

**Stratford
St Mary**

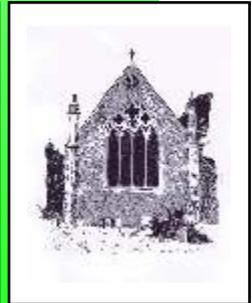
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



May 2020
Issue 381

HOME, BUT NOT ALONE

Connecting volunteers and vulnerable people in Suffolk

DOWNLOAD

Tribe - Volunteer
APP TO VOLUNTEER



Need a volunteer's help? Call: 0800 876 6926

#COVID19SUFFOLK

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

www.powercut105.com

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

Babergh District Council has launched the

'Tree for Life'

initiative - they are offering families a tree to mark the arrival of every new child. For more information, go to:

<https://www.midsuffolk.gov.uk/environment/tree-for-life/>

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

Small Ads pin board

The Quartet Diary

May

- 2 Higham Quiz - via Zoom
- 13 HSM Parish Council AGM - via Zoom
- 19 Raydon Parish Council AGM
- 26 Raydon Parish Council Annual Parish Meeting

June

- 9 Raydon Parish Council Meeting
- 16 Raydon Fair Trade Coffee Morning
- 28 Higham Summer Party

July

- 3 HSM Social Club Golf Day
- 13 Stratford Parish Council meeting
- 14 Raydon Parish Council Meeting
Raydon Fair Trade Coffee Morning

August

- 11 Raydon Fair Trade Coffee Morning

September

- 2 Suffolk Historic Churches Bike Ride
- 8 Raydon Parish Council Meeting
Raydon Fair Trade Coffee Morning
- 14 Stratford Parish Council Meeting
- 18 SSM Village Ball at Le Talbooth

October

- 6 Raydon Fair Trade Coffee Morning
- 13 Raydon Parish Council Meeting

November

- 3 Raydon Fair Trade Coffee Morning
- 9 Stratford Parish Council Meeting
- 10 Raydon Parish Council Meeting

December

- 1 Raydon Fair Trade Coffee Morning

Editors Corner

For a little while, we doubted if we could get the Quartet to you this month- is the printers still open? Would we be putting anyone at risk? Jason was still in business, Dave was keen to do all he could to help, including wearing some PPE, and we've taken the precaution of isolating the magazines for 24 hours so there is no risk of them carrying the virus.

So here it is - the May edition of the Quartet. Quite different from your usual edition, as there isn't much going on, but hopefully packed with interesting articles and practical help for you. **We've pulled together a directory of suppliers who, to the best of our knowledge are still open - see pages 15 and 16**

And it's competition time!

We've changed our focus a little since telling you about this in February, but check through the magazine - there are details of TWO competitions to enter this month. Open to all ages, we have two prizes of £25.00 Amazon gift vouchers available for the winners. (Judged by the editors).

Please be aware that by entering the competition, you give us permission to print your entry in the Quartet if we want to.

Wishing you happy reading, and a bit of lockdown fun for another month

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 May 2020

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Stratford St Mary

Maintenance Work in Village

Stratford St Mary Parish Council are looking for a contractor to carry out general maintenance work in the village. This will involve repairing of benches, clearing of footpaths and other jobs as and when required.

If you are interested, please email Parish Clerk:
parishcouncil@stratfordstmary.org.uk

SSM 100 Club winners APRIL

24	V. Castle	£	40.00
36	J. Barrie	£	10.00
10	D. Wheelhouse	£	5.00

"Medical lifts to the Doctors"

Following advice from the Practice Manager at Constable Country Medical practice, due to the Coronavirus outbreak we have suspended our lift service to doctors appointments until further notice.

Diana and Graham Pearce.

LOCAL COUNCILLOR

IF YOU CARE ABOUT WHERE YOU LIVE AND ARE
PASSIONATE ABOUT STRATFORD ST MARY,



WE NEED YOU!!

JOIN US AND MAKE A LOCAL CHANGE

There are currently two vacancies at Stratford St Mary PC

Please contact the Clerk on 01473 311191 for more info or email
parishclerk@stratfordstmary.org.uk

SSM OPEN GARDENS 2020 DEFERRED

with the greatest regret.

In view of the uncertainty surrounding the likely development of the Coronavirus pandemic, it has been decided to defer the Stratford St Mary Open Gardens day scheduled for 20th June 2020, until 2021.

The planning meeting scheduled for 2nd April will not now take place and all related, preparatory activity should cease.

We wish everyone a safe transition through this difficult time.

for more information please contact:

Julie: julie.skinner@jj-associates.co.uk (call: 07989639583) or
Brian: villagelife@stratford-st-mary.org (call: 07850668064)

We know times are difficult at present due to Corona virus but hopefully the September Summer Ball will be something for our whole village to look forward to. We have kept the price to a minimum and are happy to take payment in two stages (unless tickets are bought from SSM Post Office) so please put on a happy face and give me a call to arrange tickets.

Julie 07989639583"



Stratford St Mary

Summer Ball

18th September 2020

7.30pm 'til 1am

at

Le Talbooth

Gun Hill, CO7 6HP

Join us for a delightful BBQ
dinner with great music

£50 per person to include a
welcome drink

Tickets available at SSM Post Office

USE YOUR POST OFFICE!!

or call Julie 07989639583

Bringing our village together



The Village Emergency Telephone

The Stratford St Mary Village Emergency Telephone System (VETS) is now up and running.

SSM Emergency Team

There has been an amazing response to our request for volunteers to help the residents of Stratford St Mary in this very difficult time. By now everyone in our Village should have a yellow slip offering help if you are self-isolating, with the name and contact number of their dedicated helper. If you have not received a form please contact me on 07535558136 and I will make the necessary arrangements.

Our Volunteers are able to collect orders from Hall Farm, SSM Post Office, Birchwood Stores, Mole Country Stores. Please pay for and place your order, then let your helper know when it's available for collection. We are also running a prescription collections from Dedham and Ardleigh Pharmacy. Each day one of our team collects and delivers the prescription between 3:00-5:30pm. Once again please let your helpers know before 3pm if you have a prescription for collection.

Please visit the SSM Emergency Team and SSM Parish Facebook page for updates and other useful information.

Many thanks go to all the Volunteers and local suppliers for their continued support.

Stay home and Stay safe!

Kelly Martin

klwhite1971@hotmail.com

If you are with a person who you suspect has had a cardiac arrest, immediately call 999 as normal. An ambulance will be dispatched as soon as possible, however due to the location of Stratford St Mary, this may take a while.

