

**Stratford  
St Mary**

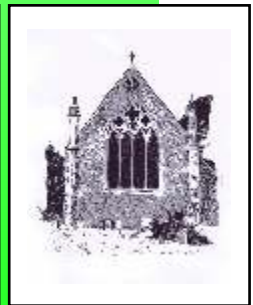
**Higham**

**Holton  
St Mary**

**Raydon**

# Quartet

The Parish Magazine



**May 2017**

Issue 345

Are you looking to apply your existing skills to a great new job in care? Why not join us here at one of the UK's largest brain injury specialists and really make a difference to the lives of those managing and recovering from an acquired brain injury or neurological condition

## **Full and part time positions**

Ipswich, Bury and surrounding areas

Support clients to achieve independence at home or in their local community

Pay from £8.16 per hour + travel time + mileage + paid holidays + pension

Flexibility and willingness to work nights and weekends on a rostered basis preferred

Full induction + ongoing training & development

We give you the time to deliver high standards of care and really build relationships with your clients

### **Contact**

[pennytansley@headwaysuffolk.org.uk](mailto:pennytansley@headwaysuffolk.org.uk)

01473 276121 / 01473 712225

**Cleaner wanted** soon for  
Holton St. Mary Village Hall,  
approximately 1 hour a  
week.  
Please contact Rachel Eagle  
Tel. 01473 310550

HONDA DA HC20 self drive  
petrol mower. Regularly  
serviced and in good  
working order. Cylinder cut  
with roller at rear ... £40 and  
ATCO QUIET  
SHREDDER 2000. Excellent  
and very robust machine in  
very good condition.  
£40.  
Tel; 01473310887



Colin the fishmonger has his fresh  
fish van in the lay-by at the bottom  
of Church Hill in Stratford every  
Thursday morning from  
10.30am to 1.30pm

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

# Small Ads pin board

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# Welcome



Dear friends,

Many apologies for what must have seemed like a very egotistical piece last

month, with that enormous picture of me on the Diana bench. That picture had been intended by me to be thumbnail size, with another 2 paragraphs underneath it, but somehow communications went awry and the photo got enlarged and those paragraphs went missing! So here they are, suitably amended for this month:

Next month we are hoping to start a new occasional series of articles about 'village characters'. There are so many interesting people in our four villages who have great stories to tell, and it would be wonderful to be able to hear about what they have lived through, and how our villages have changed over the years. I wonder if you can guess who our first interviewees will be! If you would like to be interviewed (or be the interviewer) for this slot, do let me know.

One of the things that many of us are having to live with these days is dementia in all its various forms. Most of us will now know someone who has dementia, but many of us are frightened of it, not knowing how to cope with people whose memory is fading, or who sometimes exhibit what may seem to the rest of us to be slightly weird behaviour. A technique called 'Contented Dementia' aims to boost the well being of people who have dementia, and on Saturday 6 May from 9.30-12.30 in the Parish Room at Stratford St Mary, a qualified professional will come to speak to us about how to use this

technique with those who are just going into it or have already had it for some time. We only have space for 20 people, so if you would like to come, please let me know as soon as possible.

On 7 May Revd Simon White will be coming to preach at the morning service at SSM, as it is Vocations Sunday, and it will be good to hear how his vocation came about. Some of you will remember him from the placement he did with us over Easter last year; he is a wonderful example of a priest who keeps on working at his own 'normal' job and gives his time to the Church on Sundays and whenever else he can; do come and join us that day to hear more.

If, like me, you are a John Bell groupie, you may like to know that he is coming to talk in Hadleigh over the weekend of 20 & 21 May. If you would like a ticket (£5 per session), please be in touch with Revd David Atkins ([atkins.d@hotmail.co.uk](mailto:atkins.d@hotmail.co.uk)).

Finally, I do hope you had a very happy Easter. It was wonderful to have about 40 people (plus dogs) with us at various points along our Walk of Witness on Good Friday. Thank you as usual to Geoff Horrex for organising it. Here we are en route from Holton to Raydon at the end of our walk (thank you to Richard Appleton for the photo):



# The Quartet Diary



## May

- 3 Stour Valley Probus Club
- 6 Church Clean Up, Raydon
- 8 SSM Parish Council Meeting
- 8-14 Dying Matters Awareness Week
- 9 Breast Cancer Walk, Dedham
- 10 Stour Valley U3A Meeting
- 13 HSM Social Club Progressive Dinner  
Plant Sale, Raydon Village Hall  
Dedham Church, Dying Matters
- 16 Raydon Parish Council Meeting  
SSM Defib Training
- 17 Stour Valley Probus Club
- 20 SSM Defib Training
- 21 Car Boot, East Begholt School
- 23 Raydon Fair Trade Coffee Morning
- 25 R & DGC Evening Woodland Garden Visit
- 26 HSM Social Club Whist
- 30 SSM Defib Training

## June

- 1 AGM Constable Country Practice  
Patient Participation Group, Capel
- 4 Raydon Homemade Teas
- 7 Stour Valley Probus Club
- 10 Book & Bric a Brac Sale, Raydon
- 11 Nayland Open Gardens
- 14 Stour Valley U3A Meeting
- 16 SSM Defib Training
- 20 Raydon Parish Council Meeting  
Raydon Fair Trade Coffee Morning
- 21 Stour Valley Probus Club
- 23-25 Higham Art Festival
- 24 Summer Evening Folk Concert,  
Raydon  
SSM Open Gardens
- 25 R & DGC Annual Coach Outing
- 27 SSM Defib Training

## July

- 2 Raydon Homemade Teas
- 10 SSM Parish Council Meeting

# Editors Corner

I was speaking to a friend of mine this week who was advising me not to worry about buying a 2018 calendar for future events - the way things are going, it might never happen!

Well whatever you think about politics and the state of the world at the moment, at least there is lots going on in the next few months in our villages. So forget about next year and make the most of now! With plenty going on in each of our parishes, take a good look through this month and don't forget to join in where you can.

