

*Help
us
build a
Database
of Everything
local*



June 2021
Issue 394

Quartet

The Parish Magazine

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

Quartet Diary

Babysitting Services

Responsible and trustworthy sixth form students, available for babysitting.

Contact 01206 323604 for more details

Cleaner wanted for 4 hours weekly in Ardleigh. £10 per hour. Tel. 01206 230397.

FOR SALE

2 men's/ladies' bikes (with crossbars) in good running order. 10 gears. Stored, so need cleaning up. Also, child's small bike with stabilisers. Donations to Higham Church funds please.

Contact Tony Shephard, Higham, 07883029461.

FOR SALE DYSON UPRIGHT CLEANER
GOOD CONDITION,
VERY GOOD SUCTION. GENUINE
REASON FOR SALE £35
Phone. 07749844543. Capel
St.Mary area. (Would deliver)



SHOP
LOCAL

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

June

- 15 Raydon Parish Council Meeting
Fair Trade Coffee Morning
- 23 SSM Coffee Morning
- 26 Churchyard Chat, SSM
- 27 R&DGC Coach Outing
(Cancelled)

July

- 12 SSM Parish Council Meeting
- 13 Raydon Parish Council Meeting
Fair Trade Coffee Morning
- 14 HSM Parish Council Meeting

August

- 10 Fair Trade Coffee Morning
- 14 R&DGC Summer Show
(Cancelled)
- 27 Higham Art Exhibition preview evening
- 28-30 Higham Art Exhibition

September

- 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
(New Venue 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
- 10 HSM Parish Council Meeting
- 25 R&DGC Social Evening (TBC)
- 30 Fair Trade Coffee Morning

January 2022

- 12 HSM Parish Council Meeting

Editors Corner

Well, I think you deserve a thank you this month! Slowly but surely we are getting more and more people engaging with the Quartet and sending in recommendations and requests for inclusion in Shop Local. We've had a lot of interest from advertisers too and you will find a host of services that you probably didn't even know existed if you dive through the back section this month. We do hope you find it useful and will keep using the Quartet for local information.

The other area of local news that the Quartet was always a font of information is local clubs, societies and gatherings. Are you thinking of starting a local group/club? Or perhaps you are a member of one - please feel free to email us with details of what's going on, it's free for charities and not for profit organisations, so tell us what's going on and we can let everybody know!

You'll find all your regular articles here this month and a few specials for your interest and I hope you will agree, gradually things are coming back to life and sounding positive. Keep it up!

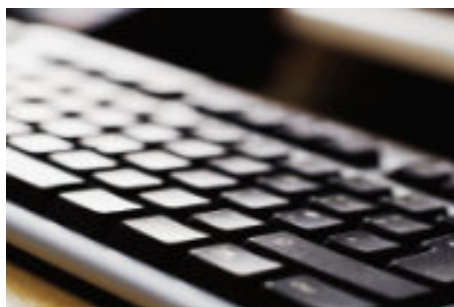
Happy reading

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 can 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 June 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 Nicola Writes

Dear Friends

The Church of England, having celebrated Ascension Day, The Feast of Pentecost and Trinity Sunday, all in May this year, now enters a period of 'Ordinary Time' lasting for the next five months through until the end of October. After the last eighteen months of a global pandemic I find myself, like many, barely able to look ahead just a couple of months, let alone five. The next two months will be especially eventful for me, and far from 'Ordinary'. Having been ordained a deacon a couple of months late, back in September, the diocese is now making up time and ordaining me and my fellow cohort of Deacons as Priests on Sunday 4th July. The service will be at the Cathedral, and although the time of the service has not yet been finalised, my hope is that if restrictions remain in place and therefore numbers at the service are limited that you will all be able to join with me online if not in person. The Benefice has been so very kind and supportive over the last few years and your love and prayers have been invaluable to me as I have sometimes waded, at other times glided, through the training and formation process.