You will probably be alone with the patient and cannot leave them to go and get the village **defibrillator**, so we have a group of 10 volunteers who will respond to a telephone call from you. All the volunteers are on the same number and if a volunteer is available you give them your location, they will collect the **defibrillator** and come to your location, they will then assist in CPR and using the **defibrillator** until the ambulance or medics arrive.

The number to call these volunteers is :-

01206 700919



Wanted

an understudy / apprentice to assist Chris Griffin to learn the workings of the Stratford St Mary Church Clock.

Full training will be given by Chris of Brook Farm, Stratford St Mary.

Tel: 01206 337 363 or Mobile 07885 807 567.



Build a confident future for your church

Support your church on a regular basis by joining the Parish Giving Scheme

We thank everyone who currently contributes to our church life, with their time, knowledge and skills as well as their financial support. Without these generous donations to our church it would simply not be possible for us to flourish and continue play a crucial role in our local community.

To enable our churches to continue being a positive presence in our community for all. We are looking for regular donations through the Parish Giving Scheme (PGS). Anyone can offer a gift to the church and the PGS is the most efficient and modern way to give and the advantages are:

- Collects your regular donations
- Claims the Gift Aid entitlement on behalf of your church
- Provides the (popular) option to increase your gift annually with inflation.

Your whole donation goes to our church, which is made by Direct Debit on a

monthly, quarterly or annual basis thus reducing the reliance on cash and minimising administration. Join over 43,000 generous donors who already give nationally to the church in this way and help build a confident future for your church.

The Church of England offers a Christian presence in every parish, sharing faith and values by worshipping together, maintaining our wonderful buildings and serving the community.

Help your church continue to be there for when you need it.

To find out more contact: Frances Torrington on Familytorrington@btinternet.com or 01473 312046 or the Churchwarden in your Parish.



Sewing and knitting projects to support the NHS.

While the focus is on treating patients with Covid 19 other units at Ipswich hospital continue to provide treatment to patients such as those with cancer and the neonatal unit for sick and premature babies.

If you have a sewing machine and some fabric you can support the Ipswich Hospital by making drain bags, which are needed for patients following surgery for breast cancer.

Patients who have had surgery are discharged from hospital with a drain to help drain away fluid after the operation. Sometimes these are required for up to a week. Mothers' Union and other groups are making dignity bags for Ipswich hospital so that the drain and its contents are hidden away.

The bags are made from coloured fabric and have a long handle to enable women to wear the bag over their shoulder, leaving both hands free.

Hospitals rely on donations of these bags; without a drain bag, the drain is visible to others. Some patients may need the drain for up to two weeks and have been known to place them in carrier bags.

There are several patterns that you can download from the internet. I am happy to deliver all the bags you can make.

The Neonatal unit welcomes donations of **Baby memory bag**– these should be 22cm square approx. with drawstring so they can hang on the end of the cot.

Mothers' Union in Suffolk have been making memory bags for the Neonatal Unit at Ipswich hospital for many years. Some bags contain tiny baby vests, breast pads,

nappies and bags of tissues. This provides both practical help during their stay in hospital and also for keep-sake memories – either as proof of a baby's progression as they get stronger - baby's name bands, baby's oxygen breathing tubes etc..... or in some cases evidence of a much-loved baby who did not go home.

If you are more of a knitter than a sewer then there are patterns on www.musuffolk.org Fiddle muffs for dementia sufferers and baby hats and cardigans or premature babies.

I am very happy to arrange delivery for any items that you make. Just leave them in the porch of 'Field View' Holton St Mary Co7 6NP.

Writing Competition!

Write a short Story or poem on the subject of 'Lockdown'

What has been your experience? Open to all ages. If you would like us to take your age into consideration when judging, please provide it!

Email your competition entries to

quarteteditor@hotmail.co.uk

Or post to

1 Corpus Christi Cottages,
Holton St Mary, CO7 6NN

And see if you can win a £25
Amazon Voucher!

By entering the competition, you agree to let us print your entry in future editions.

Raydon



Fair Trade Coffee Morning

A lovely sunny and mild day for what should have been our March 24th Fair Trade coffee morning.

Sadly, on March 16th instructions had been given that the Church was to be closed. Prior to that it had been open for individuals, making sure they used hand sanitiser when entering and leaving. It was really sad to have to lock the Church as it is always open during daylight hours.

The stall was open for a few more days then the instructions were given to close that as well, another sad day! I had seen the takings rocket during the last week it was open, everyone was stocking up with books, jigsaws and plants ready for the big lockdown.

If you manage to take your exercise as far as the Church gates then you'll notice that some tidying up has been done. It looks really smart with a pristine bench for you to sit on when you get there, and you can also enjoy the flowers on the war memorial which look lovely.

Sadly, no Fair Trade coffee morning in May either but let's hope we may be able to meet again for the planned 16th June gathering.

Regards from Wendy Mumford
01473 312123

Age UK Suffolk – Good Day Calls

Age UK Suffolk are reacting to the current COVID-19 pandemic to ensure that as many isolated and lonely older people are reached by the charity as possible.

There are over 170,000 people aged 65 and over in Suffolk. On a daily basis, 17,000 of these people are affected by social isolation - that was before the current crisis - this number is now increasing at an alarming rate to levels never experienced before.

These are difficult times for all of us, but older people especially are being faced with the reality of no social contact for an extended period of time - often alone in their home and sometimes living with additional health conditions. Many older people do not have the access to technology which many of us are now relying on for social interactions and to ease anxiety.

