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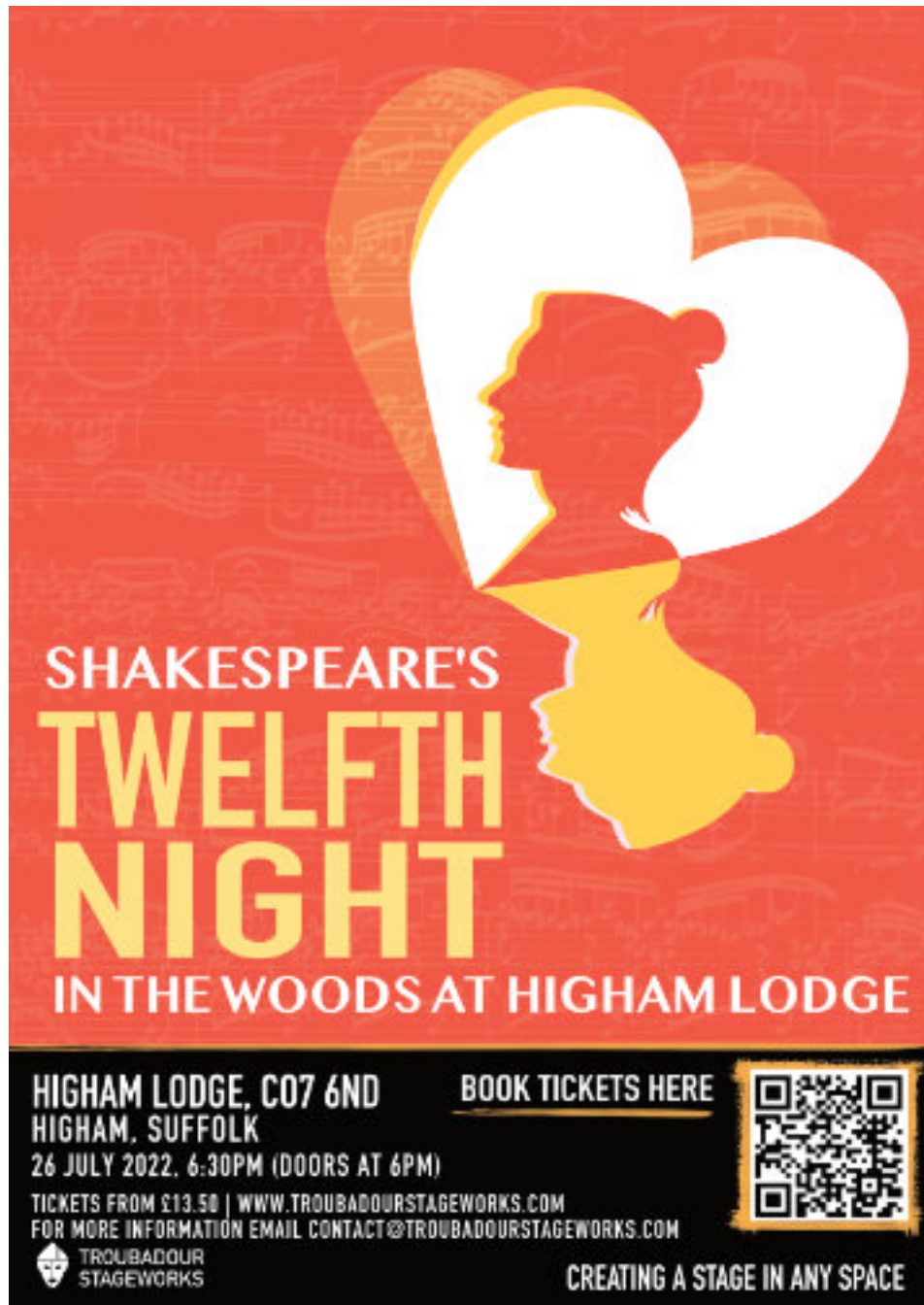


July 2022
Issue 407

Quartet

The Parish Magazine

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



**SHAKESPEARE'S
TWELFTH
NIGHT**

IN THE WOODS AT HIGHAM LODGE

**HIGHAM LODGE, CO7 6ND
HIGHAM, SUFFOLK**

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For Sale 2 seater cane conservatory sofa
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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

Quartet Diary

Details of events can be found within the magazine.