We must send our apologies to Rosalind this month for a misunderstanding regarding last month's Welcome letter (page 1). Unfortunately the file we received did not have the entire text Rosalind sent, and to fill the space, we printed the attached picture from Rosalind's Indian Adventure rather larger than she had hoped we would. Sorry Rosalind, we hadn't meant to make you feel like the page 3 pin up girl! It's great to have you back from your holidays and we're always grateful for your input into the magazine.

Happy reading everybody

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:  
**19<sup>th</sup> May 2017**

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# Stratford St Mary

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## A MASSIVE THANK YOU

The CFR committee would like to thank each and every one of you who contributed to raising over and above our target for the Defib safe and trainer. We did knock on every door, but unfortunately could not return to those who were out.

The Safe is now installed by the exit door of Hall Farm Shop. It has been registered with the ambulance service and is now active and available to all.

If you are unfortunately in a position when you need to dial 999 and need the defibrillator, the ambulance service will give you a 5 digit security code to open the safe.

Our next project is to get all the villagers trained and confident in using the Defibrillator, so we will arrange a series of training dates for you to attend. Please see page 6. If you would prefer a session at home then this can be arranged - contact Sue Lawrence on 322066.

In the mean time you can visit [www.ipad-aed.com/sp1](http://www.ipad-aed.com/sp1) then follow the link for the training video.

Once again thank you to Hall Farm for providing the villagers with this opportunity and thank you to you all for buying raffle tickets and to the Parish Council and the Village Life who also gave large donations.

Stratford St Mary

Open Gardens / Open Village

**24<sup>th</sup> JUNE 2017**

**Over 10 beautiful gardens  
to explore**

### ART EXHIBITION

A chance to show off our village skills so if you would like to display your painting, sculpture or craft work etc. in the exhibition **LET ME KNOW**

### SCARECROW TRAIL

Get your creative thinking hats on to create a scarecrow to decorate your house or garden. **LET ME KNOW** if you are taking part then I can put your entry on the map!!

### MUSIC

We hope to have musical interludes throughout the day. If you have hidden talents and would like to entertain us **LET ME KNOW**

### CLASSIC CAR DISPLAY CHILDRENS' ACTIVITIES REFRESHMENTS

**More open gardens the better!**

**NEXT PLANNING MEETING – 3<sup>rd</sup> MAY  
2017, ALL WELCOME**

For more information drop a line to Julie on:  
[Julie@jj-associates.co.uk](mailto:Julie@jj-associates.co.uk) or  
call on 07989639583

## PARISH ROOM -CHURCH STALL

The stall was opened with a big send-off by Mr and Mrs Charlie Ablitt in 1995 until 2013 and during this period they raised the magnificent sum of £61847 to be split equally between the church and two hospices (each in turn) the St Elizabeth Hospice and EACH, the East Anglian Children's Hospice. After this date it was transferred to the side of the Parish Room and run solely by Mrs Barbara Sparrow and to the present date she has raised a further splendid sum of £7660 to be apportioned as before.

Villagers have generously donated good quality items for the stall which have been gratefully received. Unfortunately there is now a lot of thieving from the stall and no money put in the charity box. People have been seen coming to the stall in cars and taking away bags full of goods and no money donated. We think this is then taken to car boot sales. Some very good items have been taken away.

A generous benefactor tried to purchase the small piece of land at the rear of the Parish Room, which would have benefited the village for the children's monthly service and to have teas in the summer but, unfortunately, this was not possible.

If you are passing and see people at the stall that you don't recognise, and with a car, please make a point of going to the stall and pretend to browse. The present state of affairs is so disheartening to Barbara. She recently had to clear up purposely smashed glass and this month a single mattress and two cot mattresses were dumped (fly tipped) by the stall and now have to be got rid of. The stall is in danger of closing so please be vigilant.

Thank you

## PARISH COUNCIL MEETINGS AT THE INSTITUTE

8th May  
10th July  
11th September  
13th November

7.30pm till 10.30pm



Come and join us on either a 12 or 6 mile Walk on the Riverside through beautiful Constable Country and help to raise money and awareness for research into Breast Cancer

The Walk, on Monday 8th May 2017, starts from and finishes at the Boathouse Restaurant in Dedham and the cost ranges from £10 - £25.

Suffolk Breast Cancer Now is a charity committed to fighting breast cancer through research and awareness and has established the UK's first dedicated breast cancer research centre.

For more information go to [www.breastcancernow.org](http://www.breastcancernow.org)  
For further details and an application form please contact:

Helen Allen  
T: 01206 391654, M: 07850 916717,  
E: [helen.m.allen@icloud.com](mailto:helen.m.allen@icloud.com)

## Hall Farm Shop

We now have the defibrillator in situ, fully registered with the East Anglian Ambulance Service

More news on this next month

Come and try out our new mini Golf as well - only £2 per person!

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### Training dates for Defibrillator

All at the Parish rooms

Tues 16th May 19:00-21:00hrs

Sat 20th May 10:00-12:00hrs

Tues 30th May 19:00-21:00hrs

Fri 16th June 19:00-21:00hrs

Tues 27th June 19:00-21:00hrs

Everyone invited to attend. Equally if anyone would prefer individual support then please let me know. Or if they would like to invite neighbours or the close and have a mini event this could be accommodated subject to a mutually convenient date.

Sue Lawrence 322066

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### Stratford 100 Club Winners APRIL

149 M Dennis £40  
53 C. Alder £10  
67 B. Lelliott £5

## CALLING ALL CLASSIC CAR AND BIKE OWNERS



As part of the Stratford St. Mary Open Gardens day on Saturday 24th June there will be a static Classic Car and Bike show at The Swan in Stratford St. Mary.

Do you have a classic car or bike that you would like to show off? If so we would love to hear from you.

We want to display as many different models of car and bike as possible for the public to enjoy.

If this is something that interests you then please contact Dave Pooley on 07936 180061 for more details.

Places are limited so early registration is recommended.



**Family Hour @ The Parish Room**

Every 4<sup>th</sup> Sunday families and friends come together for breakfast followed by a 30 minute interactive church service.