If you need help and support with shopping, prescription collections or would like a friendly and reassuring chat, please contact Age UK Suffolk on the following numbers:
Information & Advice line: 01473 351 254
Home Help team for shopping and prescription collections: 01473 357 070
Request a regular "Good Day" call for companionship: 01473 357 071

Age UK Suffolk is a local charity, it relies on local fundraising and volunteers and all money raised in Suffolk stays in Suffolk. Please donate whatever you can, every donation makes a big difference. via the donate button on the Age UK Suffolk website: <https://www.ageuk.org.uk/suffolk/>

Raydon Parish Council

Schedule of meetings 2020

All at 7.30pm in the KGF Pavillion

Please note that the AGM has been moved to Tuesday 19 May, and the Annual Parish Meeting has been moved to Tuesday 26 May. However, given the ongoing situation with the Covid 19 pandemic, these dates are subject to review. We will keep you posted

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

Tuesday 9 June

Tuesday 14 July

Tuesday 8 September

Tuesday 13 October

Tuesday 10 November

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



Your Raydon Parish Councillors

Sue Newton (Chair)
07808 818847

Keith Lovering
07939 075143

Howard (Jim) Lowe
01473 313094

Amanda Pyall (Vice Chair)
01473 310050

Sigi Steer
07591 875267

Jayne Tann
01473 828283

Jane Cryer – Clerk
Sunnyside Cottage, Overbury Hall Road
Lower Layham IP7 5NA
01473 824287 / 07920 713940
raydonpc@gmail.com



Thank you to Pure Resourcing (Ipswich), who donated these Easter bunnies to AUKS for us to deliver and spread some Easter joy to those who've been in touch with us in Lower Raydon & Shelley!



08.04.2020

As many of you may be aware, our wonderful dad Dr Fayeze Ayache passed away peacefully in hospital yesterday from a short but courageous battle with Covid-19.

Dad was an amazing man and we, as a family are so heartened to see everyone's messages of love for him.

He was not only our dad, he was a friend to everyone, a grandfather to Paisley and a loving husband to our mum. He meant so much to so many people, quite literally across the globe.

He was the most kindhearted, loving, generous and caring man we knew and he was an incredible and amazing doctor having worked as a GP, ENT consultant and surgeon in the NHS and private sector for over 40 years.

We are truly devastated and will miss him dearly, he was a true foundation in our lives. Whilst we appreciate all of your kind and thoughtful messages and comments, along with generous offers of help at this time; the best thing that you can do for us right now is to stay at home, stay safe and be kind to one another.

Kindness is all dad would ever have wanted for us all.

Thank you again from all our family for your lovely messages, comments, thoughts and prayers, it is comforting to know how much he was loved. Not just by us, but by everyone.

We love you dad.



Raydon Phone Tree

What an amazing group we have in this village! More people have responded as volunteers for our support team than have asked for help! So it has been amazing how everyone has pulled together in the hour of need. All the prescriptions have been collected, shopping has been sorted and phone calls made to keep everyone connected. There has been a sharing of information about who can deliver what, where and when saving greatly on the need to leave the security of home. A huge Thank You to Team Raydon but as this epidemic seems to have some time to run, no let up please in our efforts to care for everyone in need.

A big Thank You to Kevin Gregory in Woodlands Road who has supplied masses of eggs, which we have shared around the village to everyone's delight. Also thanks to the Marquis for the weekly delivery of fresh bread – very welcome and much appreciated.

Stay safe and well but don't hesitate to call if you need help. Simon & Geoff

Raydon and District Gardening Club

It's Easter Monday as I write these notes which is of course so strange with all club activities closed down since March 17th for some considerable time. So what is there to say you might think and why bother !!!!!, well first of all I sincerely hope you fellow members are staying at home as much as possible and staying safe. Eventually we will all meet again (remember that song from the war years) and the club will start up again and continue to flourish. We of course are the luckier ones with gardens to walk out into and enjoy all the new Spring flowers, watch as the trees come back into green, watch as the birds who have nested start feeding their chicks in view as they have begun to fledge the nests. Nature's all around us to enjoy and relax and on warm sunny days you perhaps can sit outside and have a cup of tea or coffee as you just let the world drift by for a few hours; it's good for the soul. Daphne & I have a pond in our garden so can sit in the summerhouse and watch the pond coming back to life with all the new vegetation growing up, pond skaters, water boatman on top of water, beetles and newts swimming (we don't have fish) and sadly no frogs have appeared, but we did see a common lizard last week working its way around the rock edges, and on a very warm Easter Sunday a grass snake made an appearance so guess the newts will need to watch out other wise they could be eaten. Lovely graceful butterflies on show so far, yellow brimstone, orange tip male & female, peacock, comma, and 1 day only a small tortoise shell have been spotted. Birds overhead including Gulls, Buzzard, and Red Kite drifting across the sky, Kestral perching in trees, owls hooting

at night and just heard Chiffchaff calling, but still waiting to see first House Martins and Swallows which should soon be arriving once again to confirm summer is on its way. What a way to celebrate our 40th anniversary !!!! with cancellation of the Spring show as well as meetings and other events planned for this year etc so here's hoping we may be able to enjoy the summer show in mid August, so let's be optimistic and hopeful and of course none of us have any excuse now of saying we didn't have time to prepare and grow all the flowers and vegetables needed for the Flower & Produce show. We all have more time to make things like handicraft, practice baking of bread perhaps and of course those delicious cakes, but photos might be more challenging to get the subjects required especially if like most of us we are "at home".

Just an idea :- How about you all take say a couple of photos of your gardens between now and August then if we are not able to stage our summer show we could perhaps display all the photos at the AGM night in November to cheer us all up and a nice reminder of what summer was all about, we could also have a short fun quiz to try and guess whose garden the photos belong to ? Perhaps like the last rose of summer competition we could all place a 20p coin down against the photo and the roses we like best, with the winner taking all the monies placed at their own photos / rose with the remaining money to help club funds. Another thought that was being considered by your committee (last meeting before shut down) was to hold the November AGM night in the afternoon as several members and special guests, judges & our club President are getting to the age of not wanting or unable to drive at night especially when

weather is bad, as some have quite a distance to travel, also of course one way would hopefully be in daylight or perhaps we should have a 12.30pm meeting with cold buffet and finish by 3.00pm so everybody could travel home as well in daylight. Members let me know what you think about this option and would you be able to come and support this idea !!

Just to update:- All our guest speakers will be asked to come next year, and our garden visit to Place for Plants East Bergholt. The coach outing to RHS Wisley will either be able to go in September / October if possible so all is not lost just yet for this gardening year. In the meantime members keep in touch with each other, watch out for up-dates in my quartet notes each month, enjoy the summer period as best as possible, and remember gardening in large or smaller, window boxes or just a few flower tubs - it always brings a soothing mentality and a calming effect to each and every day. It's the wonder of nature all around, the changing seasons, that inspires us, as we strive forward to better times.

With best wishes to you all and stay safe.

Geoff Horrex, 01473 310422 or mobile 07810086143 or email : geoff@horrex.net

40th Year



They too should also be thanked...

