

**Stratford
St Mary**

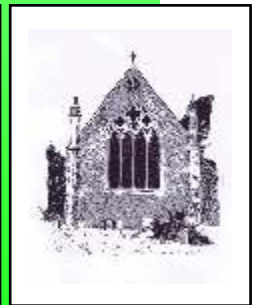
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



June 2018

Issue 358

FOR SALE

Caravan Steps £3 and £15

Fresh Water Aqua Roll £10

Waste Water Holder £5

Jocky Wheel and Winder £8

Electric Sewing Machine £8

Sale Board with Mast and Sail -
Offers

Folding Bicycle £10

Tea Set £3.50

Wooden Bread Bin £3

Phone 01206 322 626

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

Small Ads pin board



Welcome



Dear friends,

We have a feast of activities in June, so please do come and join in.

First of all, something I know you have all been looking forward to, and that is the resumption of 'Tea in the Church' at Raydon on the first Sunday of each of the summer months, starting on 3 June from 3-5 p.m. - truly some of the best cakes around.

Then on 7 June we are beginning a new-look home group on the first and third Thursdays of the month at 5 Veyses End, SSM from 2.30 - 4 p.m. We were a little disappointed with the book on the Resurrection that we chose for Lent, and so have decided to try something a little meatier - a book called 'God with us' by our former Archbishop, Rowan Williams. He has a reputation for being difficult to read, but this book is very clear and simple to follow, and those of us who have read the first chapter have already learned a great deal from it. Do come and join us for our meetings this month on 7 and 21 June.

On 8 June the SSM Fundraising Team are resurrecting our Quiz Nights in the Parish Room. Do get a team together and come and have some fun. The roof may be back on the church, but there is still a lot of other work to do, so the proceeds from the Quiz will help with restoring the stonework of the church.

On 16 June there will be what promises to be a wonderful concert of varied music in SSM church at 7 p.m. The singers are professionals who are donating their time and their voices for the sake of a wonderful cause very close to our hearts here in the Suffolk countryside - the Farming Community Network, who help farmers and agricultural workers in times of need. Please do come and support this very worthy cause.

On 17 June at 10 a.m. we shall be doing a 'pulpit swap', whereby I go and do a service for the United Reformed Church in Hadleigh, while Nigel Crisp from their church comes to preach at Holton St Mary, alongside Revd David Atkins who will preside at Communion. Both the URC and I will get to experience something very different from what we normally do, which is always an excellent idea!

Do look out for all the other good things on offer around the parishes this month; it will be good to see you.

God bless you all,

Rosalind Paul
Rector



The Quartet Diary



June

- 3 Raydon Home made Teas
- 5 Raydon Parish Meeting
- 8 SSM Quiz evening
- 9 Raydon Church Spring Clean
- 16 Wot Larks SSM
- 17 R&DGC Coach Outing
- 19 Raydon Fair Trade Coffee Morning
- 29 HSM Social Club Whist

July

- 1 Higham Village Party
Raydon Home made Teas
- 9 SSM Parish Council Meeting
- 13 Holton Open Golf Day
- 17 Raydon Fair Trade Coffee Morning
Raydon Parish Meeting
- 21 SSM Village picnic
- 27 HSM Social Club Whist

August

- 4 Raydon A Fayre

- 5 Raydon Home made Teas
- 14 Raydon Fair Trade Coffee Morning
- 31 HSM Social Club Whist

September

- 2 Raydon Home made Teas
- 8 37th Ride and Stride!
- 10 SSM Parish Council Meeting
- 11 Raydon Fair Trade Coffee Morning
- 18 Raydon Parish Meeting

October

- 9 Raydon Fair Trade Coffee Morning
- 16 Raydon Parish Meeting

November

- 6 Raydon Fair Trade Coffee Morning
- 12 SSM Parish Council Meeting
- 20 Raydon Parish Meeting

December

- 4 Raydon Fair Trade Coffee

Editors Corner

It's deadline day for the Quartet - 19th May and it's been quite a day! Chelsea has won the FA cup, Harry and Meghan have got married, the sun has been shining magnificently, and I'm staring at a computer. Oh well, can't get everything right - at least you get to know what's happening in and around the area over the next few months.

Summer events are planned in all our parishes, so do have a look through. There are picnics in Higham and Stratford, Summer fayres in Raydon and a Golf day planned for Holton to name just a few.

