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March 2022
Issue 403

Quartet

The Parish Magazine

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

For Sale

1Pr Chocolate Muscovy Ducks
12months old £40 pr

White Turkeys

1No Stag £30 12months

2No females £20 14months

3No Females £20 10months

Bantams

1no Cockerel, 5no Hens £45 for all
12-18months (egg laying now)

Phone Kevin 07515472742



Yamaha PSR-79, mini grand piano, electronic keyboard, with owners manual.
A keyboard which will replicate any musical instrument. Has accompaniment feature, style controls, voice and song modes.

£45.00 OVNO.

Dave - 07930390517

Help / Companionship for disabled lady in her 50's.

No experience required. 2 hours per week or fortnightly at £10 per hour. Located 20 min from Stratford. If interested please contact me on email:
tessofthedurbavilles@btinternet.com

4 Fence panels in good condition
6 feet long and 3 feet high
Offers ovno 25.00

Contact Dave 07930390517

Help us with our campaign!

If you know any merchant or service provider living in one of our four villages, please let us know by emailing quarteteditor@hotmail.co.uk. We will contact them and see if they would like a **free listing** in the Quartet

Small Ads Pin Board

No charge for non-commercial ads placed for one month only, space permitting. Email quarteteditor@hotmail.co.uk

Quartet Diary

Details of events can be found within the magazine.

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- 4 FFOTMLC - Holton Social Club Holton
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April

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- 2 Green Gym Higham Church Maintenance Morning
- 6 Raydon Club
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- 8-10 Caravan Rally, SSM
- 9 R&DGC Spring Show (TBC)
- 12 Faydon Annual Parish Meeting
- 13 HSM Annual Parish Meeting Raydon Club
- 14 Raydon District Lunch Club
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- 19 Raydon Fair Trade Coffee Morning
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- 21 Holton Slow Stitch
- 22 Social Club Holton
- 27 Raydon Pavillion Coffee Morning Raydon Club
- 28 R&DCG Meeting

Editors Corner

We had our AGM recently. It was lovely to get together in person rather than virtually this year and as always, we discuss how the year has gone, if we need to raise the prices for the advertisers and if we need to do anything differently. Well, the good news is that, despite now delivering to more houses (765 actually), thanks to all the local new builds, we're still making enough money to cover the printing and delivery charges, so no price rise at the moment!

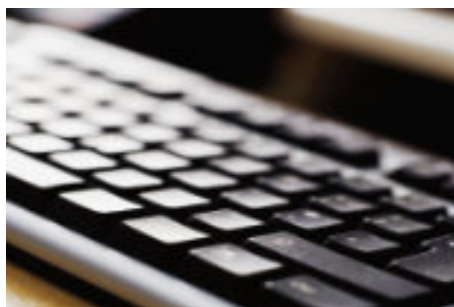
Another thing we discussed at the AGM was how to keep the magazine relevant. We get the impression from the limited feedback we receive that the Shop Local campaign is useful and Anne is keen to encourage more use of QR codes. You'll see another couple in an article on page 26. If you've not met them before, here's how you use them:

- Download a QR code reader on your smartphone (There are plenty of free ones)
- Open the app and scan the code in the magazine.

Your smartphone will then automatically open the website page that the QR code is pointing to - saves you typing in something long and difficult. Now you can see the extra information or in this month's case, you'll be able to share your views on hospital waits. It's supposed to make life easier for you - we hope you agree!

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 March 2022

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

I hope the beginning of March finds you well and looking ahead to spring with perhaps more optimism than this time last year. Indeed, as I write, snowdrops are out in my garden and the stalks of daffodils have appeared. Even my roses (before I gave them a secondary prune!) were beginning to put out new buds.

Longer and warmer days herald the hope of risen life that is next month's Easter message. If you haven't yet felt confident to return to an indoor church service I hope you will soon; maybe for Mothering Sunday on 27th March. On that day there will be a Holy Communion at Raydon, or you might like to try 'The Family Hour' - bacon rolls and coffee served at 9.30am before a short family friendly service with activity beginning at 10am, in the Parish Room in Stratford St Mary. By then we will have paused on Wednesday 2nd March with a Benefice Ash Wednesday Service in Raydon at 10am to begin the solemn journey through Lent. However, Lent should not be considered gloomy; rather it is a time of reflection and preparation. A time when we can think of the enormity of the sacrifice Christ made for all of us.

One event that crosses between February and March is Fairtrade Fortnight and this year's service combined how well we are doing as Eco Churches and addressing Climate Change. We are fortunate that all four parishes in the Benefice have an Eco Church rep and are on their way to gaining not just Bronze certificates but also Silver and, dare I say, Gold. We looked at the Personal Audit we can take to focus on

climate change. We realised that the farmers we help when purchasing fairly traded goods are the ones who are being kinder to the earth than their western counterparts and are assisting better than I am in helping with the climate crisis. I was truly shocked when I discovered I am below average in the country for Earth Overshoot Day. www.overshootday.org will explain all about it and what we can do to make this world a place fit to pass on to the next generation.