We rightly thank and applaud all who work in the NHS, Social Care and the utilities. Hopefully, we will not require the attention of the NHS in the weeks ahead if we maintain social-distancing, stay safe in our daily activities and attentive to our health. However, there are many whose work and commitment does impact on our day-to-day life and without whom we would certainly be more uncomfortable – and anxious. These include all who work in the farming and retail, specifically the food industry, who enable us to eat what and when we want and with no rationing. They also process and pack the countless home-deliveries for the vulnerable or self-isolating. In the absence of this invaluable resource the responsibility would lie with each one of us. Consequently, each Thursday, we should corporately thank all those people that allow our day-to-day lives to continue as smoothly and effortlessly as possible; we need them and we should show it. Thank you.

Lower Raydon & Shelley Covid-19 Response

Email:

covid19mutualaidsuffolk@gmail.com

Jayne Tann: 01473 828283 / 07887 767478; Eva Phillips: 07871 835458; Janet Campbell: 01473824852

Please let us help you to stay safe and help the NHS by **staying at home!**

Even if you haven't been asked to self-isolate, please think about how to **avoid supermarkets and pharmacies** to reduce the ability of the virus to spread and **get us out of lockdown sooner!**

Every time you go to a supermarket you are contributing to prolonging this as well as risking lives.

The way the community has come together has been truly moving. So many of us are supporting each other in different ways: volunteers are out collecting prescriptions, shopping where absolutely essential and delivering orders, but even those who are staying at home are sharing their online grocery shops with neighbours, staying in touch with others, spreading the word amongst our residents and providing technical support to help others learn new e-skills. Please have a look at the other ways that you can contribute *on the next page*.

You may have seen our Thank You to binmen and posties posters on bins and postboxes – the more of these we display, the more effective our message. We've also got some for other keyworkers to display in our cars.

We're trying to minimise reliance on volunteers by joining together to share online grocery orders and using the services of local businesses, who deliver; we have a directory of these, which has been sent out via our

email list and most are also posted on Facebook:

<https://www.facebook.com/groups/207153000630852/>

There is also a lot of useful local information on the "Care for our Community Hadleigh Suffolk" and other local Facebook groups and most local businesses are *only* advertising their new services on their Facebook pages, so it might be useful to join temporarily, however reluctant you are - you don't need to make any 'friends' to view!

Hand sanitiser: I've been contacted by a factory who can supply us direct. We've placed one order but they can take individual orders too. Please take appropriate precautions with any items entering your house.

Please get in touch (from any village) for further information, to join our email list or if you need anything!

Photo Competition!

Take a black and white photo on the subject of 'Lockdown'

What sums it up for you? - Get creative! Open to all ages. If you would like us to take your age into consideration when judging, please provide it!

Email your competition entries to

quarteteditor@hotmail.co.uk

Or post to

1 Corpus Christi Cottages,
Holton St Mary, CO7 6NN

And see if you can win a £25
Amazon Voucher!

Higham

Higham in the time of Corona

Higham was fortunate to have an existing Village Matters email system that has been run by the Chairman of the Village Meeting to keep residents notified of upcoming events etc. As the full implications of Covid 19 started to unfold in mid-March, our current Chairman was quickly able to contact virtually every household in Higham to see who might be self-isolating, or otherwise in need of assistance, and call for anyone who could provide help. A village WhatsApp group was established alongside the email for those who are rather more digitally adept. A DVD and book exchange was also set up, albeit that the further tightening of movement restrictions has meant that it has had to be suspended for the time being.

Through the email/WhatsApp channels we have been able to match up requests with offers of support. It has also allowed us to keep people posted on a wide range of matters:- announcements/guidance from Babergh, NHS and Police authorities; establish a weekly prescription collection service from Hadleigh, Dedham and East Bergholt Pharmacies; provide details of local food suppliers and take-away services; promote the weekly NHS Clap for Carers, local Foodbank and sewing of scrubs for care workers; highlight theatre and other cultural offerings available online; and even trade jigsaw puzzles and the like unearthed from spring cleans of attics and sheds!

Whilst Government lockdown restrictions have meant that the church building has had to be closed, through the valiant work of our Lay Reader, Nicola Tindall, a regular flow of links to a Daily Prayer and Diocesan

and national church services has been made available. For Easter Sunday the children of the village created some amazing homemade cards which were delivered with an Easter Egg from the Benefice to a number of Higham residents.

Last week saw an inaugural village coffee morning conducted through Zoom. Emboldened by the success of this new technology, an online meeting of the Higham Book Club is planned for later in the month. The Village Quiz originally planned for May 2nd in the church will now go virtual. Managing the technology may be an easy challenge compared with the self-discipline required for each household to honestly mark their own papers! Looking further ahead, we are meant to be holding the bi-annual village party by the river this summer. Obviously, it is too early to judge yet whether it will be possible to proceed, but if conditions allow, it would be a lovely way to bring everyone together again.

Finally, we would like to thank the myriad folk beyond the parish who have helped all of us during the lockdown, whether it be the pharmacies, postmen, dustbin men, district nurses, shops, suppliers, delivery people and many others.

In case there is anyone we have failed to add to the Higham Village Matters email or WhatsApp, please contact craig.bisson@simmons-simmons.com.

Hugo Parker - 17th April 2020

HIGHAM SUMMER PARTY – Save the Date

Subject to the Corona pandemic and Government restrictions, we are hoping the Higham Summer Party will take place on Sunday 28th June 2020.

Picnic lunch by the river. Lots of activities. Open to all Villagers, families and friends.

Further details to follow.



Higham Quiz

The Quiz due to be held on **Saturday 2 May will now take place on Zoom as a Virtual Quiz,**

starting at 7.30pm on Saturday 2 March.

Could any household wishing to sign up please notify Roger Finbow

(rogerfinbow@angliamail.com) or Nathan Crame (npcrame@googlemail.com) so that the rules and a Zoom link can be provided.

Directory of Services

If you need help collecting an order - call your local emergency team

- **Anglia Produce** – supply vegetable and fruit boxes. Tel: 01206 233471

- **An Ethical Life** delivers to our area each Thursday (orders by email or phone):
<https://shop.anethicallife.co.uk/>;
<https://www.facebook.com/anethicallife/posts/2585047308433732>

- **Brook Street Foods** delivers set boxes (fruit, veg, meat, eggs):
https://www.facebook.com/pg/Brookstreetfoods/shop/?ref=page_internal

- **Birchwood Farm** – supply vegetable and fruit boxes. Tel 01206 323797

- **Hadleigh market** - fruit and veg on Fridays - they do mixed boxes at £10,15,20 (example items: carrots, potatoes, cabbage, cauliflower, onion, sprouting broccoli, grapes, oranges, apples).