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

**Come and join us!**



Dedham Tennis Club is your local community tennis club, set in the heart of our beautiful village green. As an LTA affiliated community club our primary goals are to ensure all in the locality have the opportunity to play tennis, to develop their game and to do so in a fun and respectful environment.

The club is a broad church of people, with a mix of ages, cultures, playing abilities and more. We offer playing opportunities for all.

In our junior section, we actively partner with local schools such as Dedham, Lawford, Highfields & Ardleigh to promote the game. We have regular junior coaching at the club on Wednesday afternoons & Saturday mornings, while our Holiday Camps & Junior Team are going from strength to strength. Please drop toby@dedhamtennis.org.uk a line for more info.

For adults, there is lots of tennis on offer. We have 3 social tennis club sessions a week (Tuesday AM, Wednesday Evening & Sunday afternoon - the latter with added tea & cake). We have 6 teams entered in the local Colchester & District League, while we support participation in lots of other inter club events. Within the club we have regular fun tournaments such as our upcoming Indian League Format event, singles challenge ladder, club championships & more.

The club has a great social scene with some standing annual events such as our quiz night, annual cricket match, golf day, ladies open and more. While we also have lots of standalone events, this summer we will have a Scandi themed Summer Food Festival while the club will also be launching a podcast series later in the year.

Dedham Tennis Club is open to all, to join (membership starts from £20 per year up to £170 for full family membership) then please visit our website

[www.dedhamtennis.org.uk](http://www.dedhamtennis.org.uk) for more details or drop a line to [communications@dedhamtennis.org.uk](mailto:communications@dedhamtennis.org.uk). You are always welcome to come as a guest a few times before making any commitment to join. For non-members who just want to book a court occasionally, that is also possible to do directly on our website at a cost of £8 per hour.

Look forward to seeing you on court soon



### **Junior Road Safety Officers at Stratford St Mary Primary School**

The JRSO's are busy organising a 'Scooter Ability Club' for the children in Kingfisher Class this half term. The children will be learning how to use their scooters safely and take part riding around courses that will be set up by the JRSO's.

The JRSO's are also getting ready for 'Walk to School Week' which takes place the week commencing Monday 15<sup>th</sup> May 2017. They will be encouraging as many children that can walk to school to do so during this week. During this week we will run a 'Walking Bus' every morning. A walking bus is a group of children walking to school with one or more adults. The children will also be able to wear their favourite footwear to school and donate £1 raising money for our 'Action Aid Child'. The children will also be given the task as part of their homework to design a poster promoting 'Walk to School Week'.

Miss R Jones

# VillageLife Annual Report 2016/2017

VillageLife (VL) is a volunteer organisation in Stratford St Mary, formed some four years ago with the objective of enhancing community life in the village.

VL is not primarily a fund raising organisation. Its purpose is to provide opportunities for greater community interaction for those living, working or playing, in and around the village. The only financial objective is that, as far as may be possible, events should be organised so as to fund themselves at the lowest possible cost to individual participants, to the end, that no one who wants to attend will be prevented from doing so by the cost. In this context, anything that has the potential to enhance community life in the village is considered to be within VL's remit.

To date, VL has been responsible for:

- \* a **Summer Fair** each year since its inception;
- \* the annual **Quintuple (pub-games) Challenge** at the Swan;
- \* various social events including two successful traditional **country dancing** evenings and the periodic '**Stories by the Fire**' evenings;
- \* taking on the ongoing maintenance of the Millennium Garden in Stratford St Mary;
- \* the '**Christmas Light-up**' event with tree illuminations at the Millennium Garden, carols, mulled wine, Father Christmas, and gifts for the children, at the Swan.

Activities that we intend to continue for as long as the community continues to demonstrate its interest and support. However, as reported in last month's Quartet, the summer fair has been dropped for 2017, in favour of contributing to the planned Open Gardens Day on 24th June.

This year for the first time, VillageLife, arranged a social event with a fundraising

objective. The Race Night on April 1st, was held in part to provide funds to underpin the above events, but particularly to support the Stratford St Mary First Responders with their planned community defibrillator training. This is intended to ensure the availability of confident, competent users for the community accessible defibrillator now installed at Hall Farm. More than 50 people attended and participated in the racing through which they generously contributed £300 to the First Responders with, in addition, a sufficient sum being added to VLs reserves to guarantee events through to next year. These will include the Quintuple Challenge on 16th September and the Christmas Light-up on 16th December. We are very grateful to the Stratford St Mary Post Office and Hall Farm Shop for their help with ticket sales and our thanks are especially due to 'Postman Bob' for his support and provision of invaluable Race-Night knowhow, without which this successful outcome would not have been possible. VL also received support from Grier and Partners, R & D Schofield Removals, Dedham Vinyard, and Greg Ranson Plumbing and Heating, in the form of race sponsorship. To Mark, Jane and their team at The Swan, as always, thanks for your hospitality, encouragement and ongoing support.

We also gratefully acknowledge the financial contribution by the Parish Council to the Summer Fairs 2014/2016 and the ongoing maintenance of the Millennium Garden.

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## SSM Rambling Club

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

# Higham

THE ART EVENT OF THE YEAR  
IS BACK!

*ST MARY'S CHURCH, HIGHAM*

## ART EXHIBITION AND SALE OF PAINTINGS

**23rd to 25th June 2017**

Our previous biennial Art Exhibitions  
have been a great success.

The standard of work submitted by  
the Artists has been consistently high  
and this year's event should run true  
to form - so don't miss it!