On a more positive note we held a very well-received 5th Sunday Service at SSM at the end of January, and, to whet your appetites, from now on all 5th Sundays will begin with coffee and croissants at 9.30am, creating a more relaxed start to the service.

Do please come and join our services whenever you feel able to, you are guaranteed a very warm welcome.

In God's love,
Nicola (Rev'd) – Curate of the Four Marys



Stratford St Mary



In Stratford

Hall Farm Shop Cafe and Restaurant
www.hallfarmshop.com

The mobile pizza co - 07982 427483

ABC Preschool - 01206 322466

Kate Baines, Virtual Assistant - 07799 391343

Orwell Electrical - 01206 322969

Andy Smith Roofing - 01206 322882

Jackson Plumbing and Heating -
01206 322063

Nigel Bruce Electrician - 01206 322751

Penrose and Partners - Vets. 01206 323414

Finest Gardens - 07756 364560

John Burrell Bespoke Bedrooms -
07734700507

Nexus Creative Print Production -
gill@nexuscpp.co.uk

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

Parish Room

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

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

Coffee Morning

We have recommenced the monthly coffee mornings which take place on the fourth Wednesday of every month.

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

STRATFORD ST MARY INSTITUTE HALL

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

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

Steve Kite
42 Strickmere
Stratford St Mary, CO7 6YG

SSM Parish Council Meetings

14 March

9 May

11 July

12 September

14 November

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@stratfordstmary.org.uk

Stratford Chapel

Upper Street, Stratford St. Mary

Pastor: Mr. Adrian Gates

Youth and Children's Pastors: Jamie & Beckie Wyncoll

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

Services and Groups:

Every Sunday:

10.30am Morning Worship and Junior Church

6.30pm Church Prayer Meeting

8.00pm Bible Teaching Group (currently on Zoom)

Monday: 8.00pm House Group (on Zoom)

Tuesday: 7.30pm Discipleship Group (at the Chapel)

8.00pm House Group (on Zoom)

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

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

Other activities will be re-commenced shortly.

Web-site: stratfordstmarychapel.com

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

General enquiries: Maggie Chapman (01473 311436)



Jubilee celebrations

The Parish Council would like to invite all residents of Stratford St Mary to give us your ideas on how you would like our village to celebrate the Queen's 70th Jubilee this year.

Please contact the Clerk or a member of the Parish Council on parishcouncil@stratfordstmary.org.uk



Platinum Jubilee Celebrations

OPEN MEETING:

THURSDAY 3RD MARCH at
7.30pm

in the PARISH ROOM

Please come along to an open
village meeting to discuss how

Stratford St Mary will mark this
historic event.

Bring your good ideas / offers of
help / suggestions for ways in
which we can celebrate The
Queen's 70 year reign.

All welcome!



Help

To enable the Parish Room to continue to be a valuable asset to the village, help is required to:

Take bookings, Keep the accounts
Minor Maintenance

Offers to take on one or more of these jobs would be very much appreciated.

Please contact Don Umfreville on 01206 322626



Winners of SSM 100 Club February Winners

E Pring £50 (No 90)
P Wollard £10 (No 52)

A few places available in the 100 Club.

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

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

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



Institute Hall Caravan Rallies

Caravan rallies will be held at the Institute Hall and grounds on the following dates:

8th to 10th April 2022 - South Essex Caravan and Motorhome Club.

14th to 18th April 2022 - 007 Caravan Club Easter Rally.

Ever thought of becoming a Parish Councillor?

There are two vacancies at the moment. With elections coming up in 2023 why not try it for a year?

It's an important part of local government with the aim of working towards improving community well-being and providing better services.

You have to attend 6 meetings a year, but it's a case of getting involved in the issues of Stratford St Mary, seeing what the issues are that affect residents and working to resolve them.

There's an article here <http://stratfordstmary.onesuffolk.net/.../Parish-Councils...> but why not call Bill Davies on 01206 322990 to have a chat?



Can you help with flowers for the church?

Our parish church in Stratford has a small rota of people who kindly arrange or place a few flowers in the church on a regular monthly cycle, to ensure the church is inviting for visitors.

No special floristry skills required!

We now have some gaps in our annual rota and would very much like to welcome new volunteers to our small team.

At the moment, we usually allocate a month to each person, but if this can be shared with someone else, it helps to spread the load.

If you feel this is something you could help with, please contact Jonathan Dewey (churchwarden) or Sandy Ranson (PCC secretary) –for contact details see the Quartet centrefold pages).

We look forward to hearing from you!



Dear Resident

Do you...

♣ *Want to help reduce the speed of vehicles within our community?*

♣ *Want to make our village a safer place to live?*

♣ *Have some spare time?*

Community Speed Watch makes a valuable contribution to road safety within our village and we are looking for additional volunteers to help make our village a safer place to live.

The police provide a level of reassurance and enforcement but officers cannot always carry out speed enforcement checks in every location that requires them.

So, if you are able to spare 1 or 2 hours per month of your time, why not get together with like-minded members of our community and provide a visible presence to help reduce speeding and use speed detection equipment to report speeding within our village.

Interested in joining?

