

**Higham
Raydon
Holton St Mary
Stratford St Mary**

Quartet

The Parish Magazine



October 2020
Issue 386

FREE

To anyone able to collect

Two small (W64XD80XH84cm)
Armchairs

Terracotta design on cream
background

good condition

Contact:

01206 323 091, 07850 668 064

Small Ads Pin Board

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

Quartet Diary

October

- 2 HSM Lunch club
- 3 HSM Green Gym
- 5 Raydon Annual Vestry and Parochial Church Meeting
Raydon Pavillion works begin
- 6 Raydon Fair Trade Coffee Morning
- 8 Higham Annual Parochial Church Meeting
- 10 Higham Curry and Quiz Night
- 13 Raydon Parish Council Meeting
- 22/23 Raydon Pavillion car park closed

November

- 3 Raydon Fair Trade Coffee Morning
- 6 HSM Lunch club
- 7 HSM Green Gym
HSM Church Clean Up Day
- 9 Stratford Parish Council Meeting
- 10 Raydon Parish Council Meeting

- 11 HSM Parish Council Meeting

December

- 1 Raydon Fair Trade Coffee Morning
- 4 HSM Lunch Club
- 5 HSM Green Gym
- 25 Christmas - I hope.

Editors Corner

Over the past few months, when so few regular village activities have been going on, we have found it difficult to keep the pages of the Quartet filled with what we hope is useful, interesting and up to date articles. We must say a huge thank you to the host of stalwart supporters who have gone out of their way to write extra articles for us and help us to keep the magazine going. Jason and Lester at Printing for Peasure have been wonderful too, finding ways to keep the press going during these difficult times.

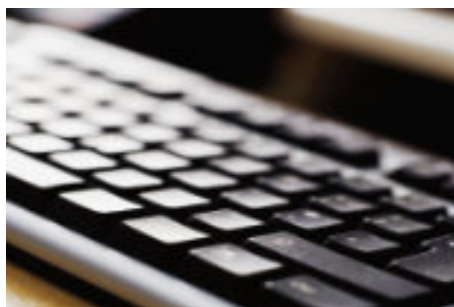
Unsurprisingly, we have had quite a few local advertisers drop out of the magazine recently which has hit our revenue as well. At the moment we're relying on reserves to pay the shortfall on the monthly bills, but that will only get us so far. We will keep you informed, but we may have to look at creative ways to keep the magazine afloat in the coming months!

It doesn't look like things will return to normal anytime soon, so we will just have to take things one month at a time and find ways to evolve and carry on.

Happy reading

Anne and Jane

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



Copy deadline for next edition:
19th October 2020

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Stratford St Mary

Stratford St Mary Parish Council Emergency Team

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

Norman Woodard
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Norman.woodard@fatbloaters.com

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chrisbrookfarm@gmail.com

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42 Strickmere 01206 322482
07958 515573

Bill Davies
3 Spanbies 01206 322990
billdav@hotmail.com

Stratford St Mary Parish Council website has now been updated. Please pop over to www.stratfordstmary.onesuffolk.net and let us know what you think. If you would like your event advertised on the website as well as in the Quartet, whatever it may be, please let the parish clerk know on parishcouncil@stratfordstmary.org.uk

We have received several complaints from fellow residents about overgrown hedges eroding onto the pavements around the village. Please can you ensure that any hedge that is outside your own property is not causing the pavement to be narrower, in this time of social distancing, all space is needed on all pavements.

Thank you

Parish Clerk



SSM 100 Club Winners

September

80	C. Steward	£40.00
56	T. Nixon	£10.00
97	S. Kite	£5.00

Road Closure in Dedham

Suffolk Highways plans to undertake maintenance to Dedham Mill Bridge on B1029 Dedham Road, Dedham. The work will involve the replacement of the existing bearings at the south end, resurfacing, installation of new movement joints and painting of the barriers.

The works are programmed to start on 5 October and will continue until 4 December 2020. Please note that during this time, it will be necessary for the road to be closed 24/7 to enable the works to be carried out safely. Temporary traffic signals will also be in place, as detailed below.