All profits to St Mary's Church,  
Higham

Exhibition open at the following  
times:

Friday 23 June 7.30 pm - 9.30 pm  
Saturday 24 June 9.30 am - 7 pm  
Sunday 25 June 9.30 am - 5 pm

**Official opening  
Friday 23 June 8 p.m.**

Admission £1 (includes catalogue)  
Children under 14 free  
Tea Tent open from 10am - 4.30pm  
Saturday & Sunday

**PLEASE MAKE A NOTE IN YOUR  
DIARY, TELL RELATIONS AND  
FRIENDS, AND ABOVE ALL,  
COME AND SUPPORT US**

## HIGHAM ART SHOW – 23<sup>rd</sup> – 25<sup>th</sup> June



Cake Bakers and Volunteers  
needed to man the Refreshment



Following the success of the Refreshment  
Tent at the last Art Show we are running it  
again this year on the Saturday and Sunday.  
Therefore I would love to hear from people  
who might be able to make cakes and/or  
have a couple of hours to spend manning  
the tent.



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# Raydon



## Fair Trade Coffee Morning

A very misty and murky day for our "Fair trade" event today but most of our regulars found their

way through the fog. We were also delighted to see our friends from Frinton, with delicious banana cake this month.

As we were approaching Easter our flower lady was taking orders for the purchase of lilies in remembrance of loved ones, these will be arranged throughout the Church and make a wonderful display for all to come and enjoy. We also have the lecture on Elizabeth Garrett Anderson by Mark Mitchels to look forward to, so again orders for tickets were being taken. A busy morning but still plenty of time to enjoy the good coffee and each others company and catch up with all the news.

Our next event is on April 25th and look forward to seeing everyone again, and many thanks for your continuing support,

Wendy Mumford 312123



Raydon Village Hall

**PLANT SALE**  
on Saturday  
May 13th,  
10am-noon,  
also cakes craft stall  
etc

## Attention All Wildlife Lovers!

My name is Sam Herbig and I'm a year 10 Hadleigh High student and Raydon resident. I'll be taking part in the Alton Water fun-run on May the 7th to raise money for a World Challenge conservation trip I'm making next July 2018 to Malaysia to help the local turtle population and coral reefs. I have a target of £2500 and would appreciate any sponsorship for this worthwhile cause.

If you'd like to sponsor me to help me reach my target you can do it here:  
<https://www.justgiving.com/crowdfunding/sam-herbig-4>

Many thanks Sam

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## Raydon Parish Council Schedule of Meetings All at 7.30pm in the KGF Pavilion

Tuesday 16 May  
Tuesday 20 June  
Tuesday 18 July  
Tuesday 19 September  
Tuesday 17 October  
Tuesday 21 November  
Tuesday 19 December

*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](mailto:raydonpc@gmail.com)

# JOIN US

— IN SUPPORT OF —  
Christopher Rory Blair

I am currently raising money for a stillborn cause - fundraising for a headstone for a beautiful baby sadly born with his angel wings. Any funds raised over our target will be going to SANDS (Stillbirth and Neonatal Death charity). I am currently selling memory wristbands to help raise extra funds, as well as doing games, cake stalls etc. If you are interested in helping our fundraising group, donating funds, donating prizes or just spreading the word, please contact me on this email....amystoddart-kapp@hotmail.com or on 07706 596393.

Thank you so much for reading - Amy and the CJ fundraising team



## ADVANCE NOTICE

Make a date to join us for these great events.

**June 10th**, Book and bric a brac sale, 10am-12am inside Raydon Church.

**June 24th** Summer evening Folk Concert, Raydon Church

**September 29th**, Fashion Show by Edinburgh Woollen Mill. Village hall.

**October 14th** Devilish Quiz in the Village Hall

Watch out for more details nearer each event.

## Homemade Teas



at  
**St Mary's Church, Raydon**

**Sunday 4 June 2017**

**Sunday 2 July 2017**

**Sunday 6 August 2017**

**Sunday 3 September 2017**

**Teas served from 3.00 to 5.00 pm**

**In aid of our Fabric Fund.**



- Please! -

Saturday 6<sup>th</sup> May  
St Mary's Church  
Starting 9.30 but come when you can,  
for as long as you can  
and make the church sparkling clean!  
Coffee & buns supplied!

# Raydon and District Gardening Club

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Spring has well and truly 'sprung' in all its glory once again and it's a fantastic time of year to get outside after all the grey days of winter.

On March 23<sup>rd</sup> Jan Michalak gave our meeting night a well informed, illustrated talk on all plants from New Zealand. He is the National plant collection holder for Muehlenbeckia NZ – a most interesting evening was enjoyed by a good number of members and guests.

Saturday 8<sup>th</sup> April was a lovely day for our Spring Show and whilst early yellow daffodils were mostly over, we did have a good display of good quality later type daffodils and more tulips than normal.

Along with flower arrangements, baking, preserves, rhubarb, pot plants, photographs and more entrants in the children's section, it made for a great show once again.

Thank you very much for all of you who entered the show.

Our meeting on Thursday 25<sup>th</sup> May is a woodland evening walk in Higham by kind permission of Major Carol and Mrs Elizabeth Gurney. Please contact me if you are coming as numbers will help with refreshments.

Good footwear may be required especially if wet. Arrive Higham Lodge 7.15pm for 7.30 start.

There are still a few places left on our coach trip to Leeds Castle Sunday 25<sup>th</sup> June, so let us know as soon as possible if you wish to join us, Non members very welcome.

Look forward to meeting you all again on the 25<sup>th</sup>.

Geoff Horrex



## RAYDON PARISH COUNCIL

Your Parish Councillors are:

Nev Davenport: 01473 311548

Kathy Herbig: 01473 310024

Sue Newton - Chair: 07808 818847

Amanda Pyall: 01473 310050

Jayne Tann: 01473 828283

Jane Cryer - Parish Clerk: 07920 713940

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

Licenced bar, pool, darts etc.

Look forward to seeing you!

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### SALE OF

Books, Collectables,  
Vintage & Bric a Brac  
also

### OTHER LARGE ITEMS

Inside Raydon Church  
On

SATURDAY June 10th

10AM-12noon

Coffee/tea and biscuits available  
In aid of fabric fund

## The Suffolk Walking Festival

**13 May – 4 June 2017**

**This year, the Suffolk Walking Festival is celebrating its 10<sup>th</sup> anniversary and it promises to be bigger and better than ever before.**

There really is something for everybody this year. Whether you're a novice or expert, young or old, walking with your family or walking alone, you are bound to find a walk that tickles your fancy.