Please contact:

Bill Davies tel: 01206 322990

or email: billdav@hotmail.com



In Higham

Brett Valley installations - Oil boiler servicer - 01206 337316

HC Smith Builders - 07468 456772

Derek Allen Fresh Fish (Thursdays) 07967 755771

Rmk Chisnall - mower repairs 07557 771721

Higham Church Maintenance Morning –

Saturday 2nd April

We are planning a Spring cleaning and maintenance day at the church for Saturday 2nd April between 9.30am and 1pm.

There are a variety of indoor and outdoor jobs to be done and we would be very grateful for some help from anyone who can spare a bit of time on Saturday morning. Refreshments will be provided.

Many Thanks.

ESSEX & SUFFOLK Garden Machinery

Servicing and repairs to lawn mowers and all types of garden machinery.

Annual servicing, breakdown repairs and blade sharpening.

Work undertaken to machinery & manual collection and return.

SPRING OFFER
£30

Local, family run business.
All enquiries please call
07867493364
Or Email,
essexsuffolkmachinery@outlook.com



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

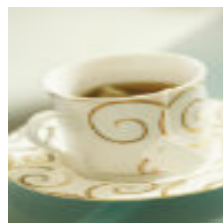
Swift Garden Services - 07947 322429

Rheal Coatings - 07539 377740

Franklyn Nevard - Architect 07515
351894

Fresh Eggs - Roadside stall Fox Farm

Katies Little Beauty Box - 07802
847628



Fair Trade coffee morning

Christmas had come and gone and already we were at our January 25th 2022 Fair Trade coffee morning. The day was typical of January, grey and cold all day, but we were socially distanced in the Church and catching up with each other again.

I was not in charge of the coffee pot today but enjoying myself chatting and indulging in the array of lovely cakes, scones and home made biscuits. Some of our regulars were on holiday, making us envious with the message that they were sitting on their balcony in beautiful sunshine, blue sky and snow covered mountains.

Our Feb 22nd Fair Trade coffee morning didn't coincide with the copy deadline, so next time there'll be "2 for 1" as the offers say!

March 22nd is the date for your diary, it will be celebration time as there are three birthdays in that week and one of them is actually on March 22nd! Come and enjoy the birthday cakes and of course the wonderful Fair Trade coffee, and find out who is celebrating. Not forgetting that Love Refills and the Library van will also be there.

Many thanks for your continuing support
Wendy Mumford
01473 312123

RAYDON PARISH COUNCIL

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

RAYDON PARISH COUNCIL

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

Tuesday 8 March

Tuesday 12 April (Annual

Parish Meeting)

Tuesday 3 May (AGM)

Tuesday 14 June

Tuesday 12 July

Tuesday 13 September

Tuesday 11 October

Tuesday 8 November

**NB: if you would like to see copies of
the minutes of any Raydon Parish
Council meetings, please visit
www.raydonpc.org, or contact Jane
Cryer, Parish Clerk.**



**ENJOY: GOOD FOOD, GOOD
COMPANY, AND A WARM
WELCOME**

Raydon and Lower Raydon District Lunch Club.

This is a friendly newly formed club to bring our community together for social interaction.

Everyone is welcome who has connections to the area.

All welcome both young and old.

We meet at the Pavilion (King Georges Playing Field) in Raydon on the B1070. On the 2nd Thursday of the month.

A home cooked two course lunch with tea or coffee is served at 12.30pm

The cost is £4.00.

We run a raffle with lots of prizes!

Bookings for lunch: Jayne on 07887 767478

Come in your car there is plenty of parking.

Looking forward to seeing you.

Thursday 10th March

12.30pm

Future lunch dates for your diary:

Thursday	April	14th
Thursday	May	12th

Raydon and District Garden Club

Writing these notes on 15th February and having just heard the weather forecast for later this week it looks like a rough few days ahead as two storms head into UK with very strong winds. This time last year what a difference if you remember we had had a considerable amount of snow fall (8"-10" deep) and plenty of extra snow showers plus night time frosts. So far this winter has been reasonably mild at least in East Anglia and as we head through February and into March "Spring" is just around the corner, with winter snowdrops in full bloom over last few weeks along with hellebores and aconites. As these fade then it's the turn of daffodils with tulips following in April, also of course the gardener's winter break is over as it's time for grass cutting once again along with planting those flower or veggie seeds provided weather conditions are favourable.

Remember this time last year all events were cancelled until September. Your committee has been busy throughout and have organised a full programme for 2022, with special thanks to Daren who has managed a difficult task as many guest speakers are either too expensive for your

club (some want £250 upwards + mileage) or not willing during the last few months to commit to a visit to us due mainly to the ongoing Covid situation. Thankfully things are at last showing an improvement as we all learn to live with the situation we find ourselves in, and so we started 2022 on 24th February which hopefully many of you members were able to attend and enjoyed an evening with Matthew Long and "Bulbs Galore". We are now looking forward to 24th March meeting with Dr Ian Bedford and "Garden Bugs". This will be followed on **Saturday 9th April "Spring Show"**.

Show schedules will be available on meeting night. There are plenty of classes to choose from so please have a go, it's easy to enter. Just bring your entries to the pavilion between 8.30 – 10.00am, Judging takes place from 10.30am with show open for viewing from 2.00pm – 4.00pm. It's a fun day with prize giving presentation by our President, followed by refreshments and a raffle.