- **Ferguson's Deli in Hadleigh** (pre-order & collect)
<http://fergusonsdelicatessen.co.uk/>

- **Suffolk Food Hall** (order & collect):
<https://suffolkfoodhall.co.uk/>

- **Peninsula Foods:**
<https://www.facebook.com/PeninsulaVeganFoods/posts/3173829229295109>

- **Hall Farm in Stratford** (order & collect) 01206 322572

- **Hollow Trees Farm** (order & collect):
shop@hollowtrees.co.uk payment over the phone for collection

- **Whole Food Store in Manningtree** (order & collect): Wholefoodstore@hotmail.co.uk, 01206 391200

- **Wooster's Bakery**: order online for collection on Friday at Hadleigh market:

- <https://www.hellofresh.co.uk/> You get sent ingredients for a certain number of meals - quite fun! Here's a referral code that gives you £20 off: HS-6DCQ369JC

- **Jet Lounge in Hadleigh** - Call 01473 828592 to order Takeaway, Call & Collect and Delivery.

- **To use our local foodbank**, who deliver, please contact: hadleighfoodbank@gmail.com

- **Stoke By Nayland Village shop**: 01206 262335

Fish:

- **Hadleigh Thursday 8am - 1pm** (Rear Kings Head) 01394 384939 - call in advance to check availability

- **Simper's** set box deliveries of fresh fish caught on the Suffolk coast:
<https://www.simpersoframsholt.co.uk/>

Derrick – Lowestoft fish van – 07967 755771

Butchers (some of which add other groceries to orders):

- (Delivers) **The Jolly Meat Company**
<https://www.facebook.com/135631366478619/photos/rpp.135631366478619/3767301223311597/?type=3&theater>

Coleman's Butchers, Boxted – 01206 272270

- (order by email & collect)
<https://www.facebook.com/eastendbutchers/> - (Delivers)

- (Delivers) **A. Leeder (Boxford)**: beef, pork, lamb and chicken, fresh vegetables, cheese, marinades, eggs and bread. Taking orders over the phone and delivering.
01787 210267

Plants and Hardware:

- **Partridges** in Hadleigh are delivering for free if you place orders over the phone 01473 822333

- **Place for Plants** in East Bergholt are doing free delivery to our area - call to order 01206 299224

Other:

- Apps: Zoom and House Party can help you have e-group gatherings while at home!

- if you or others you know would like help with technology e.g. to stay in touch with friends and family, Caitlin Curry is offering support (from a distance!):
caitlin.curry@hotmail.co.uk,
+447557771597

- Jayne's book library/exchange is located opposite Fox Farm at the bottom of Sulleys Hill. Please visit and borrow, ensuring you take appropriate hygiene measures!

- Jayne Tann is thinking about how to go about setting up some horticultural support as I imagine more of us than usual are planning to grow fruit and veg this year! Get in touch if you want to get involved with whatever it ends up being:
jayne@foxfarm.co.uk, 07887 767478

- you can borrow loads of e- and audiobooks for free using your library card no and films on Kanopy - look on Suffolk libraries website

Holton St Mary

Holton St Mary Parish Council

We intend to hold our next meeting on 15th May virtually via Zoom. I will publish the agenda a week before the meeting, and if you would like to join, just let me know and I will send you an invitation

Anne Priestley, Parish Clerk;
hsmparishclerk@yahoo.co.uk



Holton Women's Book Club

Members of the newly formed Holton Women's Book Club were looking forward to getting together for their first meeting to discuss 'The Salt Path' by Raynor Winn. However, with 'social distancing' becoming a necessity, alternative ways of meeting up were sought, and aided by the wonders of technology we successfully held a virtual meeting on 7th April.

Following lively, friendly discussion about the first selected book, we are now eagerly planning future meetings and taking turns to choose new books to share. If you enjoy reading and would like to join us at future meetings, we would be delighted to welcome you. We intend to meet on the first Tuesday of the month, from 7.30-9.30pm, which for the time being will continue to be a virtual meeting. However, eventually we will revert back to the idea of a group meeting, with a chance to share light refreshments, informal discussion and good company.

The next meeting is on Tuesday 5th May, when we will be discussing 'Tidelands' by Philippa Gregory. If you would like to join us, please contact Liz Norton on 07745 607 713.

Holton St Mary 'COVID19 Community Emergency Plan Team'

The 'COVID19' team rapidly evolved from our village's recently-established Community Emergency Planning Team (CEPT) and its Community Emergency Plan, which is registered with the Emergency Planning Department of Babergh District Council.

The CEPT comprises of eight volunteers drawn from within the Parish Council (PC) and the wider village community. The village is divided into four geographical regions, with approximately the same number of dwellings per region. Two CEPT volunteers cover each region. In February 2020, CEPT began to identify 'vulnerable' or 'at risk' people in the village in the event of an emergency, as in a prolonged power-outage or major incident within the village.

In early March, CEPT was re-named the 'COVID19 Team', for obvious reasons. Its first objective was to complete the list of vulnerable people. Its second task, completed in the second week in March, was to produce a 'postcard' based on a design that some of its members had seen used elsewhere in the UK.

The COVID19 Team subsequently visited and spoke with the residents who were considered to fall within the Government's 'vulnerable' criteria. Each household was given one of the postcards which included the following information:

- The name and contact details (address, land and mobile telephone numbers) of their regional volunteer

The type of help the people might require: picking up shopping; collecting medications; posting mail; being available for a friendly 'phone call; and anything else for which they might require help or advice.

The postcard provided people with a visual reminder for how to contact and request help from their designated volunteer following the visit.

The COVID19 Team collated information on the vulnerable people which included their address and telephone number(s) and the name and telephone number(s) of a family member or close friend should they need to be contacted. They also identified which pharmacy routinely dispensed their medication and whether their medication was usually collected or delivered. Consent was obtained to allow the PC to hold this information within the framework of GDPR (General Data Protection Regulation).

In early April, the COVID19 team set up a 'WhatsAppGroup' for its members to share and, where necessary, rapidly cascade relevant information on the pandemic as it developed and to better inform our work in the village community.