There are a range of short walks that are between one and four miles. There are a range of walks between five and ten miles. There are also walks that are over fifty miles long for those who really want to challenge themselves.

You can take part in any of these walks at your own pace, with a group or against the clock.

The Suffolk Walking Festival is the perfect way for people of all ages and abilities to get out and enjoy the Suffolk Coast and countryside. Walking is also great for our physical, mental and emotional wellbeing. So come on, let's go for a walk!

Please visit [www.suffolkwalkingfestival.co.uk](http://www.suffolkwalkingfestival.co.uk) for further details.

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### PARKED CARS

If your car is going to be parked for any length of time, off the public highway, please ensure it is not blocking driveways, post boxes, noticeboards etc, as this can make access extremely difficult.

Thank you!



# Holton St Mary

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## Remembrance Day Knitted Poppy Waterfall

Join us in creating a Poppy Waterfall that will cover the front porch of our church, here in Holton St Mary, on Remembrance Sunday 2017.

You can knit, or crochet poppies using the official British Legion pattern, or your favourite poppy pattern, using any shade of Poppy Red wool. Copies of the British legion pattern can be found on the internet and paper copies are available in the church porch.

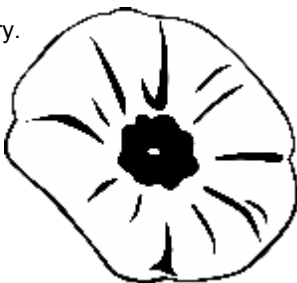
Don't worry if you don't knit or crochet, you could make poppies from felt and there will also be the stage of assembling the poppies on the backing nearer the time.

Why not invite your friends and relations to join us in creating this waterfall of Remembrance. They will be acknowledged on a map of participants. We could aim to have poppies from all over the world on our waterfall.

The sooner we start and the more that join in, the more impressive the Poppy Waterfall will be for our service of Remembrance.

For more information contact:  
Jeanette Appleton  
'Field View'  
Holton St Mary.

07768418942



## First Friday of the Month Lunch Club



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

A Light Lunch will be served between 12.30 - 2.00 pm at a cost of £2.50 per head.

The lunches are a collaboration between some of the organised groups in the village, and are non-profit making!

Any surplus funds will be reinvested.

If you would like to join us for lunch, please contact Frances Torrington on 312046 or Sally Thurlow on 312080 or email Frances on [familytorrington@btinternet.com](mailto:familytorrington@btinternet.com) or Sally on [salthurlow@gmail.com](mailto:salthurlow@gmail.com)

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



## Holton St Mary Social Club

**WHIST** - last Friday of the Month  
Next Date :- Friday 26th May

**Progressive Dinner Saturday 13th May**  
Please Contact John Partridge if you are interested in taking part. (01473 311677)

**Barn Dance on the Millennium Field**  
Saturday 15th July  
A Celebration of the 40th Anniversary of the Social Club Dancing to "Haywire"

Tickets :- Members £10 Non-Members £15 including food, which for this event is Paella. Principle Contact:- Erik Ellis (07969 459944)

**Holton Golf Day Friday 21st July**  
**Seckford Hall.**

There is a list on the Notice board in the social club, please add your name if you are interested or alternatively contact John Partridge on (01473 311677)

**Report Quiz Night 8th April.**

A record turn out for this event with 15 teams of 6 participating. A great night with splendid fresh fish & chips and chicken & chips mid way through. A big thanks to Bob for running the evening.

## SESAW NEWS

There's plenty going on right now, Mum says we have converted to running a franchise for Noah and his Ark as the animals are coming two by two. There's Patch and Missie, a friendly pair of scruffy Jack Russells, several pairs of rabbits looking for gardens to occupy rather than tiny hutches, and one year old sibling cats Nancy and Ronnie. Ollie says they are a bit bemused and nervous, wondering why they are shut up in a cattery but they will be fine when re-homed.

Our Fundraisers enjoyed a warm welcome in Whatfield at our Easter Fair which raised £1000 last month. If you are out and about, see us at Gladwell's Charity Day, Copdock Mill, IP8 3LA starting 9am on 13th May or relax at our Summer Dance, 1st July at Assington Village Hall, CO10 5LW, tickets via pfrenchm@aol.com or phone 01206 263113. We will also be at two Long Melford events: the Vintage Rally on 1st and 2nd July and the Street Fair on 9th July.

The waters have receded so please visit the animals soon but don't take on a pet on a whim, it is a serious business involving years of committed dedication. Animals are just as much of a responsibility as children, even a little dog like me, Kenny (the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare,  
Stoke Road, Leavenheath, CO6 4PP.  
01787 210888. [www.sesaw.co.uk](http://www.sesaw.co.uk)

### Holton St Mary Village Hall

can be hired at very reasonable rates!  
Available during the day and most evenings (not Friday) from £17.00  
Saturdays from £35.00

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



## Nayland Open Gardens



Sunday 11th June  
2pm-6pm

Tickets £5 per person, children free

Free parking at the Village Hall  
Teas in the Village Hall

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## East Bergholt High School Association

Registered charity no. 1017476



East Bergholt High School  
21st May

9.30am – 12noon

Admission 50p

Refreshments available

Free Car Park

Pitches:

In advance - cars £5, with trailers  
£7, domestic vans £10

On the day £1 extra

No traders

Gates open 8.30am for sellers

☎ **01206 298122**

## Dying Matters National Awareness Week

**8<sup>th</sup> May to 14<sup>th</sup> May**

This is something we don't like to talk about, but something we all have to think about at some stage in our lives.

As part of the awareness week representatives from the Hunnaball Family Funeral Group will be at Dedham Church on Saturday 13<sup>th</sup> May from 10am until 2pm. They are available to help and answer any relevant questions and there will also be a range of information leaflets on this matter. Refreshments will also be available.