Looking ahead we are in the process of arranging a coach outing to RHS Wisley which should be in June, more info including costs etc next meeting on 24th March.

If there are any members who haven't yet come to a meeting or new members wishing to join the club please pay your membership fee on the March meeting night, cost is £15.00 pp. Non members will pay a entrance fee £5.00 pp per evening visit. Membership covers you for 8 meetings, 2 shows, and a drink with cold buffet at AGM night. If unable to come to March meeting night then please put membership + name and address, phone number and if you have one an email

address through letterbox at High Elms, The Street, Raydon. I will then ensure you get the membership card which tells you dates, speakers, committee members, plus contact numbers etc.

**Are any members taking a holiday in UK this year ? if so would you like to take several photos of gardens you visit or nice countryside views etc for the club that we could perhaps use for an evening viewing (perhaps at AGM social evening) as this would not only be interesting to all I am sure but it would help save some costs to your club.

Your committee thanks you for your continued support and look forward to meeting you all at meetings and shows.

Geoff Horrex, 310422/07810086143

EASTER LILIES

In St Mary's, Raydon

**EASTER SUNDAY
17TH APRIL 2022**

If anyone would like to have lilies displayed in the Church in memory of a loved one for Easter, please contact: -

Angela King on 01473 311120

**I would appreciate orders by
Thursday 7th April please**

We have been very fortunate in recruiting 3 new members to St Mary's Flower Rota. My thanks to Emma, Jo and Theresa - A welcome addition. I know they will bring their knowledge and love of flowers to the Church arrangements.



Ideal for your special event

The Raydon Pavilion is for hire

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

Available morning, afternoon, and evening.

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

Raydon Club

The Raydon Club opens every Wednesday evening at the Pavilion.

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

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

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



It's Tea Time!

RAYDON PAVILION
King George's Playing Field

SATURDAY 26 MARCH
CREAM TEA AT 3PM

followed by

MARK MITCHELS' talk on

CARDINAL WOLSEY

ENTRANCE STRICTLY BY TICKET ONLY

Available in advance for £10 each from
07703 498508



Holton St Mary

SHOP
LOCAL

In Holton

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

Ann Mason Care - 01206
233372

Holton St Mary Village Hall

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

Slow Stitch

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

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

For more information contact Jeanette
Appleton 07768418942

First Friday of the Month Lunch Club



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

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

If you would like to join us for lunch please
contact

Frances Torrington: 312046/
familytorrington@btinternet.com
or
Sally Thurlow: 312080/
salthurlo@gmail.com

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

HSM Social Club

Every Friday in the Village Hall 17:30 to
22:00. New members always welcome
If you want any further information contact
Bob Holmes
Email bobholmes55@icloud.com
Tel No 07966 266293



Holton St Mary Social Club are proud
to organise a celebration party

Saturday 4th June 2022 6.00pm
Millennium Green, Holton St Mary

Dancing to the *Sweeting Swing Band*

Members £20 Food Served 7.00pm
Guests £25 50's dress appreciated

SLOW STITCH - JUBILEE PLANS

Slow Stitch group is planning to create some Platinum Jubilee decorations for the village. A variety of techniques will be used. If you can knit stocking stitch or sew and would like to be involved, come along to the next Slow Stitch on March 17th at 2pm to find out more or contact Jeanette on 07768418942. We are planning a day towards the end of the Easter holidays for a one-off Slow Stitch for children's session, so that they can add their creative sparkle to the occasion.

Jeanette Appleton

Holton St Mary Millennium Green Trust

Just a reminder that subscriptions of £12 for the Century Club draw are now due. If you have not yet paid please do so now so that I can finalise the numbers for the year.

Marjorie Haste 01473 311615

Holton St Mary Parish Council

The next Holton St Mary Parish Council Meeting will be held on
March 9th 2022 at 8pm in
Holton St Mary Village Hall.

Members of the public are welcome to attend. There is an opportunity to ask questions in the Public Forum Section of the meeting or comments can be sent to hsmparishclerk@gmail.com.

Future meetings: Annual Parish Meeting April 13th, Parish Council meeting May 11th

Vacancy for Parish Clerk and Responsible Financial Officer for Holton St Mary Parish Council

The role is part-time, approximately 5 hours per week, with meetings taking place in the evenings. Salary £12-14 per hour depending on experience.

The Clerk is the Proper Officer of the Council, and, working from home, is responsible for preparing Agendas, recording Minutes, keeping financial records, budget monitoring, compliance, data protection, uploading information onto the Council's website and organising the council's day-to-day administration.

The applicant must have good organisational, communication and IT skills. The appointed person would be provided with a laptop computer, printer, scanner and two-drawer filing cabinet.

Training would be available to support the role.

For any further information or to apply please contact the current clerk at hsmparishclerk@gmail.com.

Applications can be made by sending a CV and covering letter, setting out evidence of relevant skills and experience. Closing date 18th March 2022



Green Gym

Green Gym meets this month on 5th March. Join us starting in Church Square at 10.30 am.