The work of COVID19 is guided by, and in line with the recommendations of the Government, Public Health England and NHS England. It has no specific authority (as defined by legal power or right) but its work is enabled within the emergency permission given by Babergh and within its insurance policy, as well as within the important 'Good Samaritan'* approach to people in emergencies. People have the right to decline the support of the Team should they so wish, and without prejudice.

The COVID19 team is not part of any formal county, regional (East of England) or national network of similar teams. However, its lead is in contact with the embryonic 'Suffolk Collaborative Communities COVID-19 Board'.

In the first week of April, the PC contacted residents, including the vulnerable people, to see how they were coping, whether they felt appropriately-supported and whether more, and what, could be done for them. The PC also wanted to identify additional vulnerable people who may have been missed in the initial house-to-house visits by the COVID19 team.

Finally, the team is prospectively collecting details of the work they are doing for those designated as being 'vulnerable'. This will be helpful for many reasons: first, to provide a record, and contribute to the village archive on what life was like during the COVID19 crisis; second, to inform CEPT plans for any future community emergency and thirdly, to establish a database of all vulnerable people in the village.

*Good Samaritan laws: provide legal protection to people who give reasonable assistance to those who are, or whom they believe to be, injured, ill, in peril, or otherwise incapacitated. The protection is intended to reduce bystanders' hesitation to assist, for fear of being sued or prosecuted for unintentional injury or wrongful death (based on: the Gospel of Luke 10:25-37).

The Parish 'COVID19 Team'

Social Club

The Social Club Committee would like to extend their best wishes to all members and trust they are staying safe and well.

As you will appreciate all future planned events have been cancelled. In the case of the May VE Day Event, that has been postponed for the time being.

We will continue to keep you posted via the Quartet or the Holton FB page

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

SESAW is currently closed however if you have an animal, or know of one, in urgent need please contact us. Ring 01787 210888 leaving your name and most importantly your number then a brief description of the problem. The answer phone is regularly checked and we will ring you back.

Please note, cats cannot transmit COVID-19 to humans but could possibly carry the virus for a short time if an infected person had handled them. If someone in your household is displaying COVID-19 symptoms it is advisable not to let your cat out. Obviously for some cats this could be very stressful and they may need to go out, if only for a short time. Entire cats should not be let out at all until they have been neutered to prevent unwanted pregnancies. In all cases after touching your cat, wash your hands.

Work goes on looking after the animals at the Centre and they continue to enjoy life in total oblivion of mankind's distress. Obviously our fund raising activities have ceased so any donations would be greatly appreciated. Please visit our website to donate via Just Giving or send a cheque made payable to SESA.W.

Keep safe until we meet again.

Suffolk & Essex Small Animal Welfare, Reg.Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888, www.sesaw.co.uk



Some ways to contribute to the counter-virus effort

- Support the NHS by buying things on Amazon for Colchester & Ipswich hospitals, who have both made wishlists:

Colchester Hospital wish

list: www.amazon.co.uk/hz/wishlist/ls/2EG9FMWM0F2HP

Ipswich Hospital wish

list: www.amazon.co.uk/hz/wishlist/ls/2FDN3M3QY2C7DX

- Use your sewing skills to support hospital staff by making scrubs:

<http://www.colchesteripswichcharity.org.uk/cv19staffwellbeing/scrubs/>

- Apply for voluntary or paid roles with the East of England Ambulance Service:

https://www.eastamb.nhs.uk/join-the-team/?fbclid=IwAR1oQUNpGdDglDgOZzy8RjvZ14cXgCUuE7og0HhVU5RV82_i-DgRn8g0OYk&=

- Donate to the foodbank in Hadleigh (they prefer monetary donations to food ones as it's easier to source exactly what they need): PayPal

email: hadleighfoodbank@gmail.com

Or bank details: Account no: 83527832 Sort Code: 20-16-12

- If you have a 3D printer, you can help the NHS with PPE supplies: <https://www.rs-online.com/designspark/do-you-have-a-3d-printer-you-can-help-to-fight-covid-19>

- Donate to Refuge UK, who are attempting to support an unprecedented number of victims of domestic abuse, whose suffering is exacerbated by lock down

conditions: <https://campaign.refuge.org.uk/page/58435/donate/1?ea.tracking.id=EMER-landing>

Some infectious insights

Current events have highlighted the global nature of micro-organisms and their deadly products (infections), as well as the importance of scrupulous hygiene. At the beginning and end of life the body's immune system, a highly complex defence comprising of specialised blood cells, lymph and proteins ('complement', enzymes, antibodies etc.), is relatively dysfunctional. In the first six, possibly nine months of life, the infant's immune system is largely 'passive', derived from their mother's antibodies (mainly through the placenta). By 12-18 months of age it is functionally 'active', although still precarious. Beyond 70 years, the immune system is in decline, partly because of the body's natural aging process (past its 'best before date'), and partly because of lifestyle (less exercise, poor diet etc.). Consequently, these two groups are more at risk of 'catching' an infection, particularly one which they, and their immune system, have never encountered before. Others are at similar risk to these predatory micro-organisms, including visitors to foreign countries, school-teachers and doctors, particularly early in their career. Unfortunately, I did not escape and experienced some common but also rare hospital-acquired, also called 'noscomial' infections. These knowingly included influenza A, adenovirus, scabies, herpes zoster ('shingles'), *Streptococcus pyogenes*, *Campylobacter jejuni* and Bornholm disease, a very rare viral infection. All were contracted in the first few years post-qualification, working in hospitals with the bugs eager to invade an immune-naïve doctor.

Campylobacter jejuni is typically associated with contact or eating contaminated food (particularly chicken but also sea-food). Fever, followed by severe abdominal cramps and spasms, rapidly pursued by explosive, profuse and often bloody diarrhoea is the typical course. Vomiting is uncommon, unlike many other causes of

food-poisoning. The diarrhoea resolves within 24-36 hours and most people recover after five days without the need for antibiotics. Complications are rare but potentially serious, particularly in those with a compromised immune system; these include sepsis, arthritis and a frightening condition, Guillain-Barre syndrome. A Dutch colleague developed this and required ventilatory support for three weeks.

Herpes zoster ('shingles') is an infection of the skin and nerves caused by re-activation of the varicella-zoster (VZ) virus contracted in early childhood. This virus lies dormant in part of the sensory nerve cells, waiting to pounce.... Shingles is not caught from a child with chicken pox. Stress, fatigue and poor nutrition, which impair the immune system, may trigger re-activation. The typical course is one of painful itchiness or sharp stabbing pains in the skin on one side of the body (abdomen more common than the chest, as in my case) or, slightly less commonly one side of the face, with, at the same time, or 12-24 hours later, by blisters ('vesicles'). New vesicles may appear for up to a week, but a few days after appearing they become yellow, flatten and then form dry crusts. The rash clears within a few weeks but the pain, called 'post-herpetic neuralgia', which may be debilitating, may last for months.