There will also be information leaflets in all the following churches for anyone to help themselves to during the week: Stratford St Mary, Higham, Holton St Mary and Raydon.

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## CONSTABLE SINGERS CONCERT

on Sat 22nd April  
at

Congregational Church  
East Bergholt  
7p.m.

Further details from Posters/magazines  
nearer the time of concert.

Constable singers meet every Thursday at Lambe School apart from 2nd Thursday when we meet at Congregational Church Cemetery Lane E.B. at 7pm. We sing music from the musicals and pop songs. Words provided no audition. Further details from Mel 01206298628 or Yvonne 01206298428

## 111 Online service piloted in Suffolk

An online version of the NHS 111 service is being trialled across Suffolk as part of a study into how technology can improve patient access to non-emergency healthcare.

The trial, which began on 6th March and will run for 10 weeks, directs patients to the new 111 Online service through messages on the existing NHS 111 telephone helpline and in A&E departments, GP surgeries and pharmacies.

111 Online utilises advanced clinical algorithms to guide patients through a series of questions which allows the app to direct them to the most appropriate support based on the answers they give.

This includes advice on GP appointment booking, links to detailed healthcare information on the NHS Choices website and further information about patient services in the region.

The online triage process is also linked in to the existing NHS 111 service in Suffolk. If it identifies that a patient needs to speak with a healthcare professional in person they are immediately placed into a dedicated queue and will quickly receive a call back to discuss their needs in more detail.

Appropriate referrals to the nearest healthcare service, including Suffolk's out-of-hours medical services, can then be made by specialist advisors.

A number of organisations across the county have been helping to test the new service, including the University of Suffolk, West Suffolk College, Healthwatch Suffolk, NHS Ipswich & East Suffolk Clinical Commissioning Group's Community



## Stour Valley Men's Probus Club

At our recent Annual General Meeting Graeme Forsyth took up Presidency of the Club for the year supported by Brian Rolfe as Vice President, Paul Woodgate as the new Secretary and Peter Stanway-Williams as Treasurer. At our first April meeting on Wednesday 5th Julian Wong spoke about the good work undertaken by the charity "Mary's Meals" and on Wednesday 19th April Jim Lowe informed us of the work undertaken by the "Alzheimer's Society".

On Wednesday 3rd May Liz Bruce will tell us about the mission of The Women's Royal Voluntary Service in World War 2 and two weeks later on Wednesday 17th May Chris Parfitt's presentation is entitled "The Artic Circle Express". Tom Tyler returns on 7th June to talk about "When holidays were Fun" and on 21st June John Field will speak to us about "The Redevelopment of Ipswich Docks".


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

## Waste & Recycling Collection Schedule 2017

| May 2017 |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| Mo       | Tu | We | Th | Fr | Sa | Su |
| 1        | 2  | 3  | 4  | 5  | 6  | 7  |
| 8        | 9  | 10 | 11 | 12 | 13 | 14 |
| 15       | 16 | 17 | 18 | 19 | 20 | 21 |
| 22       | 23 | 24 | 25 | 26 | 27 | 28 |
| 29       | 30 | 31 |    |    |    |    |

 Recycling collected this week

 Rubbish collected this week

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

THE THIRD AGE TRUST



THE UNIVERSITY OF THE THIRD AGE

On Wednesday 12th April Amanda Richmond's subject was "Two teachers ascent of Everest". Amanda is a teacher, mountaineer skier, traveller & bell ringer. She told in an engaging way the story of two Suffolk teachers' ascent of Everest, the 6 years preparation, planning and hardships involved in tackling this formidable ascent.

On Wednesday 10th May Emma Roodhouse, Art Curator of the Colchester

& Ipswich Museum Service will talk on "Leonard Squirrel", known as the 'grand old man' of East Anglian painting, it will highlight his prolific career concentrating on the artworks in the Ipswich Borough Council collection, including drawings, watercolours, etchings & pastels from 1912 – 1978.

On Wednesday 14th June Alan Goldsmith, of Stansted, Essex will talk is entitled "Giving It Both Barrels". An amusing and light hearted talk of Alan's 50 years in the Rock 'n' Roll and entertainment business, from growing up in the 40s & 50s & being at the beginning of the birth of Rock 'n' Roll, & then running early rock concerts, air and stunt shows.

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

We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 230 members and 21 groups. For further information please visit [www.stourvalleyu3a.org.uk](http://www.stourvalleyu3a.org.uk) where membership secretary Val Pretty may be contacted.



# Constable Country Patient Participation Group Report

## *Annual General Meeting June 1<sup>st</sup> Capel Methodist Church*

Our Annual General Meeting will take place on June 1<sup>st</sup> at Capel Methodist Church in The Street, near the shops. There will be light refreshments from 7pm and the meeting will start at 7.30pm. We'll be reporting back about our activity in the last year and there will be an opportunity for you to talk to us on an individual basis about your experience with the Constable Country Practice. We have invited a number of organisations to the event including

- ActivLives, which runs exercise classes for the over 50s;
- 4YP which aims to improve the health and well being of 12-25 year olds in Suffolk;
- OneLife which provides stop smoking services, adult and child weight management and NHS health checks;
- Sue Ryder to talk about their new dementia service
- Capel Parish Nursing Scheme

Everyone is invited and we look forward to seeing you.

## **Men's Health Talk April 5<sup>th</sup>**

We enjoyed a fascinating evening listening to Professor Chris Booth, a retired consultant urologist. He said men were particularly bad at seeking medical help when there was a problem. Poor diet, overweight, smoking, alcohol and poverty all contributed to lower life expectancy for men. He talked in particular about the need for a national screening programme for prostate cancer. Early diagnosis has made a huge difference to survival rates in other European countries where they have routine screening. He also said that "plumbing problems" can be a sign of cardiovascular disease. You can ask for a PSA test if you are between the age of 50

and 75. Professor Booth's charity is called CHAPS and there is more information at [www.chaps.uk.com](http://www.chaps.uk.com). CHAPS is a registered charity which aims to raise awareness of health services directly targeted at men's needs to enable them to take care of their own health and well being.