Norfolk Greyhound Rescue is a non-profit making, anti-racing, charity that re-homes unwanted greyhounds and other 'Odds and Sods' from Ireland.

At least 10,000 dogs are deemed surplus to requirements every year. British charities rescue and re-home many surplus greyhounds, but sadly thousands are unaccounted for each year.

NGR is always looking for special people who would like to adopt or foster one of their hounds.

If you believe you could help a hound by adopting or fostering, call them on 07470 931 758 or email them on hayleyngr@gmail.com
www.norfolkgreyhoundrescue.co.uk

Mabel's Story

Hello, my name is Mabel and I've just moved into a comfortable home in Holton St Mary.

I was born on the 8th April 2020 in Ireland in a dog racing kennels, yes, that's right I'm a greyhound!

I travelled over from Ireland on a ferry with my friends. We travelled across the country dropping off each friend at various foster parents, so I've already done quite a bit of travelling. The Charity that rescued me doesn't have kennels, we're housed in foster parents' own homes until adopted, so we start living the good life straight away.

I was born just after everything locked down for Covid. I haven't had any racing training or even had a race, at the age of two years any greyhound that hasn't made the grade is discarded, many of my fellow hounds were destroyed. I was lucky and they got me out, I had to have a bath before I came to England because I was in

'a bit of a state', but I was beautiful for meeting my foster mum and dad. I've decided I don't like showers or hairdryers though!

I arrived at my foster parent's home in Ipswich and met the resident hound Florence and I have learnt so much from her, but she was definitely The Boss and wouldn't let me have either of the comfy beds, so I'd sneak into the lounge and use that bed instead! After ten days with my foster parents, I moved in with my Mum and Dad.

I enjoy my walks as everything is new, although I do give Mum a hard time when I see the geese. I've never met any other dogs, other than greyhounds, so I have to wear a muzzle just in case I think that other dogs are 'prey', but soon I'll learn that they're my friends and will be happy to play.

I'm going for a snooze now in my new (rather expensive) fluffy bed, I'm zonked after a walk! If you see my Mum or Dad out walking me, please come to chat and help me socialise or if you're considering adopting or even fostering one of my friends.

Lots of sloppy kisses,

Mabel X



A Daily Thought

It is likely that a number of us in our benefice, like myself, are in the habit of listening to the radio broadcast "Thought for the Day" on Radio 4. Speakers from a variety of faiths and backgrounds give a short talk, often on a topical theme and usually offering inspiration and food for thought. I am also in the habit of keeping a notebook in which I record interesting facts and passages I come across in books, at exhibitions - particularly those at the British Library, and during lectures or in the course of conversation.

Quite some years ago when I was teaching the Alexander Technique in London, I was fortunate to be asked to give some lessons to Mary Boyce, who lived upstairs from where I taught in Highgate. Following a Degree in English, Archeology and Anthropology at Cambridge, Mary had studied Persian at Soas (School of African and Oriental Studies) and for many years was professor of Iranian studies there. Regarded as a world authority on Zoroastrianism, she had written extensively on the religion and was in the process of writing the fourth volume of what was destined to be an eight volume history of Zoroastrianism. (Incidentally the three Wise Men are widely thought to have been Zoroastrians). In her middle 80's and with a considerable back problem, Mary spent most of the day writing by hand, stretched out on a chaise longue. Her work was her life. After she died her executor offered me a choice of her Bibles. I also came into possession of a small red hardback notebook in which I found Mary had recorded some two dozen passages and statements that appealed to her. Together with those well known passages from the New Testament: 1 Corinthians 13: "Charity suffereth long...." and Philippians 4 :8: "Finally brethren whatsoever things are truethink on these things" was a quote from Churchill: "An optimist is wrong

just as often as a pessimist, but he has a much happier time" and in a lighter vein (not from Churchill) "The light at the end of the tunnel is probably an oncoming train". Not surprisingly there were a number of quotations relating to work, one of which was from Zappa, a pop guitarist and composer: "I haven't found anything as interesting to do as working, so my idea of a good time is to stay at home and work". Also, attributed to a military manual (!) "Identification and maintenance of aim".

In the middle of the first page of Mary's notebook were the following lines:

"Bearing about with us **the infection of good courage** that we may be **infusers of happiness.**" There was no indication of source. It wasn't until about March 2020 when the world appeared to be being taken over by pandemic fear about Covid 19, that the relevance of these lines really struck me. On investigation I found they formed part of a Happiness Prayer written by Robert Louis Stevenson in the 19th century, himself a sufferer of poor health for much of his lifetime. It appeared that Mary had changed the original wording from "**diffusers of life**" to "**infusers of happiness**". Knowing the razor sharpness of Mary's mind and the precision with which she used language I think the alteration was deliberate.

Generally I went to teach Mary at the end of her working day (and mine) and was often feeling a little weary as I climbed the long, steep staircase to her flat. Yet almost invariably I came away feeling refreshed and reinvigorated! Her neighbours commented that they always came away from visiting her feeling uplifted! Revisiting Mary's notebook in the early stages of the pandemic was a reminder that not all infection is to be feared.

