly midweek morning service is temporarily suspended and we will keep you updated when these services will be restarting again.

Elders

Our Benefice is fortunate to have ~~three~~ lay elders, 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

If you wish to be added to our regular email mailing list to receive updates about what is going on in our benefice, please contact Rev'd Manette at: revmcrossman@gmail.com

Benefice churches open for private prayer

Our Benefice churches are now open every day for private prayer.



Prayer

Almighty and everlasting God,
by whose Spirit the whole body of the Church
is governed and sanctified:
hear our prayer which we offer for all your faithful people,
that in their vocation and ministry
they may serve you in holiness and truth
to the glory of your name;
through our Lord and Saviour Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Collect prayer for the fifth Sunday after Trinity

Please pray for:

Higham:

Amanda Berry, Val & Ian Boothman, Penny Watkins

Raydon:

Janie O'Brien and her family, Cindy and the Hammond family.

Stratford St. Mary:

Nancy Ablitt, Laura Kerry.

Outside our parishes:

Helen Gregory

Please let us know if you know of someone who would like to be
prayed for in our churches.