The annual Sponsored Bike Ride and Stride is being advertised in most sections of the magazine this month - do get involved if you can - it's a super day out on the bikes, or walking. Get sponsored for visiting as many churches as you can on 8th September. The money goes jointly to your local church and Suffolk Historic Churches Trust who do invaluable work supporting all local churches with grants when expensive repairs and maintenance need doing. It's lovely to wander round some of our local heritage, and quite a few have freshly made tea and cake waiting for you, so it's well worth the effort!

Happy reading

Anne and Jane,

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



Copy deadline for next edition:
19th June 2018

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Stratford St Mary

Stratford St Mary Parish Council Emergency Team

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

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3 Spanbies 01206 322990
billdav@hotmail.com

Power Cuts

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

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

Wot Larks!

A Fun-filled Charity Concert in St Mary's Church, Stratford St Mary

Saturday 16th June at 7.00 pm

Take a beautiful church, fill it with wonderful voices and raise funds for a great cause – what more could you ask for?

A quartet of professional singers will come together to perform a selection of well-known favourites from the musicals, Gilbert & Sullivan and opera. The venue is the marvellous parish church in Stratford St Mary, in which the lighting will be enhanced by candle-light for the evening concert.

Lyn Davis, who sang professionally with the English National Opera (ENO) as Lyn Cook, enthuses about the evening, "I am delighted that we have been able to gather this group of my friends and colleagues to sing together for this concert. We have created a programme of numbers that we thoroughly enjoy singing and that we're sure the audience will enjoy too."

"I also love the way in which the church will be lit by candlelight as the concert progresses. The ambiance within the church will be transformed as the mid-summer twilight gathers. I'm really looking forward to the evening which, especially with the G & S numbers, promises to be great fun."

It's also an important event for FCN, a charity that provides pastoral and practical help to farmers who have no-one else to turn to when things go horribly wrong.

Tickets are £12.50, including light refreshments during the interval, and are available from the Theatre Royal Box Office
Tel: 01284 769505 or e-mail:

booking@theatreroyal.org

Family Hour @ The Parish Room

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

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

Come and join us!



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

100 Club winners

winners for May

16	C. Manning	£	40.00
27	H. Garland	£	10.00
55	M. Chard	£	5.00



SSM Rambling Club

Main contact is the chairman, Don Umfreville on 01206 322626. Unless stated otherwise, we meet up at 09:45 at the Parish Room, Upper Street, Stratford St Mary.

STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

(also known as Stratford Chapel) Upper Street Stratford St. Mary CO7 6JH. We are an evangelical/charismatic free church, community based and attended by all age groups.

Sunday Services:

10a.m. Morning Service and Junior Church followed by refreshments
 6.30pm Prayer and Praise time

Mid-week Groups:

Various House Groups meet at Stratford, Dedham and Capel St. Mary

Men's Recreation Evening: Meeting 3rd Wednesday monthly. All men welcome.
Friday 5pm to 6.30pm Sparks for children aged 7-11 years
Friday 7.30pm to 9.30pm Ignition Youth Club for ages 11- 16 years

For further information: Tel: Phil Wyncoll (01473) 310728 or email: philipwyncoll@btinternet.com

STRATFORD St. MARY PARISH ROOM

Letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.
all day - £38.00.

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

Special rates for regular bookings.

Heating and lighting are included

For booking please see or ring

Don Umfreville at Christmas Cottage,
Upper Street.
Tel : 322 626.

The Institute hall

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

Many thanks to all our 100 Club subscribers for your continued support in helping us to maintain your village hall. Membership costs only £1 per month and you could win £40 first prize in our monthly draw. Contact Norman Woodward (address and phone number as above) if you wish to join.

Stratford St Mary Institute Committee

Community First Responders

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

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

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

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

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

The background of the poster is a vibrant yellow with a large, stylized white star in the center. The star is composed of several overlapping geometric shapes. Scattered throughout the yellow background and around the white star are numerous stars of various sizes and colors, including yellow, orange, and purple. The overall design is festive and celebratory.

QUIZ EVENING

SSM Parish Room

Friday 8th June at 7pm

Teams of 6-8

Prizes!!

Bring your own nibbles and drinks

Tickets: £6.00 each from Paul Alexander
CALL: 07770 647 573

SSM Parish Room
In aid of SSM Church Fabric Fund

The Highway Code: an essential read for all road-users

When did you last read the Highway Code? Probably in preparation for your driving test, after which it was discarded, burnt or deleted (on-line). This may have been decades or weeks ago, but, whatever the period, memories can be very short. As pedestrian, cyclist, driver (of any motorised vehicle, irrespective of energy source) and rider of horse, donkey or camel, we should be aware of the Code's contents, if only because much of it has legal implications – as some of you may have experienced.