July

- 1 Social Club - Holton
FFOTMLC - Holton
- 2 Green Gym - Holton
- 3 Teas at Raydon Church
SSM Rambling Club
- 5 Coffee Pot - SSM
- 6 Raydon Club
- 8 Social Club - Holton
- 11 SSM Parish Council Meeting
- 12 Raydon Fair Trade Coffee
Morning
Raydon Parish Council Meeting
Coffee Pot - SSM
- 13 Raydon Club
- 15 Social Club - Holton
- 18 Hadleigh Choral Society, SSM
- 19 Coffee Pot - SSM
Raydon Lunch Club
- 20 Raydon Club
- 21 Slow Stitch- Holton
- 22 Social Club - Holton
- 26 Coffee Pot - SSM
- 27 Raydon Club

Raydon Pavillion Coffee Morning

- 28 R&GDC Meeting
- 29 Social Club - Holton

August

- 5 Social Club - Holton
FFOTMLC - Holton
- 6 Green Gym - Holton
- 7 Teas at Raydon Church
- 9 Coffee Pot - SSM
Raydon Fair Trade Coffee
Morning
- 10 Raydon Club
- 12 Social Club - Holton
- 13 R&GDC Summer Show
- 16 Coffee Pot - SSM
Raydon Lunch Club
- 17 Raydon Club
- 18 Slow Stitch- Holton
- 19 Social Club - Holton
- 23 SSM - Coffee Pot
- 24 Raydon Club
SSM Parish Room Coffee
Morning
- 26 Social Club - Holton
- 31 Raydon Club

Editors Corner

We have the winner of the Stratford St Mary Jubilee cake competition on the front cover this month - I'm sure you'll all agree it's a stunning tribute.

With the Jubilee behind us, there's still lots to look forward to in our four villages over the next few months - from Shakespeare in the woods (page 2) to Raydon Farmers Market (page 17) there's loads to do this summer.

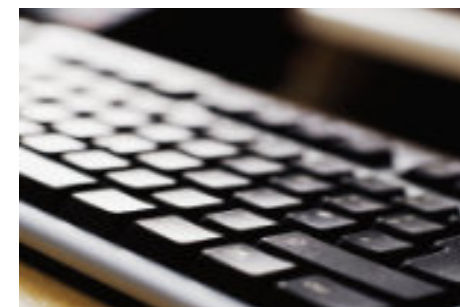
September brings the annual Historic Churches Sponsored Bike Ride and there are a couple of articles in the pages this month encouraging you to join in and get sponsored. It's a great day out and all our Churches have benefitted over the years from funds from the Charity to help them keep in shape.

Another item of note this month is the bell ringing attempt on the 15th July at Stratford (see page 11). I hope all goes well - ringing a 'peel' isn't easy! Don't forget to listen out for it if you live in Stratford St Mary!

Happy reading

Anne and Jane.

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



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19th July 2022

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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

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

Gary Moye, plasterer - 07807 314911

Parish Room

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 which take place on the fourth Wednesday of every month.

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

STRATFORD ST MARY INSTITUTE HALL

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

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

Steve Kite
42 Strickmere
Stratford St Mary, CO7 6YG

Your invitation to:

“THE COFFEE POT”

at Stratford St. Mary Chapel on Tuesday mornings between 9.45AM - 11 AM

All are welcome to come for FREE Coffee or Tea and Cake and enjoy a time of fellowship.



Hadleigh Choral 18th June

Big Thank You

What a splendid evening we had when Hadleigh Choral came to visit. A wonderful repertoire of old and new pieces with a little last night of the proms thrown in!! Thank you so much to all those in SSM who worked so hard to make this happen and particularly our caterers who gave us a buffet to feed an army! A super evening and great to see so many people back in the church having fun. We raised just over £800.00 for the church so well done to everyone involved.

THANK YOU

Stratford Chapel

Upper Street, Stratford St. Mary

Pastor: Mr. Adrian Gates

Youth and Children's Pastors: Jamie & Beckie Wyncoll

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

Services and Groups:

Every Sunday:

10.30am Morning Worship and Junior Church

6.30pm Church Prayer Meeting

8.00pm Bible Teaching Group (currently on Zoom)

Monday: 8.00pm House Group (on Zoom)

Tuesday: 7.30pm Discipleship Group (at the Chapel)

8.00pm House Group (on Zoom)

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

7.30pm “Ignition” Youth Club for ages 12 – 16 (at the Chapel)

Other activities will be re-commenced shortly.