What is the difference between being a Deacon and a Priest? Well may you ask. In some ways not a lot and in others a huge amount. All priests are deacons and remain deacons first and foremost to serve the Church, the community formed by the death and resurrection of Jesus Christ. Through our baptism we are all (and I mean all) enlisted in the service of Jesus Christ. We all live out our Christian life

serving the needs of others in the things we do every day, being kind to our fellow-man. We are all called to work out the exact part we will play. For me it turned out to be as a shepherd as well as a servant, leading and guiding the people of God. I hope I will do it with humility (and a bit of fun!)

There are things after 4th July I will be able to do that I couldn't before, such as giving a blessing and saying an absolution. One of the most visible will be celebrating the Eucharist, and so the following Sunday, **11th July**, please come to **St. Mary's, Higham** at **11am** and join with me as I celebrate that very special sacrament. At the moment the plan is that this service will be followed by a bring and celebrate/share lunch. More details will be given out nearer the time, depending on government guidelines and the weather!

In the meantime may I ask that you hold me in your prayers, as I will you, and that together we will all continue to do God's work.

In his love

Nicola



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

Stratford St Mary and Langham Community First Responder Group

The Stratford St Mary and Langham Community First Responder (NZ581) group has had another successful year.

The group still comprises of Peter and Stephen as the active responders. We did have another potential responder but she had to drop out of training due to a change in personal circumstances.

Peter and Stephen share the bag between themselves and try to be on call for a least part of every day.

During the last financial year they recorded 1113.25 hours on call, this was again an increase over the previous year, the previous year was 676.5 hours. During the year they received 78 alerts or direct calls from Ambulance control. Out of these alerts they attended 37 of these. On the others, they were stood down by control (for numerous reasons such as a crew on scene, control deciding it was beyond the remit of Community First Responders or the person has passed away).

The pandemic greatly reduced the amount of calls the group was receiving. This was to protect the responders from being in contact with Covid patients. Extra PPE was provided for responders to wear to all calls attended. Stephen and Peter still went on call though, just in case any alerts came through. Even with all the additional procedures and protection in place both Stephen and Peter contracted Covid19. Both are now fully vaccinated.

The group purchased a new pulseox meter to replace the old one that was starting to give errors to readings. The NHS trust also provided new equipment to the group, this

comprised digital thermometers and blood pressure equipment. Peter and Stephen had to do additional training to enable them to use this new equipment.

In the first part of 2020 both Stephen and Peter volunteered to drive front line ambulances. They attended driving courses run by the Police in Ipswich, a two day course in Newmarket training on equipment and then a day course which was familiarisation of the Ambulance stations and Hospitals in North Essex and South Suffolk. A matter of days after completing the familiarisation course they were on the road, helping to relieve some of the pressure that the regular crews were experiencing during these difficult times.

They both continue to do this volunteer driving alongside the Community First Responding.

The group finances remain in a healthy state with the only expenditure being for the Pulseox (£453.60) and the renting of the Parish Rooms (£30) to enable us to carry on training as and when we are allowed to. We got a refund from the Langham Community Centre (£198) as we were not allowed to do training, donation Boxes brought in £37.54 and Easy Funding raised £43.20. There are still three donation boxes outstanding from the Black Horse, the Anchor and the Shepherd, these will be recovered as soon as they can be. This puts the group with a healthy bank balance of £5,109.69. The group would still like to increase the number of active responders it has. 2020 did see training for new responders halted making recruitment very difficult. This has now been re started so recruitment and training should return to normal. Hopefully this year as the Pandemic starts to settle down we can make a push to advertise and recruit new people. The trust is trying to recruit new responders as well, they have a target of 5 responders per kit bag, a tough target to achieve. So if anybody hears of anyone who is interested, please get them to contact me on 07775 667753 or peterdaw50n@hotmail.com Peter Dawson, group co-ordinator.

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.

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**



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



May winners of SSM 100 club

48	J. Thompson	£40.00
8	C. Reynolds	£10.00
119 (84)	J. Marshall	£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 recommence the monthly coffee mornings on
**Wednesday June 23rd 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

STRATFORD ST MARY PARISH HOUSEHOLD COMMUNICATIONS

**Council notices through your letterbox are likely to cease after the
Annual Parish Meeting 2021, unless you have requested
continued delivery of paper-based documents.**

Have you registered an e-mail for your household?