The majority of the fatal and near-fatal vehicle-vehicle and person-vehicle incidents arise from drivers breaking the Highway Code – and the law. A significant minority result from poor, or no driver observation and anticipation, occasionally meeting the criteria for 'dangerous driving'. The smallest group result from genuine 'accidents'; when I was 11 years old, my father was killed by a glass-punctured exploding tyre and the resulting head-on collision with a van; tragically, this pre-dated the mandatory use of seat-belts.

Driving standards throughout Great Britain are poor, and deteriorating. Paradoxically, advances in vehicle-safety technology mask these poor standards; without them the incidence of deaths and irreversible, life-changing disabilities would be much higher. Passing the Advanced Driving Test opened my eyes, literally and metaphorically, to how many road-users drive without care, sense, or responsibility, whatever the post-code. For over twenty years as a Consultant in Paediatric Neurology, I supervised a Regional Head Injury Rehabilitation Team and service at Alder Hey Children's Hospital whose role was to rehabilitate children 'fortunate' enough to have survived a severe head injury following a road traffic accident.

For all of us, and particularly children and the elderly (who have relatively immature risk-awareness and risk-avoidance behaviours), I offer some observations on what I feel represent some of the more dangerous driving practices. Hopefully, this might reduce your risk of a heart attack, guilt, increased insurance premiums and losing points; as everyone knows, 'points can mean licences'.

- Approximately 60% of all 'accidental' deaths of children (<16 years of age) are due to road accidents with most involving the child as a pedestrian rather than cyclist
- The risk of a child dying following being hit by a vehicle is almost doubled from 30mph to 40mph
- The speed limit is the 'absolute maximum'; it should only be used when the road conditions, weather, and immediate environment are safe to do so. The recurring numbers of smashed or wrecked cars between Holton St Mary and Hadleigh is testament to this wisdom. The 60mph limit between East Bergholt and Holton St Mary is dangerously inappropriate and encourages poor driving
- When overtaking, before moving back into the left-hand lane, ensure you can see the entire front of the car and its wheels in your driving mirror, indicate and then return to that lane. This specific instruction is not in the Code but reflects wise advice
- When joining a dual carriageway (specifically the Essex-Suffolk race-way otherwise known as the A12) one should understand the traffic on your right, has right of way; you should join only when safe to do so and 'safe' refers to both yourself and the traffic on the main carriageway. Be patient...
- Driving whilst using a 'non-hands free' mobile 'phone causes physical and visual distraction and is a major cause of road traffic-related fatalities. No one is that important to have to drive and telephone or text simultaneously.

You may feel family and friends, as well as other drivers from outside the Benefice may

Richard Appleton
Consultant and Honorary Professor in
Paediatric Neurology

8 Sep - a date for your diaries.

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

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

David Isaac



PARISH COUNCIL MEETING DATES

9th July

10th September, 12th November

7.30pm until 10pm



Village Picnic

21st July

Institute Field

1pm

onwards

Team Games

Fly a kite?

Build a Den?

Or simply relax

Zzzzzz.....

21ST JULY 2018
VILLAGE
PICNIC

Bring your picnics,

Create your own fun

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

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

Village Life

QUIZ AND CURRY NIGHT

HIGHAM

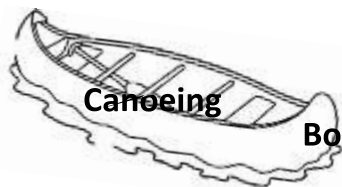
Tasty home made curries and pud's and a challenging quiz were much enjoyed by all who participated on the 28th April. A huge thank you to everyone who helped to make it such a success. £385 was raised for Higham Church.

Higham



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

Tickets £15 per Adult
Under 16's £5



Boating



Cricket



Contact

Sara Carr – 01206 337325, carr.kingfisher@btopenworld.com

Caroline Parker – 01206 337234, hugo.parker@btinternet.com



Fair Trade Coffee Morning

It was a grey and drizzly morning on April 24th for our Fair Trade coffee morning, but nearly all our

regulars arrived to help celebrate the 90th birthday of one of most regular gang. We had lovely "Frinton" chocolate banana cake and cheese scones, also a coffee and walnut birthday cake! No lunch required that day! It was also nice to welcome two new faces who have recently moved into the village so we hope we made them feel at home and they'll become regulars as well!