Web-site: stratfordstmarychapel.com

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

General enquiries: Maggie Chapman (01473 311436)



Platinum Jubilee Celebrations

What a wonderful few days we had! It was delightful to see so many residents from the village, joining in and taking part in the four days of celebrations for HM The Queen. Whether you decorated with flags and bunting, joined in the Quiz, admired the classic cars, constructed a royal 'scarecrow', baked a cake, took part in the games and races or partied and picnic'd at the Institute field - it all contributed to a great sense of community and of coming together as a village.

Of course, it wouldn't have been possible without some significant help to bring it all to fruition. Huge thanks to our local businesses who sponsored us - Hall Farm (BBQ, staging, hay bales) and Adam Clark's events business (Sound and lighting) and to all those who contributed in so many ways with the loan of marquees, the teams of volunteers who ran the various events, our cake judges, flower arrangers, our local band - Infirm, who agreed to step in at extremely short notice and saved the evening and to Lorry - Karaoke maestro extraordinaire.

Many thanks also to our financial sponsors - The Parish Council, The Institute Trustees and The East of England Co-op.

The jubilee events were not intended as a fund-raising activity and aimed purely to cover costs, however, people were generous and some profit was made - this will be used for the benefit of the village.

Thank you everyone!

Sandy Ranson, Jubilee planning group.

Parish Council Clerk Vacancy

Stratford St Mary Parish Council will shortly have a vacancy for a parish clerk and applications are invited from anyone who is interested in taking on this important position.

This is a paid role based on 10 hours per week working from home where you must have full telephone and internet access.

You will also be required to attend a minimum of 6 parish council meetings per year at the Institute Hall.

Full details of the job description for a Parish Clerk and Responsible Financial Officer can be found on the web site of SALC (Suffolk Association of Local Councils).

Please send your application to our Chairman, Bill Davies, at bill.davies@stratfordstmary.org.uk or if you like to discuss the matter with him first you can ring him during the day on 01206 322990.



SSM Parish Council Meetings

11 July

12 September

14 November

SPORTS EQUIPMENT FOR SCHOOLS



Stratford St Mary Primary School

are collecting the 'Sports Equipment for Schools' tokens which appear in the Ipswich Star and East Anglian Daily Times, from Monday May 9 till Saturday July 16. Every school that collects more than 1,000 tokens will receive a pack worth over £120.

The schools collecting the most tokens (taken as a ratio to pupils) will receive a full primary athletics kit worth over £1,000 plus a visit from a professional athlete who has represented Great Britain. Second prize will be a Sports Hall triathlon kit worth £750.

If you have any tokens please drop them off at Stratford St Mary Primary School.

Thank you for your support



HELP

Your help is urgently required in assisting in the running of the Parish Room.

If you can help in any way then, please phone Don Umfreville on 01206 322 626.



Winners of SSM 100 Club

The winners of the June draw are ;

£50 Graham Kitson (No 37)
£10 Tim Germain (No 54)

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

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

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

Bell Ringing – Peal Attempt in Stratford St Mary

On the morning of Friday 15th July, there will be an attempt to 'ring a peal' on the bells of St Mary's Church, Stratford St Mary.

Ringling a peal (or multiple peals) is considered to be the epitome of the bell ringing craft. It involves a band of ringers (one for each of the bells in any particular set of bells) ringing continuously for in excess of three hours, changing the sequence in which the bells are rung at every stroke in accordance with a series of established methods* and with no single sequence being repeated. **All from memory**

This particular attempt is being made to mark the 50th Anniversary of the first peal rung by one of the ringers on this occasion. Christine Knight is a very experienced and much respected member of the Suffolk Guild of Ringers and that first peal, was also rung at Stratford St Mary.

You may not have any particular interest in the craft of bell ringing but many of us find ourselves attracted to the sound of bells being rung, particularly when they are being rung tunefully.

So why not take this opportunity to pause for a while in the vicinity of our impressive church to listen to bells being rung well. It is an opportunity that, sadly, does not present itself every week.