Complete the form delivered to your household in February and return it to one of the addresses provided on the form, or e-mail: household identity, post code and e-mail address to
data.manager@stratfordstmary.org.uk

Need a new form or have questions/ concerns about the register?
Contact the Data Manager at above address, or
speak to a Parish Councillor.

See [Parish Council » Stratford St Mary Parish Council \(onesuffolk.net\)](http://Parish Council » Stratford St Mary Parish Council (onesuffolk.net))



Churchyard Chat

Join us on Saturday 26th June 2021 at 2.30pm in
Stratford St Mary Churchyard for an afternoon
tea, a catch up with friends and a exhibition by the
Primary School.

Please bring your own chair & Pimms or Prosecco.

Get in touch with Christine Cousins if you have any
questions: 01206 322530

Subject to restrictions lifting.



Higham



In Higham

Brett Valley installations - Oil boiler servicer - 01206 337316

HC Smith Builders - 07468 456772

Derek Allen Fresh Fish (Thursdays) 07967 755771



August Bank Holiday Higham Church Art Exhibition of Paintings

Evening Preview Friday 27th
August

Exhibition open
Saturday 28th, Sunday 29th and
Bank Holiday Monday 30th August

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

Several days of heavy showers of rain and hail made me wonder if our Fair Trade coffee morning on May 18th

would go ahead as we are still meeting outside. However, I needn't have worried as the day dawned with a beautiful blue sky and sunshine, with the showers due for later in the day. We did have a slight hitch to start with though, no electricity !! Thankfully Geoff was able to track and solve the problem so all got under way if a little on the drag.

Our "Frinton Friends" arrived loaded with scones and sausage rolls, and I had made some "Doughnut muffins" It would be lovely to have a "Guest Baker" now and again, so if you have a favourite recipe and would like to be the "guest baker" then just let me know!

The library van arrived and so did "Love Refills" also the stall had several customers so all was busy busy.

I think everyone was appreciative of the easing of a few more restrictions, and so we had a great turnout today. It was lovely to welcome several new faces (and dogs) and hope to see them again.

Our next gathering is on June 15th, and again I think this will be outside. Hopefully we should be into warm sunny days by then and we'll be pitching "camp" under the trees for shade.

Many thanks again for your continued support
Wendy Mumford
01473 312123

MARGARET HAMMOND

The family would like to thank everyone for their cards and kind messages of sympathy for the loss of our much loved sister Margaret. Because of the covid restrictions we had a family only funeral service for which we would like to thank the Revd Manette, Geoff and Simon. Would also like to thank all those who waited outside the Church gates for Margaret, and also those who formed a "Guard of Honour",
THANK YOU ALL.
Cindy.



St Mary's Raydon Church Stall

A big thank you to everyone who is donating books, bric a brac and plants to our stall. And of course a huge thank you to everyone who stops to make a purchase.

I meet many people while I am "stocking up" two or three times a day and am always delighted to hear where they come from and how they love to stop and find a treasure or two or a nice plant.

Thank you also for reading the notice regarding what we are able to accept, and items that sadly we can't.

Keep up the good work !!

Thanks again
Wendy Mumford
01473 312123

Suffolk Historic Churches Sponsored Cycle Ride.

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 and District Garden Club

Hello to all club members and hopefully you are all enjoying your gardens this spring time. At last some much needed welcome rain as things were starting to dry out, and along with the colder spring things are a little later showing life or flowering. The biggest problem now of course after the rain is "weeds" which of course grow very quickly so it's out with a gardener's best friend the "Dutch or swan neck Hoe". I prefer a small swan neck hoe which had a past life as I used it for chopping out sugar beet and it had a replaceable blade. It's very light to use and sharp ends to the blade, ideal for getting those weeds that always seem to grow close to the plant you want left in place.