- 5 October to 11 October 2020 – Temporary Traffic Signals
- 12 October to 29 November 2020 – 24/7 Road Closure



- 30 November to 4 December 2020 – Temporary Traffic Signals

The road will be closed from the junction of Church Road, Stratford, to Dedham Mill Bridge. Pedestrian & cyclist access will not be available during the road closure.

For the duration of the road closure, traffic will be diverted via

Clockwise diversion route - B1029, Birchwood Road, A12, A1232 and B1029

Anticlockwise diversion route - B1029, A12, Birchwood Road and B1029

Please note that Dedham Riverside Car Park (near Mill Pond) will be closed for the duration of the works however, alternative parking is nearby.

Raydon

Fair Trade coffee morning



Another lovely sunny day for our September Fair Trade coffee morning which again was in the Churchyard.

Our "Guest" behind the coffee pot today was one half of the "Afternoon Tea" team which sadly hasn't happened this year. I think news must have got around as some of the cyclists who support the "afternoon teas" actually came by for coffee today. They must also have heard about the "Frinton goodies" which again were delicious. We welcomed the new little "Frinton" dog as well but he's following Boris' rules like us all and likes to keep a distance from others.

I especially enjoyed today as I was able to sit and chat and catch up with others while enjoying the usual great coffee. We also had the last flurry of sponsoring our intrepid exercise bike rider, the event takes place on Saturday September 12th. She does a fantastic job in raising a large amount of money which is shared between us and the Trust, Watch this space next month to see how much it is!

Well, we're planning to hold our next Fair Trade coffee morning in the Churchyard again on October 6th, we hope for another sunny day but it might be coats, scarves and umbrellas, We'll be here though whatever the weather so hope to see you as well.

Many thanks as ever and especially to our "Guest" at the coffee pot and to Geoff for moving all the tables and chairs for us.

Wendy Mumford 01473 312123

Community Speed Watch



We are pleased that Raydon Parish Council is planning to introduce a Community Speed Watch, in response to the review undertaken some years ago when speeding traffic was the major item of concern to residents.

We are enthusiastic about this initiative and we already have a team anxious to get started. We would welcome any of our fellow residents who might wish to join the team. The equipment and training is being supplied free of charge by Suffolk Constabulary.

Anyone interested should contact the Parish Clerk, Jane Cryer, on 07920 713940, or email raydonpc@gmail.com.

Suffolk Historic Churches Trust Sponsored cycle ride.

It was a perfect day for this year's Suffolk Historic Churches Trust Ride and Stride. We had over 40 visiting riders and striders, all very enthusiastic and enjoying the day. A huge thank you to everyone, but especially those who were riding/walking for St Mary's Raydon. I would be very grateful if you could let me have your sponsorship money by the middle of October. I will come and collect it from you if that is easier for you. A huge thank you once again,

Wendy Mumford 01473 312123

RAYDON PAVILION IMPROVEMENTS



You may have noticed that the Pavilion has recently undergone a much-needed refresh including full external re-decoration. The building is now looking much better for this - but there is more to come!

The next phase of refurbishment will involve improvements to the carpark which will see the parking area extended and the whole carpark fully resurfaced. No more potholes and hopefully no more street parking. This work is scheduled to start on Monday, 5th October and will take about 3 weeks. During this time the availability of the carpark will be restricted, but the contractors have agreed to schedule the work in order to minimize any disruption to users. It will, however, be necessary to fully close the carpark for 48 hours while the new surface is being laid. Assuming the work proceeds to schedule this is expected to be 22nd and 23rd October.

This work has been financed by an allocation of Community Infrastructure Funds from Raydon Parish Council and the Trustees of King Georges' Field would like to express their thanks to the Parish Council for making these improvements possible.

RAYDON PAVILION RE-OPENING

It is hoped that the Raydon Pavilion will be ready to re-open, in a COVID-secure manner, at the start of September. Anyone wishing to hire the building should contact Clive Duddridge on 01473 310162.

The Raydon Club will return on Wednesday evenings at the Pavilion from September 9th, with the bar open from 8:30 to 11pm. A good selection of beers, wines and spirits are available at less than pub prices. Residents of the village (over 18s only) are welcome to come along to enjoy a socially-distanced drink and chat.