Higham and Stratford St Mary Bell Ringers

NB. A 'method' is a form of change ringing that determines a different and specific sequence of bells with every stroke rung. There are thousands of different methods which can themselves be rung in sequence to build a 'peal'



Revival Classic covers band

Performing at The Anchor

30th July at 8pm

listen to your favourite tunes from the 60's through to the 00's.

Come and enjoy a musical journey through time


STRATFORD ST MARY RAMBLING CLUB

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

Sunday 27th June Nayland (evening) 3 miles

Sunday 3rd July Polstead 4 miles

For more information, please phone Don Umfreville 01206 322626



In Higham

Brett Valley installations - Oil boiler servicer - 01206 337316

HC Smith Builders - 07468 456772

Derek Allen Fresh Fish (Thursdays) 07967 755771

Rmk Chisnall - mower repairs 07557 771721

Suffolk GP's new book reveals all about his life as a family doctor

After more than three decades as a GP, recently retired Dr Andrew Yager has shared his most memorable experiences in a fabulous new book *The Tales of a Suffolk GP*.

Curated as a collection of short stories spanning forty years, starting with his early medical training and first posting at Ipswich Hospital, ending with retirement after decades of service at Botesdale Health Centre on the Suffolk/Norfolk border, Andrew's adventures as a family doctor span the tragic, the humorous and sometimes plain bizarre. As well as recounting his many experiences, Andrew takes time to reflect on how the role of the family doctor has altered dramatically, and he calls for change to the NHS to reinstate

Higham

GPs to their pivotal role in the local community.

From the early morning call-out where he blundered into the wrong house, to learning from end-of-life patients about the importance of a joyful and dignified life, to the parents who overcame the grief of their child's death to start a new family, Andrew writes with integrity on the joy and sadness that he has experienced over his career.....and not forgetting the time he discovered a genuine Renoir worth millions hanging above a patient's bed!

Commenting on his book, Andrew says: "I've been incredibly lucky to have spent most of my career in this wonderful Suffolk community and health centre, where I have experienced many highs and lows during that time. The stoicism of my patients never fails to amaze me, especially those who have overcome tragedy and adversity and who remain joyful and resilient.

"Naturally, I've come across many characters, some of whom feature in this book, and as a GP I've been in the very privileged position of looking after generations of the same families.

"My motivation for writing came as a result of my retirement from general practice and a desire to record some of the many experiences I've had for my family, and once I got started found the process enjoyable."

All proceeds from the book are being donated to Red Cross Ukraine. *Tales of a Suffolk GP* can be purchased from Bury St Edmunds Buttermarket Waterstones, The Leaping Hare Wyken Vineyard, Diss Publishing, Aldeburgh and Halesworth bookshops.

Raydon



In Raydon

Blackwell Barn Holiday Let -
www.cottages.com

Phil Avery Electrician 01473 311261

Ashley Short Carpentry 01473 311226

Gordon Short Decorator 01473 313053

SW Stiff Builders - 07811 005241

Earth&Turf Garden Services -
07922078241

DIY Livery - 07710 540926

Infusion Grill - 07584 573474

Swift Garden Services - 07947 322429

Rheal Coatings - 07539 377740

Franklyn Nevard - Architect 07515
351894

Fresh Eggs - Roadside stall Fox Farm

Katie's Little Beauty Box - 07802
847628

Tarbins Bakes and Cakes - 07922
129825



Fair Trade coffee morning

Another beautiful day for our Fair Trade coffee morning on June 14th, once more

held outside, where we enjoyed the sunshine and a little light breeze. The Jubilee flowers were still on display in the Church so that our visitors could see how splendid it all was. We had visitors who were on holiday here, and "first timers" from the village, and of course our "Frinton Friends" with their wonderful selection of baking. Extra baking as well today, a delicious fruit cake and a coffee and walnut sponge, I think we were all getting into practice ready for the afternoon teas which start on July 3rd.

Talking of practice, don't forget our big fundraising event the "Suffolk Historic Churches Trust" sponsored ride and stride. There are just two months left to practice before the big event on September 10th and I hope to have the sponsorship forms soon, so looking forward to a good turnout. Our next gathering is on July 12th when we hope for another sunny day. The library van, (9.50-10.30) and Love Refills (10-11) will be here as usual, so do try to support them.