We're planning to fill some shoe boxes this year for the "Operation Christmas Child" scheme. I have a suggestions list for things to include and the idea this year is that we might all gather in the village hall (one afternoon for tea and cakes ?) and jointly make up the shoe boxes. We've done it this way once before and it's less expensive than making up a complete box yourself and also a good chance for a laugh and a natter. I'll have knitting patterns for hats, scarfs and bags at our next Fair Trade coffee morning, also bring your diaries so we can choose a suitable day to get together.

Looking forward to seeing everyone again on June 19th (May event will have passed before you receive the Quartet) Don't forget to come at 10am to join the library, don't let it be another service lost to rural communities.

Many thanks,
Wendy Mumford 01473 312123

POSTCARDS

Eleven designs were submitted to be turned into postcards to sell in Raydon Church and we would like to thank all those who contributed very much indeed.

Your votes made a clear preference and we hope to be able to produce the postcards as soon as possible. The Rector thinks we should print all of them!!

Potholes

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

30mph signs for your wheelie bins

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

Raydon Century Club Draw

APRIL 2018

£25 45 N. Gregory
£15 31 Leah Banyard
10 4 Anne Hart
£5 43 J Newby
£5 58 D. Luggier
£5 14 K Quedley
£5 132 A King

MAY 2018

£25 77 A Parnell
£15 135 Mr & Mrs Bancroft
10 3 J. Gregory
£5 68 C Nekrews
£5 49 S Hyland
£5 17 Mr & Mrs Aldous
£5 141 Mr & Mrs Short

Homemade Teas

at

St Mary's Church, Raydon

Sunday 3 June 2018

Sunday 1 July 2018

Sunday 5 August 2018

Sunday 2 September 2018

Teas served from 3.00 to 5.00 pm



Annual Sponsored Ride and Stride. September 8th

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

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

Thanks in advance
Wendy Mumford 01473 312123

'A'vance Notice'

for the **A**ugust **A**fayre

on Saturday 4th August.

Save the Date!



Raydon and District Gardening Club

So here we are at the mid way stage of 2018 already and trust you have all been enjoying the "Spring" if but a little chilly at times and not always sunny. As we head into summer and the warmer months (we all like hot weather) its reminded me of another Suffolk saying of old:- A dripping June keeps things in tune. We need water of course and along with warmer weather things grow healthily and strong, producing good crops all round for both farmers & gardeners. As you go around the countryside or even just your garden the flower blossoms are fantastic and this I am sure makes you feel good.

In April the club enjoyed another successful show followed by our monthly meeting where our President Mrs Natalie Finch gave us a most interesting talk called "Sweet are the uses of Adversity" and one could say a talk with a difference!!!. Most enjoyable with plenty of laughter based on and around her home called "Rosemary".

Sunday 17th June . Coach trip to Grimthorpe Castle & Gardens, Nr Bourne, Lincolnshire. (last visited 15 years ago by the club) All 53 seats sold, so thank you for your support once again. ** Pick up points as usual, 1st) Hadleigh opposite Holbrows garage 8.30am, 2nd) Bottom of Hook Lane 8.35am 3rd) Raydon village hall 8.40am, 4th) Raydon mid street 8.50am,

There will be car parking at village hall as usual but if elsewhere please ensure not to block driveways etc. Comfort stop + coffee on route, Arrival time 12.15 / 12.30pm approx. Bring a picnic or use the

restaurant on site, A raffle will be held on coach before we leave. More details given on the coach including our evening visit in July.

Your committee looks forward to meeting all you members, guests and friends again for what we hope is another very enjoyable summer outing.

Notice. We need your help. We have a space to fill on our committee as we have a retirement due to health problems. Is there anybody who would like to join our friendly club committee, (6 committee meetings per year) interest in gardening helpful, living in any of the villages listed in show schedules. Age group 18 yrs onwards. It would be most encouraging if a younger person would join us, (Perhaps interested in horticulture as a career) or just likes flowers, plants or vegetables. If you would like to say yes, then please contact any existing committee member or myself direct. A New Face means new ideas which is always most helpful when planning for the next year. Geoff Horrex, 07810086143, or 01473 310422.

Geoff Horrex.



Raydon Parish Council

Your Parish Councillors are:

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

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

Parish Council meeting dates for the remainder of 2018:

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

All at 7.30pm in the Pavilion, KGF



NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact
Jane Cryer, Parish Clerk
Sunnyside Cottage, Overbury Hall Road,
Layham IP7 5NA
07920 713940 / raydonpc@gmail.com



Ideal for your special event

The Rayon Pavillion is for hire

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

Available Morning, afternoon, and evening.