June is busting out all over and growth is at its maximum with hopefully pleasantly long warm daylight & short nights, but also the old saying "**a dripping June keeps things in tune**" which means of course frequent showers are necessary. In the veggie patch of course harvest time has arrived for broad beans, peas, lettuce, early potato, spring onion, beetroot etc to name but a few.

Now club news: Things are starting to improve with the virus situation, however we will not be rushing too fast to get back together. After a lot of thought and talking to committee members our biggest problem is social distancing indoors and to that end **we will not hold a summer show in August** once again. Main reasons are:- 1) the obvious virus, 2) the venue !!! Once we start up club functions again we will be using the King George Fifth playing field pavilion which is not as large as the old village hall. 3) We will need to "prune down" the number of classes to fit, so until we have had more time to access the physicality of operating a show, and more importantly the afternoon viewing by general public it's too early to consider this

year but by next Springtime show a smaller event it should be worth waiting for.

****Note**** Monthly meetings for the remainder of this year hopefully planning for a start on **Thursday 23rd September** but here the problem may be getting a guest speaker. Darren has already been trying to organise but has found a reluctance by some speakers to want to come out this year !!! but of course this may change as we continue to move forward and things get better so we won't give up trying just yet.. **We definitely will not be organising a coach outing this year** so once again we will wait till 2022.

It's all very frustrating for your committee as we have not had a proper face to face meeting since March 2020 so quite difficult to organise anything but plan we must and just hope that we will be able to achieve at least 3 club meetings this year. In the meantime enjoy your gardens, perhaps trips out and about in the wider country side, and as we are all looking forwards at last that makes me enthusiastic for a return to more normal times and many more years of great gardening. As they say look on the bright side of life and things will only get better. See you all at our next club meeting in "September".

Geoff Horrex, 01473 310422 or 07810086143

41st Year



RAYDON PARISH COUNCIL

SCHEDULE OF MEETINGS 2021

(all at 7.30pm via ZOOM until further notice)

Tuesday 15 June
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

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



The Parish Council would like to thank all the parishioners who have taken the time and trouble to collect litter whilst out and about on their walks - this is much appreciated, especially as we are currently unable to organise an official 'litter pick' due to the current restrictions. Thank you very much for helping to make the village a nicer place to live.

Raydon Quiet Lanes Initiative

Thank you to everyone who responded to the public consultation Raydon Parish Council conducted on 8 March with regard to the Quiet Lanes initiative in Lower Raydon. To clarify a few points raised:

- Suffolk County Council is subsidising this scheme following a successful pilot project in East Suffolk. They have recently announced an increase in their subsidy which means, following encouraging comments from the public forum, we will apply to include Wades Lane and Noakes Road in the scheme.

- The aim of the scheme is to raise awareness of other road users. It is not intended to draw further motorists to the area and therefore we do not foresee an increase in parking issues related to this initiative.

- Our current plans use existing signposts only, no additional signposts will be needed.

- Further information about this initiative can be found at www.quietlanessuffolk.co.uk.

Given the majority of positive responses, Raydon Parish Council agreed at its March meeting to proceed with the scheme.

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

Holton St Mary



Holton St Mary Social Club

Hopefully the club did open on the 21st of May (had to send this in before the date) we currently only plan to open the club on Fridays (17.30 to 22.00). We will review this as further government guidelines are issued but it was felt that people would take the opportunity to see family , friends and have a holiday so we would only open on Friday's at the moment.

Don't forget to bring masks as you will still need to wear them until you sit down. There will be table service (max 6 per table) , payment needs to be by cash or card but sorry no cheques.

I would like to take this opportunity to thank all the volunteers on the bar rota (and with a bit of luck there may be a few others in the future), the village hall for waiving the hall fees this year and Kevin OConnor for taking on the secretary duties of the social club. You can contact Kevin (Kevinconnor414@gmail.com) or myself (bobholmes55@icloud.com) if you have any questions or queries.

Looking forward to seeing both new and old members.

Take care
Bob Holmes 07966266293



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

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.

And with Spring having sprung, there's no better time to come and join us!