Thanks to everyone for coming and look forward to seeing you at the next Fair Trade coffee morning.

Wendy Mumford
01473 312123

RAYDON PARISH COUNCIL

Parish Clerk Jane Cryer	01473 824287
raydonpc@gmail.com	
Chairman Sue Newton	07587 243678
Councillor Faith Backhouse	07999 018049
Councillor Keith Lovering	07939 075143
Councillor Jim Lowe	01473 313094
or 07923 546669	
Councillor Amanda Pyall	07925 108373
Councillor Trevor Sayer	07747 610317
Councillor Jayne Tann	01473 828283
or 07887 767478	

RAYDON PARISH COUNCIL

SCHEDULE OF MEETINGS 2022 (all at 7.30pm in the KGF Pavilion)

Tuesday 12 July

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.



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

*Raydon Community Lunch Club *

The Big Jubilee Lunch

On Sunday the 5th of June we held our picnic in a marquee, it was just a bit windy, but everyone had a picnic box, with sandwiches, savouries and scones with jam and cream, plus, plenty of tea and cake.

Gerry Donlon our storyteller, had us laughing with his quite serious story which turned out to be hilarious!

He will be coming to Lunch club to see us very soon 😊

The next Lunch will be on Tuesday 19th July

At the Pavilion, King George V Field Raydon IP7 5LT.

Ring Faith on 07999018049 to book.

Or pop in, I always have extra, and plenty of cake.

Take care

Faith

Email: raydonlunchclub@gmail.com

Telephone Faith; 07999018049

Lunch club at

The Pavilion King George V Field,
Raydon, IP75LT

Dates for your Diary

Tuesday 19th July 11.30am until 3pm

Tuesday 16th August 11.30am until 3pm

Tuesday 13th September 11.30am until 3pm

Raydon and District Garden Club

These notes are being written well in advance of deadline date due to a summer holiday at last (last one 2019). No two years are the same which of course is what makes gardening a challenge for all of us, but so far this year it's back to almost normal and we are getting the necessary rain and warmth to help the growing season along nicely. As the planting and growing season peak is reached, July and August are good months to relax and enjoy the fruits of your labour so far. Trips out into the countryside, other people's gardens to visit and enjoy, at the same time perhaps get inspirational ideas to possibly use in your own garden, if perhaps on a smaller scale.

So to club news, in May we all enjoyed a local garden visit to the home of Sarah Cook & Jim Marshall in Shelley. Sarah for her Irises, & Jim for Carnations. The weather was fine if a little breezy, and after a good couple of hours of looking, admiring, and lots of questions answered, we had time to purchase from their plant stall before Darren did the customary vote of thanks and then we all departed for home. A great evening visit once again, and so kind of them on their first evening back from attending the Royal Chelsea Flower Show in London.

Hopefully our second evening garden visit to Hadleigh on 23rd June has been well

supported and just as successful, let you know next month.

Thursday 28th July the meeting will be back in the Pavilion at 7.30pm when we will welcome our next guest **speaker Helen Chen**. The subject will be **"Asian Woodland Plants"** (a new subject for this club) Now Helen is also Holder of a National Collection, therefore it should be another fascinating and intriguing evening and a chance to see and hear about perhaps plants unknown probably to most of us, certainly myself. I wonder which ones would stand our climate ?? so come along and we will soon find out.

August 13th (Saturday) is Flower & Produce Show Day again, the main event of our club year. It will be held inside and outside at the pavilion and playing field so fingers crossed for fine weather. Entry forms available at the farmer's market on 10th July. There will not be a club stand however I will be in attendance at Church Stand, so please come along for a chat, especially if you're new to showing, will answer any questions about entering the show then take away entry form, follow the club rules and note the date for entries to be handed in. Entry forms also available on club meeting night 28th July or from any committee member, so collect yours and have a go, it's great fun, who knows you may win trophies, cups, as well as money for the children. There will be a prize presentation by our President, followed by refreshments and of course a grand raffle to end off the day. **Let's make this one special as the 2020 (Ruby anniversary) & 2021 shows all cancelled.**

Advance notice:- As Autumn is just around the corner, Thursday September

22nd our evening meeting in the pavilion will be by our guest speaker Jan Michalak but at this time subject T.B.A. Enjoy the summer months, if you're going on holiday have a great time, but most importantly enjoy some leisure time in the **"Garden"** **Flower Power its good for the soul**, and your committee looks forward to meeting you all at all our up and coming events in this years programme.