Stevensons's Happiness Prayer reads as follows:

Grant to us, O Lord, the royalty of inward happiness, and the serenity which comes from living close to Thee. Daily renew in us the sense of Joy, and let the eternal spirit of the Father dwell in our souls and bodies, filling every corner of our hearts with light and grace; so that bearing about with us the infection of good courage, we may be diffusers of life, and may meet all ills and cross accidents with gallant and high-hearted happiness, giving Thee thanks always for all things.

*****an*****

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 Tel: 01473 684963.
www.stmarksparish.org.uk

The weekly Newsletter, with Mass times, is always displayed in the cabinet alongside the Church's front door and may also be read on the regularly updated website www.stmarksparish.org.uk together with other Parish news. Fr Bineesh Elanjikkal 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 MARCH 2022

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

Tuesday 1 9.20am 10am	Eucharistic Adoration Mass
Wednesday 2 9.20am 10am	ASH WEDNESDAY Eucharistic Adoration Mass
Sunday 6 9am	1st SUNDAY IN LENT Mass
Tuesday 8 9.20am 10am	Eucharistic Adoration Mass
Sunday 13 9am	2nd SUNDAY IN LENT Mass
Tuesday 15 9.20am 10am	Eucharistic Adoration Mass
Sunday 20 9am	3rd SUNDAY IN LENT Mass
Tuesday 22 9.20am 10am	Eucharistic Adoration Mass
Sunday 27 9am	4th SUNDAY IN LENT Mass
Tuesday 29 9.20am 10am	Eucharistic Adoration 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.



Time to get walking again!

At this time of year we start to think about the mud drying up and getting out to walk in the beautiful English Countryside again, but where to find new and interesting walks?

Walking in Suffolk <https://www.walkinginengland.co.uk/suffolk> has hundreds of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (the custodian of the website) said 'There is so much walking information on the web but it is difficult to find. Walking in Suffolk (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

John Harris

www.walkinginengland.co.uk

john@walkinginengland.co.uk

Felixstowe first in country to pilot later life living initiative

FELICITOUSFELIXSTOWE is to be the first place in the country to pilot a pioneering new initiative aimed at helping older people live healthy and happy lives. The Suffolk coastal town has been chosen as the 'UK demonstrator site' for the Integrated Care for Older People (ICOPE) project.

ICOPE is based on 30 years of research and development carried out across 50 countries into the issues that matter to older people by Professor Ian Philp. His findings revealed that two thirds of the things they said were important to them were not being addressed. This prompted the World Health Organisation (WHO) to launch a global programme aimed at engaging with older people to establish what they need to live better, healthier lives and connect them to local sources of support.

Now Felixstowe is to be the first place in the UK to trial the approach, with two other areas of Suffolk – Hadleigh and Ipswich West – following shortly after. ICOPE focuses on six associated health problems – vision, hearing, mobility, cognition, depression and nutrition. It also addresses where support could help in six areas of social need - daily living, social participation, loneliness, violence against older people, living accommodation and finances.

Mark Shenton, Professor of Integrated Care at the University of Suffolk Integrated Care Academy (UoS ICA), and Chair of the NHS Ipswich & East Suffolk Clinical Commissioning Group, is chairing the ICOPE Project Board.

He said: "I'm really excited that Felixstowe has been chosen as the first place in the country to pilot the ICOPE project.

"This is all about engaging with older people to find out what their issues and

needs are, rather than assuming what they are, in order that we can address them properly.

"The WHO research showed that older people usually need help with just one or two things to make a big difference to their health, independence and quality of life. "A unique feature of this project is that as well as assessing the needs of older people we will also be identifying their family carers to offer them an assessment of their own needs through our partnership with Suffolk Family Carers."

ICOPE, which will eventually be rolled out across the rest of Suffolk and north east Essex, will be evaluated by the UoS ICA. The ICOPE team wants to engage with older people in Felixstowe, Hadleigh and Ipswich West to find out what matters to them.

They are holding a drop-in session at Felixstowe Town Hall tomorrow (Wednesday Feb 16) from 3.30pm to 4.45pm to which older people from the town and their carers are invited.

Older people in Hadleigh are invited to give their views when the team visits the town's Abbeycroft Lesiure Centre the following day (Thursday Feb 17) between 12noon and 2pm.



SESAW NEWS

Spring has definitely arrived. The birds are singing, the flowers are blooming, the dewy grass is steaming in the morning sun and there is an air of quiet optimism as the volunteers prepare for our first proper fundraising event in two years. Yes, we will be back with our Easter Fair at the Old School, Long Melford, CO10 9DX on Sunday 3rd April.

Expect the usual wide selection of stalls, crafts, flowers and plants, raffle, Jeanette's Terrific Tombola, and yummy homemade cakes and snacks. Do come along between 10am to 3pm, you'll get a warm welcome from all of us including Frank Payne who will be selling and signing copies of his autobiographical books. Our Octogenarian has led an interesting life and has plenty of tales to tell. His story begins in Blitz torn London and progresses through National Service and onto careers in journalism and football.