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

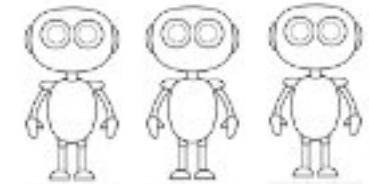
The advancement in Artificial Intelligence is clear to see everywhere from vehicles on Mars rummaging around to artificial prosthesis that can be controlled by those that wear them as normal. Elon Musk's Tesla S type electric car is built entirely by robots, an incredible feat of design and application. As we get older AI will help with our everyday survival, but be careful what you wish for!

Ai

They have taken away our motor cars
They have taken away the plane
They have taken away the phone box
So we can not complain
They have given us devices
To monitor every move
They have taken our independence
So we can no longer choose
They have given us head sets
To visualise our dreams
That placate our aggression
And control us so it seems
They have issued us a robot that is all ours to keep
That will do the daily shopping and put us all to sleep
That will switch off all the lights at our own command
And organise the Xmas list and switch the heating on
And stream the music to our heads
That are our favourite songs

And this they call progress and although
It all seems futile
it's just to reduce our carbon foot print
So we are carbon neutral.

Barry's Page



We had our food adjusted so we exercise less
And put on fewer calories
So we no longer need to dress
Because we never go anywhere
And rarely need a poo
We are fixed into our virtual world
Where there's always lots to do
In my old world I was a dustman
Clearing all the crap
In my virtual world I'm a surgeon
And I'm very good at that
I only treat private patients
Hips and other joints
I'm very very expensive
And they pay me with bit coins
But the controllers watch me carefully
In deep contemplation
of how much time to give me
Before my termination
They have already readjusted my chair
To suit the new incumbent
And placed an upgraded headset
On the table near the air vent
Where it says I'm carbon neutral
So they have achieved their goal
And will switch me off at midnight
And drop me in a hole
For when the real bank balances hits zero
And we don't have another plan
That's when they say my friend
Everything hits the fan!

Barry Davison



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

www.powercut105.com

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

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/>

Retired? No longer in full-time employment? Join nearly 400 local U3A members and 40 groups organised locally to keep you fit, both physically and mentally. Groups include walking, table tennis, language, kayak, singing, photography, garden visits and travel.

Monthly meetings and lectures are currently via Zoom - June "Walt Disney: Struggles of a Legend" and return to our usual venue, Constable Hall, East Bergholt, thereafter.

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

The Medical Consultation

The practice of medicine has always been an art (empathy and communication) as well as a science (knowledge and understanding of disease). It has been said that, "It is a greater medical triumph to leave the patient feeling better, but thinking little of the doctor, than to leave him worse, but deeply impressed". Clearly, the ultimate triumph should be for the patient to feel better and deeply impressed with the doctor. The eloquent and charismatic doctor is not always the most knowledgeable one.

Getting the best out of any medical consultation should be the shared goal of both patient and doctor. This article provides a very brief outline of how to best achieve this shared goal. Its focus is on the hospital doctor but much also applies to the GP.

What does the patient want?

Patient experiences of any consultation are important. This has been explored by the Picker Institute, an organisation and charity which has worked with the Healthcare Commission to assess patient experiences. Their research identified the following eight areas that patients considered important:

1. Fast access to reliable health advice (*reliable means accurate and honest*)
2. Effective treatment delivered by trusted professionals
3. Involvement in decisions and respect for preferences
4. Clear information, communication and support for self-care
5. Attention to physical and environmental needs
6. Emotional support, empathy and respect

7. Involvement and support for family and carers
8. Continuity of care + smooth transition (*e.g. from hospital to community care*)

What does the doctor want?

A detailed account (which doctors call the 'history') of the patient's symptoms: what precisely they are; when they started; what makes them better or worse, including if there is any diurnal variation and whether any previous treatments were helpful. They will also want to know if the patient has: any other symptoms (the doctor will decide if these are relevant); any concurrent or previous medical or surgical disorders and any medications (prescribed or over-the-counter); their life-style (specifically, smoking, alcohol intake and exercise) and whether anyone else in the family has had similar symptoms. Clearly, this is a lot of information and it is often helpful for the patient to write it down and to give a copy to the doctor. I found this very useful with many children I saw with complex impairments referred for second or third opinions.