Geoff Horrex, 01473 310422 / 07810086143

HELP NEEDED! ST MARY'S RAYDON

Just to remind everyone that we have the special fundraising event on September 10th, the Suffolk Historic Churches Trust ride, stride and drive event. It's a chance to visit other Churches in the area whilst having a fun day out and raising funds for both the Trust and Raydon Church.

We have lots of new residents in the village and I'm sure some of you (and your children) have bicycles, and can help with this event.

No bicycles? well no problem as you can help us in other ways.

- *We need people to be in the Church to welcome and check in the riders who visit, and to sign their forms.
- *To offer drinks and other refreshments
- *We need volunteers to make or help to provide some refreshments, cakes, biscuits, fruit or sweets etc
- *Sponsoring our riders

Many thanks and do hope you can help,

for more information contact Wendy Mumford 01473 312123



Stop Press. Stop Press.

I have just heard that the exercise bike team will be taking part in the Suffolk Historic Churches Trust sponsored ride. The team of 4 are taking part again in loving memory of Margaret Hammond, who herself did hundreds of miles and raised thousands of pounds for the Trust and St Mary's Church Raydon.

They completed 81 miles last year which was the age Margaret was when she passed away, will they aim for 82 this year?

Please sponsor them if you can, and many thanks to Cindy and her team for taking on the challenge again.

for more information contact Wendy Mumford 01473 312123

Good Luck





RAYDON FARMERS MARKET

FREE ENTRY

Wide selection of stalls selling local produce and handmade crafts

King George's Field & Sports Pavillion
The Street, Raydon, Ipswich IP7 5LT

SUNDAY 10TH JULY

10AM - 2PM

HOSTED BY



AcornEvents

Raydon Club

The Raydon Club opens every Wednesday evening at the Pavilion.

By popular request, from the start of 2022, the bar will open earlier, at 7:30pm, and will close at 10:30pm.

A good selection of beers, ciders, wines and spirits are available at considerably less than pub prices.

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



St Mary's Church, Raydon



Teas, Teas, Teas

Here comes Summer!

Sunday 3rd July

Sunday 7th August

Sunday 4th September

Sunday 2nd October

St Mary's Church Raydon

3.00 – 5.00

Come and join us!



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

Holton St Mary

SHOP
LOCAL

In Holton

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

Ann Mason Care - 01206
233372

Freshen Up Decorating -
07900 242 141

First Friday of the Month Lunch Club



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

A Light Lunch will be served between
12.30 - 2.00 pm
at a cost of £3.50 per head.

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.

HSM Social Club

Every Friday in the Village Hall 17:30 to
22:00. New members always welcome.

If you want any further information contact
Bob Holmes

Email bobholmes55@icloud.com
Tel No 07966 266293

Holton St Mary Millennium Green

Winners of the Century Club Draw were:

April: £30 No 39 Diana Wilson, £15 No 28 Gerald Godden, £10 No 68 Sally Thurlow, £5 No 48 Carol Blaxland

May: £30 No 58 Bob Holmes, £15 No 5 Georgie Russell, £10 No 120 Gary Gentry, £5 No 107 Sarah Jukes

June: £30 No 6 Pat Hawes, £15 No 64 Richard Appleton, £10 No 48 Carol Blaxland, £5 No 103 Martin Ellingham

Thank you to all who responded to our survey regarding the provision of electricity on the Green however, the Trustees met recently and, after a lively discussion, decided that there were too many pitfalls, the cost far outstripped the projected usage, there was an unresolved issue of charging for use and the spiralling cost of electricity made the project unfeasible. So sadly this will not go ahead at the present time. We are, instead, investigating the possible provision of a small amount of play equipment for our younger generation and would welcome any comments you may like to make.