Speaking of sport, the Nayland 10K family-friendly fun event takes place on Sunday 10th July, starting at Little Garth School, Nayland, CO6 4JR. Once again, SESA W is one of the charities benefitting from this extremely popular, multi-terrain run through the beautiful Constable countryside. Routes for all ages and abilities, book your place now at www.nayland10k.co.uk

That reminds me, it's time for my daily run around the garden now the grass is dry.

A wet undercarriage is extremely uncomfortable if you are a vertically challenged dog like 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

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Calls are free and confidential – **Call us
on 0808 801 0688**

Being able to access support whilst a loved one is dying is really important for a number of reasons. Gaining knowledge of what may happen towards the end and having a sense of 'preparedness' helps both the person dying and their family gain as much control as possible.

Please visit
www.annerobsontrust.org.uk/helpline-service to find out more.

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

Whether you've never held a racquet or are a budding Cameron Norrie or Emma Raducanu, 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. Play continues throughout the winter & subs have just been reduced.

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

stour valley

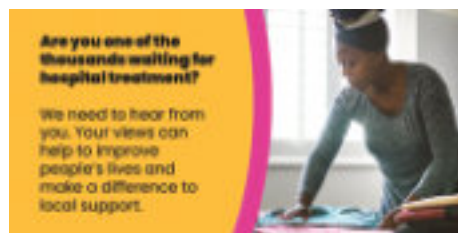
U3A

learn, laugh, live

Our next monthly meeting and lecture is on 9th March when Tony Diamond talks about John Betjeman the most popular British poet of the 20th century.

While many of our interest groups are now active. The monthly coffee morning is a good way for new and current members to meet and held in the Lambe School East Bergholt at 10am on the first Friday of each month.

Make the most of life once you're no longer in full time work and explore new ideas, skills and interests. Across the UK, u3a members are learning, staying active and having fun in later life. It's local, social, friendly, low-cost and open to all. Further information and contact details are on our website u3asites.org.uk/stourvalley



Share views about hospital waits

Healthwatch Suffolk, your local health and care champion, is asking people who are waiting for hospital treatment to feedback about their experiences. You can also share an experience if you had waited, but have now had a treatment or procedure.

Your views will be used to make sure everyone can access the information, help and support they need whilst they are waiting. Please feedback if you can, and share the survey with anyone you know who is waiting too.

Full details on www.healthwatchsuffolk.co.uk/electivecaresurvey or you can call freephone 0800 448 82 34 for help to complete the survey.

Sharing your views is easy. Click the relevant survey link below. You will be anonymous.



if you are currently waiting.



if you were waiting, but have now received your treatment.

Complete the survey before 11th March 2022 to make sure your views are included.

Headway Suffolk's Neuro Conference on 11 May will hear from keynote speakers on brain injury and crime, the mobile stroke unit and powerful brain injury survivor and carer stories.

The conference, now in its seventh year, takes place at Wherstead Park, near Ipswich, from 10am – 5pm, but it will also be streamed online. Four speakers will address the subject of brain injury and crime.

Tim Passmore, Suffolk's Police and Crime Commissioner, will be joined by Chief Inspector Nick Paling, Head of Custody in Norfolk and Suffolk, to talk about how people with a disability are cared for in custody.

His Honour Judge Martyn Levett, a resident judge at Ipswich Crown Court, will talk about acquired brain injury witnesses in Crown Court.

Huw Williams, an Associate Professor of Clinical Neuropsychology, will talk about his experiences of brain injury and the criminal justice system.

The conference will also have updates from Headway Suffolk's CEO Helen Fairweather and mental health nurse Sam Jangum.

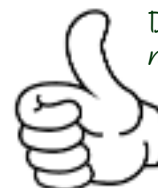
Tickets are £45 for attendance at Wherstead Park and £25 for the live online stream. Telephone 01473 712225 or email helenmfairweather@headwaysuffolk.org.uk. Full details are on www.headwaysuffolk.org.uk/events.

The conference is sponsored by Ashtons Legal, CFG Law, East of England Co-Op, Hodge Jones & Allen, Irwin Mitchell and Slater and Gordon.

Headway Suffolk is a registered charity that supports adults living with brain injury, stroke and neurological conditions through an extensive range of rehabilitation and therapy services.

Bin collections

Week Commencing			
	28 th February	Refuse Week	
	7 th March	Recycling Week	
	14 th March	Refuse Week	
	21 st March	Recycling Week	
	28 th March	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.

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

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Crime prevention

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

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



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Stratford St Mary - Route 11

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

16 March, 13 April, 11 May, 8 June, 6 July, 3 August

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

22 February, 22 March, 19 April, 17 May, 14 June, 12 July, 9 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

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

Local Directory

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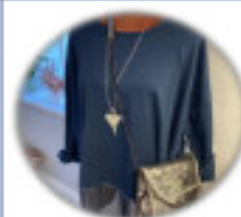
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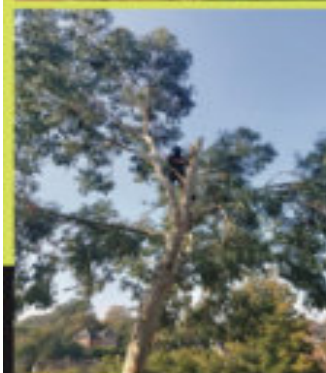
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Curate: Rev'd Nicola Tindall: Tel. 01787 212340
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Lay Elder: Sandy Ranson 01206 322156
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Please contact Rev'd Manette if you would like to know more about Baptisms or Weddings, or if you need to arranged a loved one's funeral.