For Details Call Clive Duddridge
Tel 01473 310162

Raydon Club

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

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



Raydon Spring Clean

Saturday 9th June
Meet 10am KGF
All hands needed!

Please wear suitable shoes and clothing

If you have them please bring gloves, hi-vis jackets and litter-picking sticks.

Children are welcome but **must** be accompanied by a parent or other responsible adult.

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 Babergh or Mid Suffolk District Council, therefore the Council can not 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.

Holton St Mary

Holton St Mary Village Hall

can be hired at very reasonable rates!

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

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

The First Friday of the Month Lunch Club



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

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

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

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



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

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

Paul Torrington on

familytorrington@btinternet.com
01473 312046.

or

Holton St Mary Social Club

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

Friday 29th June
Friday 27th July
Friday 31st August

Holton Open Golf Day
To be held at Seckford Hall
Friday 13th July
£33 to include a round of golf and a 2
course meal
£12 for guests dinner only
Tee times commence 1pm.
Please complete the list on the notice
board in the Village Hall.

peter longmate
quaywallslongmate1@btinternet.com
mobile:- 07957 910608
home:- 01473 314150



A note for Everyone

Just a reminder for house
names/numbers to be visible. If an
emergency vehicle needs to find your
house at night, will it find it easily?

Lots of names/numbers are hidden
behind bushes - it would only take a few
minutes to clear it but those few minutes
might make a huge difference if the
emergency vehicle finds your house first
time.

SUFFOLK HISTORIC CHURCHES TRUST

Annual Bike Ride and Stride

**Saturday 8th Sept 2017, 9am –
5pm**



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

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

For more details and sponsor forms
please contact:

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

Would you like to be skipper or crew on an electric launch on Constable's beautiful River Stour?



The River Stour Trust is looking for volunteers to join its team of skippers and crew operating its fleet of electric launches on the River Stour in Suffolk, made famous in John Constable's paintings. Full training and familiarisation with the river will be provided, but the 21ft launches are simplicity itself to drive, with smooth, quiet electric motors, and maximum speeds of 4mph. And if you don't fancy getting afloat, we also need people ashore to handle the bookings, meet the visitors, cutting the grass and general maintenance.

They run most weekends and some mid-week days from April to October and raise funds vital to the work of the Trust in restoring and maintaining the navigation for all to enjoy. Over the past 50 years it has restored or rebuilt four of the 25 mile waterway's 13 locks, two slipways, and a Visitor Centre.

Visitors from all over the country and world, as well local residents, enjoy observing the wildlife and tranquillity of the river on our boats Trusty II and Kathleen who operate between Stratford St Mary, Flatford, Dedham and Brantham with Rosette, Francis J, Edwardian Lady and the John Constable Lighter operating between Sudbury, Great Cornard and Great Henny.

The river is peaceful, with just swans and occasional rowing boats to negotiate, and you will find yourself drifting back 200 years to the days when it was a busy

commercial waterway, with 50ft lighters towed in pairs by horses through 13 locks from the sea at Manningtree to Sudbury.

What better way to spend a pleasant day on a beautiful waterway!

For more information in respect to volunteering please contact

Kevin Taylor:

kevintaylor@btinternet.com,

To plan your visit www.riverstourtrust.org for up to date information in respect to events.

Follow us on Facebook and Twitter

River Stour Trust

River Stour Trust @RiverStourTrust

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

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

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

Tree Planting Volunteers Wanted!

The Dedham Vale AONB & Stour Valley team have got over a thousand trees to plant in early 2018, to increase biodiversity and improve the environment

If you could help we would be delighted.

Work-parties are usually on a week day between 10 am and 3 pm but any time you could spare is welcome.

No special skills required, just bring waterproofs and lunch.

Teas, coffees and biscuits are provided.

FOR A LIST OF DATES
please contact Alex Moore Da Luz,
River Stour Project Officer on
07734 967782 or email
Alex.mooredaluz@suffolk.gov.uk



Help support conservation in
the Dedham Vale and Stour Valley
Everyone welcome!

Time approx. 10am to 3pm

Free tea, coffee,
biscuits!

Sat and Sun 9/10th June Old House Gardens Open, Art Exhibition and Concert.

Old House, Oldhouse Rd, Great
Horkesley, CO6 4EQ

In aid of The Cancer Centre
Campaign.

Gardens open, and art exhibition
viewing Sat 9th and Sun 10th June.