Marjorie Haste
01473 311615

Holton St Mary Parish Council -

Dates for Meetings	
Parish Council Meeting	July 13th 2022
Parish Council Meeting	September 14th
Parish Council Meeting	November 9th
2023	
Parish Council Meeting	January 11th
Parish Council Meeting	March 8th 2023
Annual Parish Meeting	April 12th 2023
Parish Council AGM	May 10th 2023

Holton St Mary Social Club and Church
Fundraising Group present:

The Holton St Mary Progressive Dinner (Safari Supper)



What's that? - It's a great way to get to know your neighbours.

It's a supper where each pair eats at three different houses, providing one course for 6 people at their own house. You know in advance which course you are preparing but not who your guests are and where you are going for your other two courses. You provide the drinks to accompany your course

When? - on Saturday 9th July From 6.30pm

We will meet at the Village Hall where you will receive your information of where you are going, then off you go on Safari, returning for Port and Cheese at the end of the evening

How much? £10 if you provide a main course or £15 for a starter or dessert course

Contact Bob Holmes - 07966 266293 or Sal Thurlow - 01473 312080 - please say if you have any allergies or intolerances, or anything else we should know. We have put plenty of singles into a pair for the evening too, so you don't have to be a couple



Green Gym

We meet again on July 2nd - 10:30 in Church Square. Everyone welcome to join in. Bring a pair of gardening gloves and help out for as long as you want to. We generally spend about an hour weeding, sweeping and generally tidying the village.

The next meeting of Holton St Mary Parish Council

is to be held on 13th of July at 8pm in
Holton St Mary Village Hall.

Members of the public are welcome to
attend. There is an opportunity to ask
questions in the Public Forum Section of
the meeting.



Holton St Mary Village Hall

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

SESAW NEWS

There was an excellent atmosphere at our village Jubilee celebration last month. The weather was perfect and we enjoyed meeting visitors at the SESA W Pets' Corner and gift stall. Our volunteers are holding a Table Top Sale at Newton Green Village Hall, CO10 0QS, 11am-2.30pm on Saturday 2nd July. They will be selling jewellery and accessories, glass, china and homeware, pet goodies, books and more. Try a new, fun card game – Cardola, three go's for £1! There will also be homemade cakes and refreshments, free admission and parking.

We have many animals for rehoming including a pair of older cats that arrived last summer because their owner was ill. It was hoped Lord Iffy and Winnie would return home, sadly circumstances changed and they are now looking for a calm, quiet adult household. Both cats love to lie in the sun and would appreciate a sunny window sill to bask and watch the world go by. If you can offer this deserving pair a loving home, please leave a message on the answerphone.

Mum says we are now open to visitors from 10am to 1pm from Thursday to Sunday during the Summer. Please check with Facebook or the website if you have a long journey. I have a short journey to the kitchen where dinner is ready for all the dogs, including 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

Constable Country Medical Practice – Practice Update June 2022

Practice Update

We are now getting back to normal following the pandemic. However, we can't be complacent as Coronavirus is still in the community and we could be affected by new variants. We have re-opened our waiting areas but please continue to socially distance and wear a face mask whilst inside the building.

We continue to operate a telephone triage system when patients need to speak to one of our doctors or advanced nurse practitioners. They will phone to discuss your problem and arrange to see you in person the same day if they need to. This on-the-day system has been in operation since before that pandemic and, based on patient feedback, works well.

Please note that we have an extended team of clinicians including a pharmacist, paramedic and practice nurses. Our reception team will refer you to the clinician most suited to addressing your problem. They may also refer you to a local pharmacy if they are best placed to help you.

The preferred method of contacting the practice for non-urgent problems is eConsult. We will respond no later than the end of the next working day, and many issues can be dealt with without the need to speak to a clinician or come to the practice, e.g. referrals, medication issues, fit notes etc. though you will be contacted if we need any further information from you. Please see our website for further details.

We meet regularly with our Patient Participation Group. They are an invaluable link with patients and help us understand what works well and how we can improve the service we provide. Please send feedback to them via the

comment cards available at each practice site or via email. Their contact details are on our website. The PPG are also looking for new members so please contact them directly if you are interested.

Pete Keeble
Practice Manager

SUFFOLK HISTORIC CHURCHES TRUST



Annual Ride and Stride

Saturday 10th Sept 2022, 9am – 5pm

If you enjoy cycling or walking in our beautiful Suffolk countryside, why not take part in our Annual Ride and Stride and raise money for your local church?