## **Collection for Sat Shergill (former pharmacist at Capel St. Mary)**

Thank you for your generous contributions to this collection and to Drayton Insurance (formerly Mallwood) for hosting the collection box. The total in loose cash came to £305. We didn't open any of the cards so there may well be extra money in those. Sat was delighted and very touched and will be writing to say thank you.

He is now working with a practice in Wembley and this has cut his commuting time down considerably, allowing him to spend more time with his wife and young daughter.

Kathy Pollard (Chair) 01473 311834  
email: [constablecountryppg@gmail.com](mailto:constablecountryppg@gmail.com)

---

## **Dedham Community Farm urgently seeks volunteers**

Do you love ANIMALS and have a few hours a week to spare. If so, we urgently need help with Animal Welfare, Maintenance and Land Management. We are a not for profit community farm which stands on 14 acres in the beautiful Dedham Countryside. Run by Volunteers and Occupational Therapists we aim to bring the pleasure and therapeutic value of the human-animal bond to people with disabilities and learning difficulties.

Please contact either Cath on 07825 952 560 or Debbie on 07788 718 817 for more information.

# Local Services

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## 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

## Stratford Village PO Opening times

### SHOP:

Monday to Friday 8.30am to 1pm and  
2pm to 5pm  
Saturday 8.30am to 1pm

### POST OFFICE:

Monday to Saturday (inc) 9.00 am to 1pm  
01206 323152

## MOBILE LIBRARY

### Stratford St Mary - Route 11

The bus stops every 4 weeks on  
Wednesdays  
17 May, 14 June, 12 July, 9 August, 6  
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,  
23 May, 20 June, 18 July, 15 August, 12  
September

### Holton St Mary

Church Square - 10.00 - 10.15am

### Raydon

St Mary's Raydon - 10.20am - 11.05am

### Lower Raydon

Sulleys Hill - 11.10 - 11.25am

### Higham

The Green - 11.35 am to 11.50 am

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](mailto:help@suffolklibraries.co.uk) .

## Crime prevention

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

PC 1347 Gilkes Pcs0 3041 Cooper [babergheast@suffolk.pnn.police.uk](mailto:babergheast@suffolk.pnn.police.uk)

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The new defibrillator is situated on the outside of our farm shop. Thank you to everyone for your fund raising efforts, to our family who donated a huge amount towards the cost in memory of their sister and mother, and to Sue Lawrence for her help and guidance.

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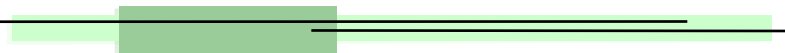


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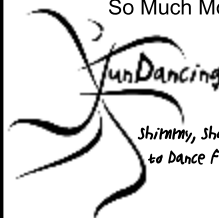
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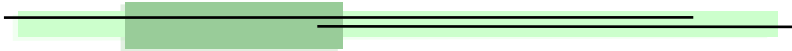
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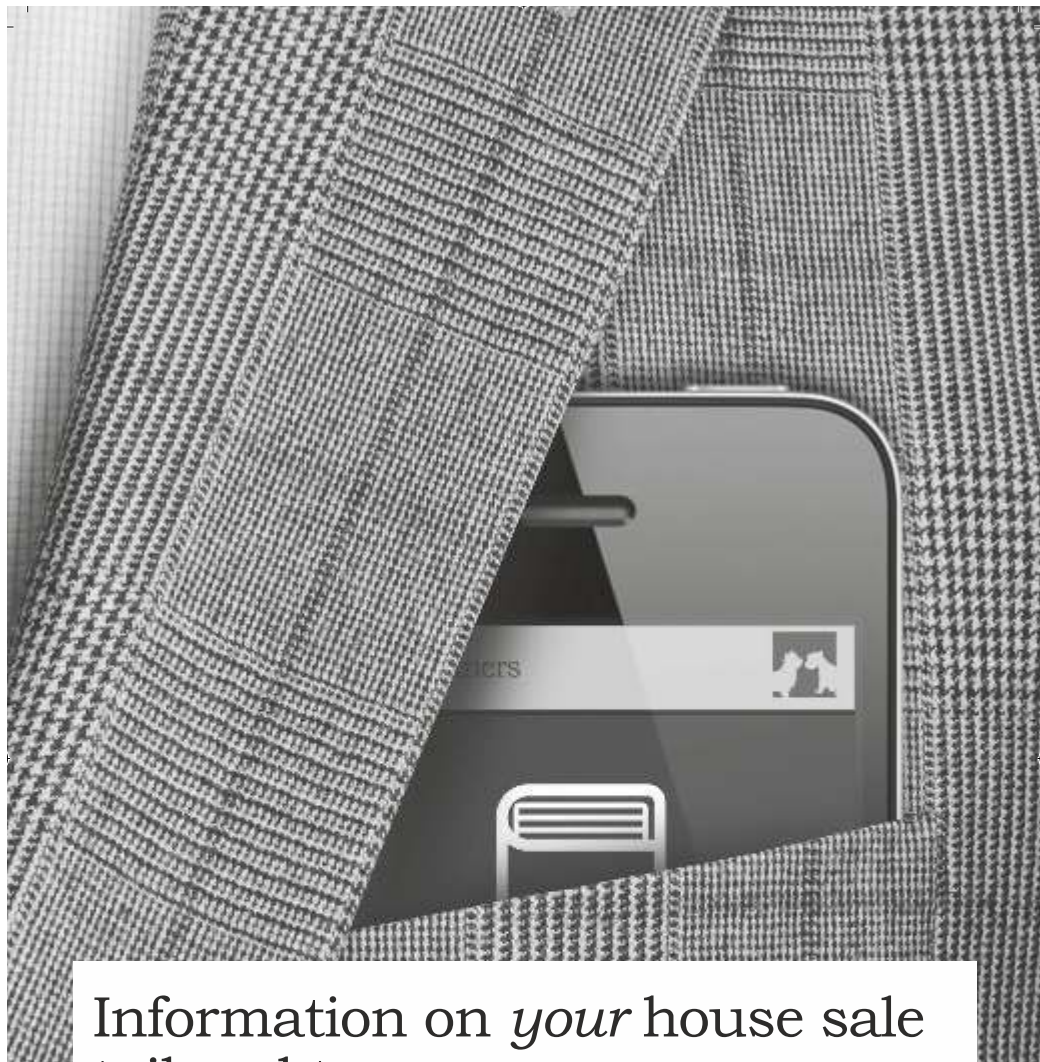
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Please contact the Rector direct to talk about baptisms, confirmations, weddings, funerals, or for home visits. **Please note that her normal day off is Friday.**