Concert Sun 10th June

Further details, artists and concert
times/ details;
www.pimlottfoundation.org or
01206271291

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SUNDAY
10th JUNE
2018

2pm-6pm

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Brantham Garage Sale

Last year was the first year that the Brantham Annual Garage Sale was organised by the Nepal Children's Trust, a small local charity. The turnout was good, the support for the charities was high, but the overwhelming feedback was that warmer weather would have been nicer.

This year we will be holding the garage sale on the **16th June, 9:30am - 3pm** hoping for clearer skies and sunshine. If you would like to book a garage, or a table in the village hall then please contact us:

Maya Watling: 07508 430671
mayawatling@hotmail.com

Margaret Woods: 07867 546484
maggie1woods@googlemail.com

Louise Madley: 07792 236414
louloumadley@btinternet.com

Constable Singers

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

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

Waste collection schedule

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



Recycling collected this week



Rubbish collected this week



Bank Holiday Week - everyone's collection will be a day later

EAST BERGHOLT CONGREGATIONAL CHURCH

Cemetery Lane, East Bergholt,
CO7 6RZ

Pastor -Mrs Maralyn Bambridge

Services - Each Sunday morning at 10.30 led by the pastor unless otherwise stated

Coffee Mornings - Each Thursday 9.30 to 11.30 am

Church Secretary – John Jeffreys
Tel 01206 298737
Email j.jeffreys.eb@btinternet.com



East Anglian
Air Ambulance



PAWS WITH A CAUSE

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

www.eaaa.org.uk

**Sunday
30
September
2018**

10am - walks finish 3pm

Glemham Hall
Woodbridge, Suffolk, IP13 0BT

DEDHAM ART SOCIETY

ART EXHIBITION & SALE

At Aldham Parish Church, Aldham,
Colchester

Sunday 10th June 11.00 am – 5.00 pm

Come and enjoy a display of artwork by local artists which promises to be full of vitality, colour and originality.

The exhibition will be in support of Aldham Open Gardens Day. Entry to the gardens is £5, and there will be lunches and teas and a free bus.

For more information about Dedham Art Society, please visit:
www.dedhamartsociety.co.uk

Roger Kennell will talk on "William Pretty – A Suffolk Family & Corset Manufacturer" on Wednesday 9 May. His illustrated presentation followed the major corset making business of William Pretty & Son at Ipswich (& its outpost factories) which was part of the Footman Pretty department store, now Debenhams.

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

"Round the World in a Container Ship" is the interesting talk by Peter Hesketh a former Police Officer & Merchant Navy Purse on 11 July. As a lone passenger for around 4 months it positively was not a cruise`1. He explains the attraction of and comments on, life at sea when the ship spends so little time in port.

We hold our popular Summer Buffet at a new venue The Ipswich Best Western Hotel Copdock on Friday 3 August. This larger venue will enable more members to join this enjoyable event

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, chess, mahjong, science, singing, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel

St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have nearly 286 members and over 35 groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Gillian Gibbs may be contacted.

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

Remember

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Stour Valley Men's Probud Club

We had two interesting speakers in May, Joyce Kimber spoke on 2nd May on "Britain's Finest Hour" and on 16th May Brain Kelly enlightened us on "The Life Of a British Consul". Both meetings were much enjoyed by members.

Dr John Knight will talk to us on 6 June on the life of "John Betjeman "The Man & His Poetry" and on 20 June Chris Parfitt will present "A Portrait of a Suffolk River". On 4th July John Field will introduce us to "The Treasures of Ipswich". We hold our Summer Buffet at The popular Haywain on 18th July when our spouses and Probud Widows join us for what is sure to be an enjoyable event and a tasty meal.

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

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

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In aid of EACH

Songs old and new

at Constable Hall

Sat. 21st July starting at 7pm

Tickets £7.00 to include tea and coffee

Contact Mel via email
alantuttlebury@hotmail.com
up to 11th June for tickets

Launch of Emotional Wellbeing Hub to support young people

A new Emotional Wellbeing Hub for children, young people and their families is set to officially launch as part of Mental Health Awareness Week (14 -20 May).

The hub, which is one of the first of its kind in the country, will provide a unique, one-stop point of information and support for people concerned about the mental health or emotional wellbeing of anyone aged up to 25.

Specially-trained Emotional Wellbeing Practitioners - including five staff from the Norfolk and Suffolk NHS Foundation Trust (NSFT), two of whom are experienced mental health nurses - will respond to telephone and web-based contact from young people, family members and health professionals from across east and west Suffolk. The practitioners will provide support and guidance and, when needed, referral to an appropriate service such as NSFT's community mental health teams, Wellbeing Suffolk, Suffolk County Council's Early Help Team or School Nursing Team or one of the county's voluntary sector services.