Bornholm disease caused by the virus, *Coxsackievirus B5 (CB5)* is very rare. It was named following its identification in a person from Bornholm, a small island off the eastern Danish coast. It is also known as 'epidemic pleurodynia' or 'Devil's grippe', the latter description being highly accurate. It begins with an increasing fever followed within 24-48 hours by a runny nose but usually no cough. The characteristic symptom then starts: rapidly increasing pain and a tightening on both sides of the chest. At its peak the pain is crushing and vice-like, making deep breaths impossible and closely resembling a heart attack or large pulmonary embolism (clot in the lung); however, in these conditions the pain usually only affects

one side of the chest. For me, the only vaguely comfortable position was to sit upright with my arms pushing down into the chair to splint my diaphragm; this allowed me to take very shallow breaths. I sat and occasionally slept in this position for over 24 hours. As with most viruses, there is no treatment and recovery is often relatively rapid; my pain resolved completely (with fluids and 4-hourly paracetamol) after 48 hours. The diagnosis was confirmed by the identification of very high antibody titres (levels) in my blood to the CB5 virus. The levels increased from 1 in 128 to 1 in 4096 14 days later (a very high level). Clearly, I had to visit Bornholm and did so; it is beautiful and tranquil place, so unlike its eponymous association.

‘Stay safe; stay at home; protect the NHS; save lives and wash your hands’

Richard Appleton



Stour Valley Men's Probud Club

Stour Valley Men's Probud Club

Recent Meetings

On Wednesday 4 March Maureen Clarke talked to us about "The plight of street orphans in India". At our AGM on 18 March Dave Carman was voted in again as President and Speaker Secretary, Graeme Forsyth as Secretary and Val Pretty as Treasurer.

Future Meetings

At the AGM it was agreed that in the light of the Corona Virus outbreak all Club meetings would be cancelled for the next few months. We plan to meet again on 2 September 2020 when Jan Derbyshire will speak on the good work of "The Shelley Centre For Therapeutic Riding".

Meeting Venue

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB
New members are welcomed

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. New Members are always very welcome at all meetings of the Stour Valley Men's Probud Club, just join us at 10am on a meeting date. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. We meet on the first and third Wednesday of each month in Manningtree at 10 for 10.30am. Please contact President Dave Carman on 01255 880202 for further details.

Have you thought about what to do yet?

Don't forget!

Write a short story or a poem
(max 500 words)

Take a black and white photo

Email your competition entries to

quarteteditor@hotmail.co.uk

Or post to

1 Corpus Christi Cottages,
Holton St Mary, CO7 6NN

And see if yo can win a £25
Amazon Voucher!





STOUR VALLEY U3A has set up a number of support systems for its members during the coronavirus pandemic.

These include dedicated helplines for those self isolating in East Bergholt and Manningtree/Mistley/Lawford to help with basic needs such as food shopping and prescription collections.

A general support group for members is also available for those living in East Bergholt.

Lectures for April, May and June have been postponed until July, August and September, pending government advice. A weekly newsletter is being circulated to all 400 members to keep them informed with news and updates.

For further information visit:

<https://u3asites.org.uk/stourvalley/home>

or contact chairman Graham Manuel gandamauel@gmail.com or secretary Sue Basted susanbasted10@gmail.com

Village History Recording

As many of you know, I have been the Village History Recorder for Holton St Mary for some years. The purpose of this voluntary role is to record significant events, changes and community activities so that this information is available to future historians. So far I have only recorded current changes without delving into the past. You may have seen me taking photos around the village as the changing street scene is one of my interests.

Jeanette Appleton approached me to say that she was interested in recording oral history of the village. Whilst many people have a lifetime of memories in their heads, they very rarely get around to writing them down. Recording the spoken word is an easy and enjoyable way to ensure these recollections are not lost forever. We would therefore like some volunteers to come forward and agree to being 'interviewed' about their life in Holton St Mary. The recording can either be just to a digital voice recorder or Jeanette is prepared to use a video camera. You don't have to have lived here for years, recent memories are just as important!

The recording would be made by spending an hour or so in the comfort of your own home and the resultant information will then be stored at the Suffolk Records office. This would then be available for the public to listen to, view, or see a transcript. Public access can be immediate, or delayed until a future date to be agreed if that is what you prefer.

Obviously the Coronavirus situation has affected this project (I am writing this in March) and recording will not begin until after the lockdown but you may like to start making a few notes about the memories you would like to share.

If you are happy to spend a little time talking about your Holton St Mary memories we would love to hear from you.

Marjorie Haste 01473 311615
Jeanette Appleton 07768 418942

Bin Collection Schedule

	Week Commencing	
Recycling Week	19 th April	
Refuse Week	26 th April	
Recycling Week	3 rd May	Bank Holiday week - one day later
Refuse Week	10 th May	
Recycling Week	17 th May	

Waste Services 0300 1234 000 (option 4) Email: recycling@baberghmidsuffolk.gov.uk
Visit www.recyclenow.com to find your nearest recycling banks



DEDHAM TENNIS CLUB

The new tennis season starts in March & subscriptions are now available for memberships until March 2021.

Juniors are £5, Individuals from £73 & Families £183. These give free access to the courts. Trial periods can be arranged for anyone who just wishes to try it out.

Junior coaching groups take place on Saturdays & adult coaching is available.

More details are available on www.clubspark.lta.org.uk/dedhamltc

Or email dedham-tennis-committee@googlegroups.co.uk

East Bergholt WI

Our walking group enjoyed some lovely spring sunshine and spring views, especially the many snowdrops, on their walk around Washbrook at the end of January.

We meet at the Constable Hall, Gandish Road, East Bergholt and would be pleased to welcome any prospective new members.