What will the doctor do?

Most medical consultations comprise of the 'history' and also the 'examination'. It is important to understand that a probable or even definitive diagnosis of any disease or condition will be made in approximately 80% of consultations based only on a thorough and accurate history; if undertaken, the examination will simply confirm the diagnosis.

Tests may be then arranged to either confirm the likely diagnosis or to exclude others. This is because there will usually be a differential diagnosis (a list of other

possible diagnoses) for a patient's symptoms. Patients should feel able to ask what the differential diagnosis is and the purpose of the tests as this information is not always forthcoming from the doctor. However, others would prefer to wait for any confirmed diagnosis before asking questions.

Giving the diagnosis and discussing treatment

When this is done well, it can reduce dissatisfaction, confusion and fear; conversely, when done badly, it may result in mistrust and anger that may adversely affect future relationships between the patient and any healthcare professional.

Any medical consultation must be a dialogue, a two-way communication and the doctor must listen as well as talk. Patients will always have questions about the diagnosis, its treatment and prognosis. Unfortunately, many doctors fail to ask for questions and their own demeanour and pressure of time may discourage questions. No questions lead them to

assume that the patient fully understands all that has been said; this is often a false and potentially dangerous assumption. Consequently, patients should always ask their questions. It may be helpful for a patient to ask permission that they be accompanied by a 'medical advocate' (who may or may not be a relative or close friend) when a consultation is expected to be difficult or stressful; most doctors accept this approach. I have done this for friends and neighbours and it has enabled me to ask relevant questions on their behalf, particularly when they have been unable to do so themselves. Finally, they should ask for clarification if the answers to their questions are unclear.

I always think it helpful for patients to provide some feedback to their doctor irrespective of their experience of the consultation. It may help with future consultations with their patients.

Richard Appleton

Consultant and Honorary Professor in Paediatric Neurology



The wonder of wildlife - Swifts

Among some of the positive elements to result from lockdown has been a greater appreciation for the incredible wildlife that surrounds us in Suffolk. With long days stuck at home, taking walks and pottering in our gardens has been a source of great comfort for many and given us time to stop, look at & listen to the natural world like never before.

The sound of bird song was particularly wonderful this Spring as migrants returned from their foreign holidays to bring new life to our shores. One such recent arrival was the Swift. I wonder if anyone has had the joy of hearing their screeching calls overhead yet? An amazing bird, the Swift lives here from late April /early May until early August. One of the fastest and most graceful of birds, it spends almost all of its life in flight. It feeds, drinks, mates and even sleeps on the wing, only landing to nest, lay eggs and raise its young.

As supreme aerialists, Swifts have few natural predators, but despite this they are in serious decline. Their numbers have fallen by 58% over the past 25 years, partly due to the dramatic drop in the number of suitable nesting sites, such as in the eaves and loft spaces of buildings. While in the past older properties tended to have lots of nooks and crannies, modern refurbishment, building techniques and materials now deny Swifts access. With this in mind, The Save our Suffolk Swifts initiative is helping to support these precious birds and is encouraging communities to mount nest boxes on homes and local buildings.

Boxes need to be at least at second floor height to allow fledglings the space to gain momentum when they finally come to leave the nest. As they like to nest in colonies, boxes are best installed in groups of at least three, and ideally a swift call will need to be played for short spells of time to

attract their initial interest. They are very clean birds and many people can have them nesting without even realising it!

I'm thrilled to report that, in our local area, the Constable Country Medical Practice in East Bergholt has just put up six Swift Boxes, which were kindly put in place by Sharon & Frank Barker of the Manningtree Swifts project and generously donated by The Dedham Vale Area of Outstanding Natural Beauty. The surgery is playing calls morning and evening to attract the birds. Do take a peek when you next drive by!