"This is a service that Suffolk should be very proud of and marks a turning point for how services are developed. It has been a long and, at times, difficult journey which has required us all to re-evaluate the way we work and challenged us to trust each other. But the journey doesn't stop here as we hope that our collaborative relationships will continue to transform and develop services that place children, young people and families at the very centre of what they do and which meet the needs of the population of Suffolk."

The hub can be contacted Monday – Friday 8.00 a.m. to 7.30 p.m. on 0345 600 2090 or by emailing nmh-tr.ewh@nhs.net

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The Constable Country Medical Practice

The Medical Centre,
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CO7 6RT

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Fax 01206 299010

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13 June, 11 July, 8 August

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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

19 June, 17 July, 14 August

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

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operating hours and people can also email
help@suffolklibraries.co.uk

Crime prevention

<http://www.suffolk.police.uk/safetyadvice/reportacrime/tellthepolice.aspx>
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Telephone...101

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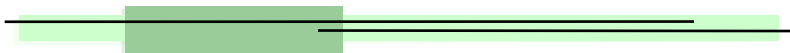
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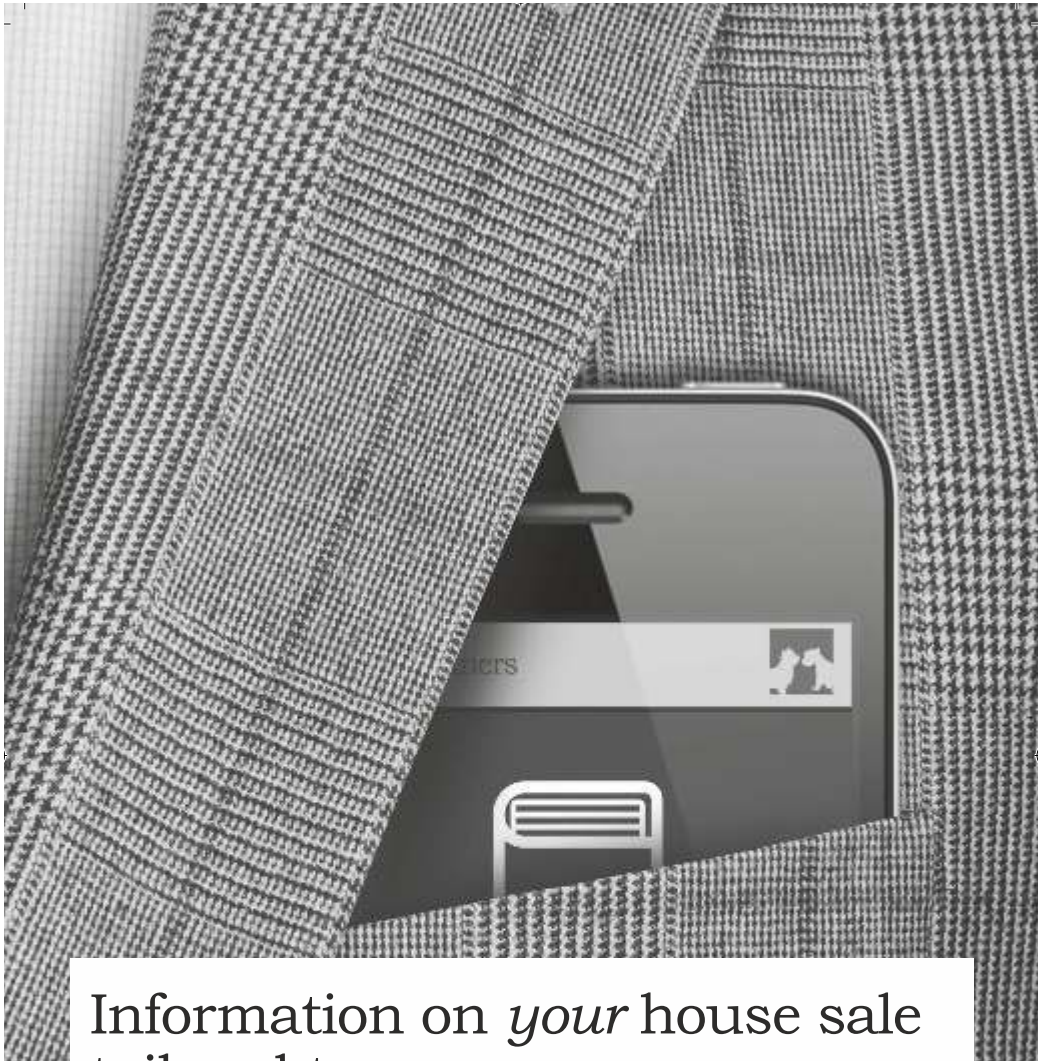
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Please note that her normal day off is Friday.