We have a good number of Confirmation candidates and we will be having one or possibly two **Confirmation services** later this summer. Please get in touch with Rev'd Manette if you would like to know more about this.

If you would like to receive Home Communion, please contact Rev'd Manette or Rev'd Nicola.



Regular updates about what is going on in our parishes can be found on the Benefice Facebook page:
<https://www.facebook.com/4-Marys-Benefice-111433503828636>

Benefice website: www.4marys.org.uk

Churchwardens:

Higham	Hugo Parker 01206 337234
Holton	Richard Noel 01206 298276 Paul Torrington 01473 312046
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Church Services for March

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

Wednesday 2nd March 10am: Ash Wednesday service in Raydon
Ash Wednesday with Holy Communion and imposition of ashes

Sunday 6th March 10am: Morning Worship Stratford St. Mary
1st of Lent 5pm: Holton St Mary Evening Prayer (BCP)

Sunday 13th March 10am: Holy Communion Higham
2nd of Lent 5pm: Choral Evensong Raydon

Sunday 20th March 10am: Holy Communion Holton St. Mary
3rd of Lent 4pm: Higham Hangout

Sunday 27th March 10am: Holy Communion Raydon
Mothering Sunday 10am: Family Hour – SSM Parish Room

Covid infection rates continue to be high in this part of the country. Being vaccinated does not offer full protection and you can still pass on the virus. Many members of our congregations are elderly or vulnerable. When meeting in church or in other places, please observe social distancing and respect that many wish to avoid physical contact such as shaking hands. Whilst wearing masks in enclosed indoor spaces is not a legal requirement anymore, some people prefer to wear them and they offer a degree of protection. Please indicate if you would like to sit socially distanced during a service.

Holy Communion is now distributed at the front of the churches with communicants coming up to receive, but for the time being this is bread wafers only.

All our buildings, activities and services have been fully risk-assessed, but please speak to Rev'd Manette, Rev'd Nicola or one of our churchwardens if you have any concerns.

If you feel in any way unwell, or you have a cough, a temperature, a sore throat or a runny nose, even if you don't test positive for Covid, please stay at home until you feel better.

Family Hour in Stratford St Mary - back at 10 am

Family Hour in the parish room is on **Sunday, 27th March**. It is **Mothering Sunday** and our craft activity will be making fresh flower posies. All are welcome to join us for this short family service, bible input and craft fun! Breakfast (bacon rolls / juice / tea / coffee) served **from 9.30 am**. With best wishes from the Family Hour Team.



Sunday Hangout in Higham

A Sunday church group that will meet at various points throughout the year, aimed primarily at children, but open to any age! Sunday Hangout is a time to create with others, a chance to learn something new and reflect on our faith. An opportunity to hang out with friends, whilst getting involved in fun activities that the whole family can enjoy. Snacks and drinks will be provided.

Join us at St Mary's Church, Higham on: **20th March 2022 from 4pm.**

We look forward to seeing you!

Chat, Prayer & Coffee every 3rd Wednesday of the month
in the Stratford Parish Room, starting on 16th March at 10am

Lent Study Group

The Archbishop of Canterbury's Lent **Book** for 2022 is '**Embracing Justice**' by Isabelle Hamley. Due to lack of interest, there won't be a face-to face Lent Study Group this year.

We will have another **Quiet Day for Lent with Rev'd Joyce Willis** in the Lady Chapel in Stratford St. Mary – date to be confirmed.

We draw your attention to the following Lent Series via Zoom:

Radical Living: St Edmundsbury Lent Series

Starting Wednesday 16 March, 7- 8pm throughout Lent via Zoom, the Cathedral will be holding a series of Lent Talks on 'Radical Living, Christians and the Environmental Crisis.' Each week a speaker will look at the environmental challenges of today from a different perspective. For more information or to be added to the mailing list, please email michael.robinson@cofesuffolk.org.

Benefice House Group

The house group will meet on **Thursday 24th March at 2.30pm** at 5 Veyses End, Stratford St. Mary. Please contact Jonathan for more information at: dewey57jon@gmail.com

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Restore our sight that we may look upon Your Son
who calls us to repentance and a change of heart,
for he lives and reigns with You and the Holy Spirit,
one God, for ever and ever. Amen.

International Committee on English in the Liturgy (ICEL)

Please pray for all those who will be preparing for Confirmation over the coming months.

We pray for those who are in pain, distress and grief. May we hold the Christ light for them and be alongside them in their darkness.
Please pray especially for those who have asked for our prayers:

Higham: Amanda Berry, Penny Watkins, Val Boothman & family.

Stratford St. Mary: Laura Kerry, the family of Nancy Ablitt

Outside our parishes: Helen Gregory, Poppy Adams, Rev'd Fred Woods

Please check on friends and neighbours who may be struggling at this time of year.

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