There will be almost 500 churches in Suffolk open throughout the day and you will be able to raise money for your local church by inviting your friends to sponsor you to visit as many churches as possible.

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

Holy Family Roman Catholic Church

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

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

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

Services planned for JULY 2022

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

Sunday 3 14th SUNDAY IN
ORDINARY TIME
 9am Mass

Tuesday 5
 9.20am Eucharistic Adoration
 10am Mass

Sunday 10 15th SUNDAY IN
ORDINARY TIME
 9am Mass

Tuesday 12
 9.20am Eucharistic Adoration
 10am Mass

Sunday 17 16th SUNDAY IN
ORDINARY TIME
 9am Mass

Tuesday 19
 9.20am Eucharistic Adoration
 10am Mass

Sunday 24 17th SUNDAY IN
ORDINARY TIME
 9am Mass

Tuesday 26
 9.20am Eucharistic Adoration
 10am Mass

Sunday 31 18th SUNDAY IN
ORDINARY TIME
 9am Mass



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 Go online at: clubspark.lta.org.uk/dedhamlta
 for details of memberships,
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Why not pick up that racket & join Dedham
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BRANTHAM GARAGE

SALE

Sunday 10th July 2022
9am - 3pm

Open garages selling items throughout the village

in aid of
 Brantham Village Hall, WeCare wildlife rescue
 and St Elizabeth Hospice

£5 minimum donation to book your garage
 email: branthamgaragesale@gmail.com

Make the most of life once you're no longer in full time work and explore new ideas, skills and interests. Across the UK, u3a members are learning, staying active and having fun in later life. It's local, social, friendly, low-cost and open to all.

Our monthly meetings and lectures on the second Wednesday of the month at 2pm are held in Constable Hall East Bergholt. Lecture on 13th July is by Susan Coleman - "Snakes aren't Sneaky".

We have many interest groups such as dining, walking, garden visits, pickle ball, canoeing and kayaking. Emerging new groups are badminton, Sunday lunch for singles, pubs-r-us, thinking-out-loud and art. Monthly coffee mornings on the first Friday of the month at 10am in the Lambe School East Bergholt.

Please look at our website for more information/contact details
u3asites.org.uk/stourvalley

Welcome to our friends from Ukraine – a new guide to support health and wellbeing

Health and care partners from across Suffolk and north east Essex have created a practical and useful local guide for those people fleeing the conflict in Ukraine and seeking shelter in Suffolk and north east Essex so they know which services are available and how to access them.

With the government having guaranteed free access to NHS health care, including

hospital services, GP and nurse consultations, vaccines and screenings, it is vital that guests are aware of these entitlements and know how to access them.

Called **Welcome to our friends from Ukraine** the handy 16-page guide is available in Ukrainian, Russian and English language formats. It can be download and will be distributed as hard copies by health and care partners to host families throughout the area.

The guide is aimed at helping people establish themselves in our local area so they can live as happily and healthily as possible, and to ease their transition to living in the UK.

Features include how to register with a GP practice, how pharmacies are a good source of help and advice, where to access mental wellbeing support, the 24/7 support available from NHS 111 and advice on keeping physically well.

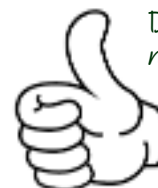
Dr Ed Garratt, chief executive, Suffolk and North East Essex Integrated Care System, said: "Our local area has a proud and rich heritage of welcoming those in need, and we stand with the people of Ukraine at this tragic time of violence and loss of life.

Snap this code to download the guide for yourself:



Bin collections

Week Commencing			
	27 th June	Recycling Week	
	4 th July	Refuse Week	
	11 th July	Recycling Week	
	18 th July	Refuse Week	
	25 th July	Recycling Week	
Waste Services 0300 1234 000 (option 4) Email: recycling@babermidsuffolk.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.

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

Local Services

The Constable Country Medical Practice

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

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Fax 01206 299010

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

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[http://www.suffolk.police.uk/safetyadvice/
reportacrime/tellthepolice.aspx](http://www.suffolk.police.uk/safetyadvice/reportacrime/tellthepolice.aspx)

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babergheast@suffolk.pnn.police.uk
Telephone...101



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26 October

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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

12 July, 9 August, 6 September, 4 October

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

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