THE DEDHAM EDUCATIONAL FOUNDATION

The Governors invite applications from residents in the parishes of:

Ardleigh, Bradfield, Dedham, Great Bromley and Stratford St Mary

for financial grants that are available in the following categories:

Secondary Schools and Sixth Form Colleges;

Applicants must be at least 12 years old on the 1st August of the year of application.

Universities and Colleges of Further Education;

Applicants must have lived in one or more of the five parishes for at least 2 years prior to the application date.

For an application form or further details, please contact the Clerk to the Governors
Mrs Jean Flewin, Coppins, Crown Street,
Dedham, Colchester. CO7 6AT
Telephone 01206 322215

CLOSING DATE FOR APPLICATIONS – 31st
October 2020



Allotment Plots Available

Would you like an allotment plot?
Dedham Allotment Association
have plots available, please
contact Diana for further details
01206 321297

Raydon Parish Council

Schedule of meetings 2020

All at 7.30pm in the KGF Pavillion

TO BE CONFIRMED

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

Raydon and District Garden Club

Autumn has arrived and it's time to enjoy all the lovely colours around us for a week or two before strong winds and possible overnight frosts arrive and we have the leaves drop off. However then it's time if, like me, you collect most of the leaves and compost them down to get the free leaf mulch ready to use on the flower borders next year. I used to put the leaves in black plastic bags with a few drainage holes in bottom but to avoid plastic over the last 3 years have been using a strong rigid wire netting ring to store the leaves in and it's easy to just keep topping it up at any time, also I get much better results. It's easy to open when needed and just fork contents into a wheel barrow so avoiding heavy lifting of wet soggy plastic bags.

Now all through September we have been enjoying the autumn crocus, narines, asters, black eyed Susan, verbena, Russian sage to name but a few and watching the honey & bumble bees enjoying the feast along with late damsel and dragon flies around the pond and of course the wasps provided you don't get stung. Last week we had a sighting of our resident grass snake curled up in the grass by the pond enjoying the hot weather, and when sitting in summerhouse enjoying not only a cuppa tea we can watch the birds lining up to come and get a drink, mostly Goldfinch, Bluetit, Green finch, odd Gt tit, Sparrows and have had occasional female Blackcap. Hope you have seen the Buzzards flying over Raydon, sometimes as many as 3 at a time, also occasional Red kite. We also see quite often female mostly Sparrow hawk and a Kestrel hovering over the meadow at rear of garden.

Writing these notes on 18th September with more hot dry weather it is now getting

very dry again so watering cans are fully employed once again just trying to keep everything alive in the flower garden. Most of the vegetable garden has been harvested and reasonable results all round, with tomato and courgette, beetroot, carrots, potato and sweetcorn being particularly good. Runner beans could have been better but not enough rain for them to flourish but the onions & shallots very reasonable.

Now the garden club of course has been mostly cancelled this year but it was hoped to hold a meeting in October but sadly we have had to cancel yet again due to the virus situation. Your committee will be holding (with social distance) a meeting hopefully in October to discuss future events/club meetings & shows for 2021. We must plan for next year and hope that we will be able to hold these with all members involved. At this point I suggest that the AGM/social evening will also be cancelled in November but, provided we can, perhaps it will be transferred to January or even February. All committee members are expected to continue until such time as we can hold a replacement AGM. ** Paid up members from November 2019 will be automatically paid up for 2021 at no cost. Anybody who missed paying their subs but wish to continue a club member for 2021 please pay your membership of £12.50 pp (cash or cheque) before Christmas please and put it through my letterbox at High Elms, The Street, Raydon. I will then pass it on to our treasurer and you will get new membership cards sent to you.

Any member who has Summer Show cups please return them to me as soon as possible for engraving the winners name

etc for 2019 so the history is retained.

Lastly and some of you will perhaps already know this but sadly our long standing Vice President David Gostling has died after a long battle with health problems. A founder member and supported by his wife Vera they have given so much time to our club with selling raffle tickets, to helping at all shows, doing refreshments, being exhibitors, and so much much more. Our sincere condolence goes to Vera and Philip and Tim at this very stressful time.

Members keep positive and we will meet again, just not sure when but hopefully throughout 2021.

Geoff Horrex, 310422 or mobile 07810086143.