If you would be interested in helping Swifts by putting up your own nest boxes, saving traditional nesting places or boosting insect life through wildlife friendly-gardening, you can find out more via the website: www.suffolkwildlifetrust.org/swifts, or contact me directly at claire.rowan@suffolkwildlifetrust.org or 01473 311 531.



SESAW News

My old tummy trouble flared up last month so Ollie stepped in to write our news. He also provided the best laugh I've had in ages when Mum caught him trying to converse with a toy parrot! Seeing the superior 'cat who walks by himself' failing to get a response from a stuffed toy cheered me up no end! Next time he mocks my canine intelligence I'll call him Pretty Ollie!



Although we are not holding any fundraising events, our trusty volunteers attend sales and markets including the Community Markets in Langham. We have received £250 generously donated by Polstead Community Shop, thank you to both the proprietors and customers. It feels as if life is getting back to normal with the return of the Nayland 10K Run on Sunday 11th July. SESA W is one of the charities to benefit from this excellent event. More details at www.nayland10k.co.uk

Over the last year the demand for pets has increased dramatically and theft is rife. Dogs have been taken, not only from owners and walkers whilst outdoors but

from kennels and gardens in broad daylight. Please stay vigilant at all times to keep your beloved companions safe and avoid the heartbreak of a missing pet. We have a few dogs for rehoming including, Tasmin and Tarla, lively five and six year old staffies, homeless through no fault of their own. They are spayed, microchipped, vaccinated and ready for lots of walks and cuddles in a loving home.

It's time to accompany Mum on her evening rounds before nightfall then it's a cosy bed by the fire 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



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



Suffolk and North East Essex ICS to help lead NHS routine care recovery plan

Health and care leaders across Suffolk and north east Essex have said £10m awarded to the system will accelerate the recovery of routine NHS services.

NHS England has today announced Suffolk and North East Essex Integrated Care System is to receive a share of £160m in funding and extra support to implement and evaluate innovative ways to increase the number of elective operations they deliver.

As a result of the extra funding, more patients will receive access to faster treatment for elective care procedures from teams of hard working, dedicated health care professionals from across the system.

Examples of what works well in Suffolk and north east Essex and the other 'elective accelerator' sites will feed into both the regional and national plan for elective recovery.

Nick Hulme, Chief Executive at the East Suffolk and North Essex NHS Foundation Trust, said: "This additional funding is strongly welcomed.

"Treating so many Covid patients over the past year along with additional safety measures has inevitably had a knock-on effect on non-urgent care, but with the virus in retreat thanks to the extraordinary success of the NHS vaccination programme, our system's mission now is to rapidly recover routine services."

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

Tell us your vaccination experience

With most people across Suffolk and north east Essex reporting a very positive experience of receiving their COVID-19 vaccine, all those being vaccinated are being urged to continue to give their feedback on their experience.

Whether it's a first dose or a second dose, health care service commissioners from the Suffolk and North East Essex Integrated Care System (ICS), are keen to hear from everyone to whom the vaccine has been administered.

That feedback is integral to ensuring the ongoing vaccination programme is smooth and efficient and best meets the needs of local people.

Already 4000 people have completed the online survey explaining how the vaccination process has been for them and people are asked to complete the survey here -

Suffolk and North East Essex ICS survey here - <https://sneevaccine.org.uk/give-feedback/>

Sophie Martin, the Head of Patient and Public Involvement and Experience for the Suffolk and north east Essex clinical commissioning groups, said: "Overwhelmingly, people feel very positive about getting their vaccine, most would recommend it to someone else and very few people can think of ways the administering of the vaccine could be improved.

"Some people told us that getting their first vaccination was an anxious and difficult experience, which is why it is so important people tell us how they think the process could be improved.

"So, if you've been vaccinated please take a few minutes to complete the online questionnaire to share your experience."