### *Churchwardens*

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**Holton** Paul Torrington 01473 312046  
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**Raydon** Geoff Horrex 01473 310422  
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**Stratford** Christine Cousins 01206 322530 (Elder)  
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### Midweek Communion

This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **17 May**.

### Home Group

We had an excellent Lent Course, with a larger and larger group gathering as the weeks went on. This has led us to think that there might be some appetite this year for a home group over the summer, so this is just to say 'Watch this space!'

## Services in May and June

|                       | 8.00 a.m. | 10.00 a.m.                | NB. 6.30pm                |
|-----------------------|-----------|---------------------------|---------------------------|
| 7 <sup>th</sup> May   |           | SSM                       | Holton                    |
| 14 <sup>th</sup> May  |           | Higham                    | Raydon                    |
| 21 <sup>st</sup> May  |           | Holton                    | SSM                       |
| 28 <sup>th</sup> May  | Higham    | SSM Parish Room<br>Raydon |                           |
| 4 <sup>th</sup> June  |           | SSM                       | Holton                    |
| 11 <sup>th</sup> June |           | Higham                    | Raydon                    |
| 18 <sup>th</sup> June |           | Holton                    | <b>No Evening Service</b> |
| 25 <sup>th</sup>      |           | Raydon<br>SSM Family Hour |                           |

## Ascension Day

We are all invited to take Communion at Stoke by Nayland church on Ascension Day, 25 May, at 10 a.m.



## New Testament Readings and Collects for weekdays in May

30 April: *Easter* 3. Risen Christ, you filled your disciples with boldness and fresh hope; strengthen us also to proclaim your risen life and fill us with your peace, to the glory of God the Father. Amen.

1 May James 1.1-12. ***Philip & James, Apostles***

2nd Ephesians 1.15-end. Athanasius, Bishop of Alexandria, Teacher of the Faith  
373

3rd Ephesians 2.1-10

4th Ephesians 2.11-end. English Saints and Martyrs of the Reformation Era

5th Ephesians 3.1-13

6th Ephesians 3.14-end

7 May: *Easter 4*. Risen Christ, faithful shepherd of your Father's sheep, teach us to hear your voice and to follow your command, that all your people may be gathered into one flock, to the glory of God the Father. Amen.

- 8th Ephesians 4.1-16. Julian of Norwich, Spiritual Writer, c. 1417
- 9th Ephesians 4.17-end
- 10th Ephesians 5.1-14
- 11th Ephesians 5.15-end
- 12th Ephesians 6.1-9. Dom Gregory Dix, Priest, Monk, Scholar, 1952
- 13th Ephesians 6.10-end

14 May: *Easter 5*. Risen Christ, your wounds declare your love for the world and the wonder of your risen life; give us compassion and courage to risk ourselves for those we serve, to the glory of God the Father. Amen.

- 15th Acts 2.37-end. **Matthias the Apostle**
- 16th 1 Peter 1.13-end. Caroline Chisholm, Social Reformer, 1877
- 17th 1 Peter 2.1-10
- 18th 1 Peter 2.11-end
- 19th 1 Peter 3.1-12. Dunstan, Archbishop of Canterbury, Restorer of the Monastic Life, 988
- 20th 1 Peter 3.13-end. Alcuin of York, Deacon, Abbot of Tours, 804

21 May: *Easter 6 (Rogation Sunday)*. Risen Christ, by the lakeside you renewed your call to your disciples; help your Church to obey your command and draw the nations to the fire of your love, to the glory of God the Father. Amen.

- 22nd 1 Peter 4.1-11
- 23rd 1 Peter 4.12-end
- 24th 1 Peter 5. John & Charles Wesley, Evangelists, Hymn Writers, 1791 & 1788
- 25th Hebrews 7.26-end. **ASCENSION DAY**
- 26th 1 John 1.1-2.6. Augustine, 1st Archbishop of Canterbury, 605
- 27th 1 John 2.7-17

28 May: *Easter 7*. Risen, ascended Lord, as we rejoice at your triumph, fill your Church on earth with power and compassion, that all who are estranged by sin may find forgiveness and know your peace, in the glory of God the Father. Amen.

- 29th 1 John 2.18-end
- 30th 1 John 3.1-10. Josephine Butler, Social Reformer, 1906
- 31st Mark 3.31-end. **The Visit of the Blessed Virgin Mary to Elizabeth**
- 1st 1 John 4.1-6. Justin, Martyr at Rome, c. 165
- 2nd 1 John 4.7-end
- 3rd 1 John 5. The Martyrs of Uganda, 1885-7, 1977



### For your diaries

|           |   |
|-----------|---|
| 6 May     | 9.30-12.30, SSM Parish Room talk on 'Contented Dementia'                                    |
| 20-21 May | John Bell at Hadleigh   |
| 5 June    | Archdeacon's Visitation for the Welcome of new Churchwardens, St Mary's Hadleigh, 7.30 p.m. |
| 9 June    | Fundraising drinks evening at Oaks Farm House, Holton                                       |



### For your prayers

- For Nicola Tindall as she comes to the end of her studies to become a Reader.
- For those who are ill or in need:

**Holton:** Ron Golding, Gerard Noel, David Yorke-Edwards  
**Raydon:** Cliff Cooper, Stella Hyland  
**SSM:** Laura Kerry, Trina  
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