Churchwardens

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Raydon Geoff Horrex 01473 310422
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Stratford Jonathan and Janet Dewey (Elder) (01206 322148)

Reader

Nicola Tindall 01787 212340

Midweek Communion

This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **20 June**.

Home Group

Our Home Group will meet again on 7 and 21 June 2.30-4 p.m. at 5 Veyses End. We have decided to use Rowan Williams' book 'God with us' to explore the meaning of the Resurrection. All are welcome.

Services in June and July

	8.00 a.m.	10.00 a.m.	6.30 p.m.
3 rd June		SSM	Holton
10 th June		Higham	Raydon
17 th June		Holton	SSM
24 th June	Higham	Raydon + SSM	
1 st July		SSM	Holton
8 th July		Higham	Raydon
15 th July		Holton	SSM
22 nd July	Higham	Raydon + Baptism SSM	



New Testament Readings and Collects for weekdays in June

3 June: *Trinity 1*. God of truth, help us to keep your law of love and to walk in ways of wisdom, that we may find true life in Jesus Christ your Son. Amen.

4th Luke 12.1-12

5th Luke 12.13-21. Boniface (Wynfrith), of Crediton, Bishop, Apostle of Germany, Martyr, 754.

6th Luke 12.22-31

7th Luke 12.32-40

8th Luke 12.41-48. Thomas Ken, Bishop of Bath & Wells, 1711

9th Luke 12.49-end. Columba, Abbot of Iona, Missionary, 597

10 June: *Trinity 2*. Faithful Creator, whose mercy never fails, deepen our faithfulness to you and to your living Word, Jesus Christ our Lord. Amen.

11th Acts 4.32-end. **Barnabas the Apostle**

12th Luke 13.10-21

- 13th Luke 13.22-end
- 14th Luke 14.1-11. Richard Baxter, Puritan Divine, 1691
- 15th Luke 14.12-24. Evelyn Underhill, Spiritual Writer, 1941
- 16th Luke 14.25-end. Richard, Bishop of Chichester, 1253

17 June: *Trinity 3*. God our Saviour, look on this wounded world in pity and in power, and help us to hold fast to your promises of peace, won for us by your Son, our Saviour Jesus Christ. Amen.

- 18th Luke 15.1-10
- 19th Luke 15.11-end. Sadhu Sundar Singh of India, Evangelist, 1929
- 20th Luke 16.1-18
- 21st Luke 16.19-end
- 22nd Luke 17.1-10. Alban, first Martyr of Britain, c. 250
- 23rd Luke 17.11-19. Etheldreda, Abbess of Ely, c. 678

24 June: *John the Baptist*. Gracious Father, by the obedience of Jesus you brought salvation to our wayward world; draw us into harmony with your will, that we may find all things restored in him, our Saviour, Jesus Christ. Amen.

- 25th Luke 17.20-end
- 26th Luke 18.1-14
- 27th Luke 18.15-30. Cyril, Bishop of Alexandria, Teacher of the Faith, 444
- 28th Luke 18.31-end. Irenaeus, Bishop of Lyons, Teacher of the Faith, c. 200
- 29th Acts 11.1-18. ***Peter and Paul, Apostles***
- 30th Luke 19.11-27



For your diary

- 3 June 3-5 p.m., Raydon, Tea in the Church
- 8 June 7.30 p.m. SSM Quiz Night, Parish Room
- 16 June 7 p.m. SSM Farming Community Network Concert
- 27 June 7.30 p.m. SSM Joint PCC meeting. Speaker: Revd Canon Sally Gaze, Diocesan Rural Mission Consultant
- 28 June 6.30 p.m. Growing in God Roadshow, St Mary's Hadleigh
- 29 July 10.30 a.m. Deanery Eucharist, Stoke by Nayland



For your prayers

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

Florence Cook at SSM on 5 August

Leo Fraser at Raydon on 22 July

Coben Leonard Bilton-Heenan at SSM on 7 October

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

Holton: Ron Stedman, Ralphia Noel

Raydon: David King, May Peacock

SSM: Nancy Ablitt, Barrie Cavendish-Tribe, Laura Kerry, Trina

Others: Lucy Archer, Tory Cook, Philip Dean, Helen Gregory,
Steve Kupfer, Andy Morton, Gail O'Dell, John Rye