For further information please contact our President Tina Hurley on 01206 298223 or check out our website at eastbergholtwi.wordpress.com



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Heath Road, East Bergholt, Colchester
CO7 6RT

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Telephone 01206 298272
Fax 01206 299010

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

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Dispensary 8.30am – 6.15pm
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Fax 01473 311722

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[http://www.suffolk.police.uk/safetyadvice/repo
rt/crime/tellthepolice.aspx](http://www.suffolk.police.uk/safetyadvice/reports/crime/tellthepolice.aspx)

PC 1347 Gilkes Pcs0 3041 Cooper
babergeast@suffolk.pnn.police.uk
Telephone...101

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Wednesdays

Currently suspended

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

Currently suspended

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
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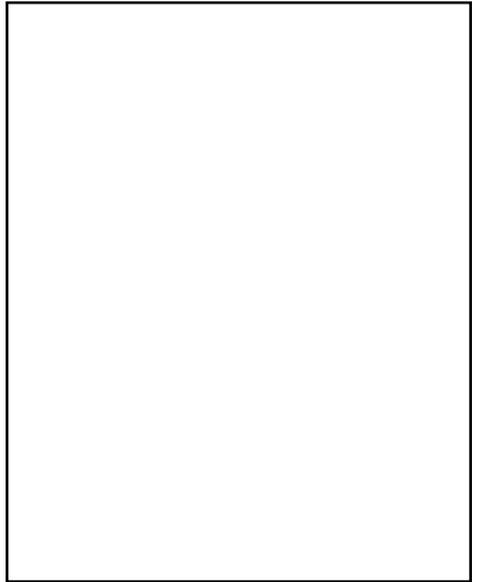


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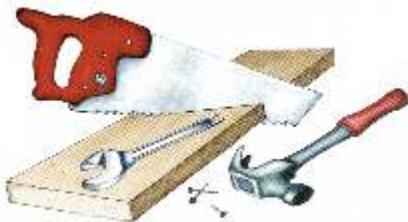
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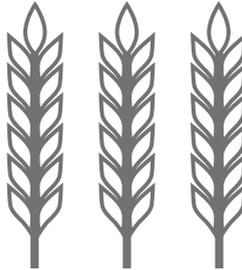
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BENEFICE CONTACTS, SERVICES AND EVENTS



Reader:

Nicola Tindall: 01787 212340 nicolajtindall@btinternet.com

Please contact Nicola to discuss any aspect of faith and services in the Benefice including home visits.

Benefice Administrator:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

Please contact Frances to talk about baptisms, confirmations, weddings and funerals.

Benefice website:

www.4marys.org.uk

Churchwardens:

Higham Hugo Parker 01206 337234

Holton Richard Noel 01206 298276
Paul Torrington 01473 312046

Raydon Geoff Horrex 01473 310422
Simon Tennent 01473 310320

Stratford Jonathan Dewey 01206 322148

The Quartet benefice Newsletter and events schedule

Dear Friends

What a difference a day, a week, a month makes. Due to the deadline for articles for The Quartet being ten days before the month end there was no chance to change Simon's engaging article last month inviting all of us to make good use of our churches and their porches over Easter. Little did any of us know then that our churches would be closed and locked shut to help with preventing the spread of the Coronavirus. To begin with some people queried why the Church of England needed to take such drastic measures, especially as Easter approached but as the month rolled on the wisdom of those decisions became clear.

The buildings may have been closed but the Church, the people of Christ, has been wide open in new and interesting ways: first of all for the resolution of Lent, Holy Week, Easter, and now, as we move towards Pentecost at the end of this month. I have been watching Morning Prayer on a daily basis led by Bishop Martin on Facebook, <https://www.cofesuffolk.org/bishops/broadcasting-live-services> a gentle way to begin each day. I have even had a go myself and invite all in the Benefice to join me in a form of Daily Prayer on YouTube, <https://www.youtube.com/channel/UC1M8VbnbDaoYsFQT6-9R08g> (I've not quite gone 'viral' yet but give it time!). We have had an online compline service during Holy Week and a virtual Good Friday Walk which I know helped many of you to reflect on the passion of Christ. It just required a little imagination, though this year no sore feet! By the time you read this we hope to have held our first 'Zoom' Family Hour. This Benefice has most definitely landed in the 21st century. I am aware that not everyone feels at ease using computers so wherever possible we will make paper copies available, (just ask one of our Lay Elders or Churchwardens). Indeed one of our Lay Elders, Janet Dewey has set up a daily prayer group which is going from strength to strength, please contact her for more information.

One of my passions, as I am sure you are aware by now is Christian Aid Week. The clever people at CA HQ have put together a variety of events to help us remember that, although we may be suffering as we have never suffered before, there are others in the world who need our help even more because of the situation before the virus spread and now, when it has reached almost every corner of the world. Please look out for a CA Quiz later in the month on our facebook page <https://www.facebook.com/4-Marys-Benefice-111433503828636/> or on our website www.4Marys.org.uk and a special CA service we will devise and put online for Sunday 10th May.

That is in the future, but first we should reflect and look at what has been going on in our Christian community within the four villages in the past five weeks since lockdown began. The children came up absolute trumps by making over 90 Easter cards. These were carefully delivered around the parishes and spread Easter cheer amongst the elderly, the lonely and the vulnerable. Well done and all organised within the space of a week! There have been some fantastic initiatives in each village making sure that nobody feels too alone and isolated and which makes us all feel proud to be part of such a caring and kind

community. The Benefice thanks all of you from the bottom of our hearts who are demonstrating God's love (whether you believe in him or not) in everything you are doing, it is quite extraordinary.

One thing our kind words and actions cannot cover is the financial shortfall all four churches will be struggling with, (no services = no collections). It is going to be very hard to make up the difference as insurance bills and quotas to the diocese, still have to be paid. Please carefully read the notice below and see if there might be some way, if you are not already doing so, to help financially towards keeping our beautiful buildings ship-shape and ready to receive congregations and visitors once we are the other side of the pandemic.

In God's love
Nicola (Reader)

Giving:

Within the Benefice we are grateful for continued support / donations that are vital in helping us keep our churches going.

If you would like to maintain your usual level of giving to any of the Benefice churches, but are unable to because of the suspension of weekly services, you could either send a cheque (made out to the church of your choice) by post to Frances Torrington, the Benefice Administrator at Oaks Farm House, Holton St Mary, CO7 6NW and she will pass it onto the relevant church or you can make a payment directly to the church of your choice by either contacting the Churchwarden of the church or Frances Torrington (01473 312046) for bank details.

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Services in May

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www.4marys.org.uk.

House Group: There will be no House Group in May.

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We pray for our Benefice during the vacancy and for any candidates thinking of applying to be our next incumbent.