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 JUNE 2021

Tuesday 1	
9.20am	Eucharistic Adoration
10am	Mass
Sunday 6	THE MOST HOLY BODY AND BLOOD OF CHRIST
9am	Mass (CORPUS CHRISTI)
Tuesday 8	
9.20am	Eucharistic Adoration
10am	Mass
Sunday 13	11th SUNDAY IN ORDINARY TIME
9am	Mass
Tuesday 15	
9.20am	Eucharistic Adoration
10am	Mass
Sunday 20	12th SUNDAY IN ORDINARY TIME
9am	Mass
Tuesday 22	
9.20am	Eucharistic Adoration
10am	Mass
Sunday 27	13th SUNDAY IN ORDINARY TIME
9am	Mass

Please refer to the weekly Newsletter, with Mass times, that 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.

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 Pcco 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

9 June, 7 July, 4 August, 1 September

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

15 June, 13 July, 10 August, 7 September

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	31 st May	Recycling Week	BH Week
	7 th June	Refuse Week	
	14 th June	Recycling Week	
	21 st June	Refuse Week	
	28 th June	Recycling Week	
	5 th July	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

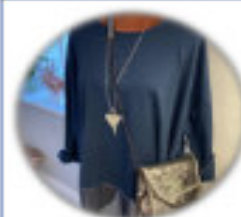
admin@abcpreschoolstratford.co.uk
www.abcpreschoolstratford.co.uk

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

Rheal 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 Rheal coat

FOR MORE INFORMATION & PRICES PLEASE SEND US A MESSAGE

" We are situated in Raydon on the B1070 "

Contact info:
07539377740 – info@rhealcoating.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

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



Bland Landscapes Ltd

Our services include:

Tree work 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

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 BETHAZONE FRANK & PERRY Farrow & Ball SIEMENS Quooker FRANK & PERRY 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

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



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



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 or Rev'd Nicola to discuss any aspect of faith and services in the Benefice including home visits.

Benefice Safe-guarding Officer:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

Please check our website and Facebook page for current updates:

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 June.

Please check our Facebook pages and the 4Marys website for details and updates. If there are any significant changes, and if there is an online recorded service, those who are on our regular email contacts list will be notified.

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

Sunday 6th June - 10am: Stratford St. Mary Holy Communion
1st after Trinity and Music Sunday

Sunday, 13th June - 10am: Higham Morning Praise Service
2nd after Trinity.

Sunday, 20th June - 10am: Holton Holy Communion
3rd. after Trinity

Sunday, 27th June - 10am: Raydon Holy Communion
4th After Trinity.

10am. Stratford St Mary Family Hour in the Parish Room

Music Sunday falls this year on 6th June. Join us in celebrating the role of music and musicians in church life. Most of us have missed the singing in church and we have enjoyed singing a few hymns outside which is currently allowed. We hope that the government will soon lift restrictions on congregational singing.

All the more reason to celebrate Music Sunday this year!

Looking ahead to July:

Rev' Nicola will be ordained Priest on 4th July and she will be celebrating her first Mass (Holy Communion) on **Sunday, 11th July at St. Mary's Church in Higham**. This service will begin at **11am**, followed by a shared lunch.

Please pray for Nicola as she prepares for her ordination.

Family Hour

We hope to be back in the parish room from June onwards, 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.

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.



Traditional Prayer for the Trinity Season:

Almighty and eternal God,
you have given your servants
who confess of the true faith
the duty to acknowledge
the glory of the eternal Trinity,
and to worship the true Unity
in the power of the divine majesty.
Keep us steadfast in this faith,
and always defend us from all adversities;
for you, Father, Son, and Holy Spirit,
live and reign, one God, now and forever.

Source: Historic Collect for the Holy Trinity, Late Gregorian

Please pray for:

Higham:

Amanda Berry, Val & Ian Boothman, Penny Watkins, the Vickers family, and for Lindsay Francis, Peter Snelling and their families mourning the loss of Margaret, Tim and John Cox.

Raydon:

Margaret Luggar and Janie O'Brien and their families, Cindy and the family of Margaret Hammond.

Stratford St. Mary:

Nancy Ablitt, Laura Kerry.

Outside our parishes:

Helen Gregory, Brian and Julia