Your Raydon Parish Councillors

Sue Newton (Chair)
07587 243678

Keith Lovering
07939 075143

Howard (Jim) Lowe
01473 313094

Amanda Pyall (Vice Chair)
01473 310050

Sigi Steer
07591 875267

Jayne Tann
01473 828283

Faith Backhouse
07999 018049

Stephen Coe
07947211802

Trevor Sayer
07747 610317

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

St Mary's Church, Raydon

Annual Vestry and Parochial Church Meetings

will take place on

Monday 5th October at 7.30p.m.
in the Church

Full social distancing rules will be observed

Higham

Higham Curry & Quiz Evening

Saturday 10th October

7.30 pm

Due to the continuing pandemic we are unable to hold this as originally planned in the church, but hope you will be able to join us via Zoom. Roger Finbow and Nathan Crame have kindly agreed to set us another collection of fiendish but entertaining questions to be enjoyed over your own curry at home. For this occasion we are suggesting that you form teams of up to six, either physically located (suitably distanced) around a kitchen table, or linked by phone. Equally, if you are one of those who tends to find that additional team members merely reduce the average IQ and add unnecessary argument, feel free to stick with a small team!

A donation of £10 per head in aid of the Church would be greatly appreciated.

Please choose a name for your team and send your entry to
rogerfinbow@angliamail.com

Higham

Annual Parochial Church Meeting 2020

8th October 2020

7.30pm in Higham Church

Open to all on the Church Electoral Roll

Don't let the Government deregulate planning

In September the Countryside Charity CPRE launched a petition calling on the government to drop their deregulation agenda and build a planning system with people and the countryside at its heart. The government has devised some new plans that could pose a huge risk to the countryside and the communities living and working within it. Ministers want to take decision-making powers away from communities and local councils, handing it over to housing developers and central powers in Westminster.

Under these new proposals, our ability to shape the future of where we live – a right communities have had for 70 years – could be lost with the stroke of a pen. We must resist this, but we don't have long.

Suffolk Preservation Society, Little Hall, Market Place, Lavenham CO10 9QZ Tel: 01787 247179

Email: sps@suffolksociety.org

Holton St Mary

The First Friday Lunch Club



Well on the second Friday in September we resumed the First Friday of the Month Lunch Club lunches, accompanied by our COVID Safety measures, both for the lunch and for the Hall (with thanks to the Hall Committee). It was a good trial with relatively few people (15) enjoying a simple ploughman's lunch and some coffee and cake, but more importantly a good chat with people they have not seen for ages. In addition, we were observed by the Babergh Council Food Safety Officer as we had finally got round to registering properly as a food business (which we needed to do because it is a regular lunch). The advantage of this is that we now have our feedback (all positive and five stars) and more importantly, we are able to continue, resuming "First Fridays" from now on, despite the "Rule of 6", keeping the groups smaller than 6, but we think we can fit over thirty while keeping everyone safe.

So if you want to come, and are in Holton St Mary, or used to be - contact Sally or Frances to put your name down (salthurlow@gmail.com or 01473 312080 or familytorrington@btinternet.com or 01473 312046

SATURDAY 7th NOVEMBER IS
CHURCHYARD AND CHURCH
CLEAN UP DAY

IN HOLTON ST MARY
FROM 9.30 AM TO 12.00 NOON
Are you able to help?

(For as little or as long as you like.)

If yes please contact Frances Torrington
on

familytorrington@btinternet.com

Refreshments will be provided.

Please bring your own tools!



The Holton St Mary United Charities Trust

has some funds available to those residents in the village of Holton St Mary who are in need. If you feel you might want to make an application please contact:

Paul Torrington on
familytorrington@btinternet.com or 01473 312046.

Holton St Mary Millennium Green Trust

Winners of the Century Club Draw for the last 3 months are:

July: £30 No 76 Riet Howard, £15 No 90 Peter Starling, £10 No 39 Michael Wilson, £5 each to No 8 Sam Lloyd and No 62 Sheila Stiff.

August: £30 No 102 Ron Joyes, £15 No 46 Anne Priestley, £10 No 30 David Hales, £5 each to No 21 Judith Morgan and No 52 Paul Torrington.

September: £30 No 99 Steve & Clare Lyes, £15 No 117 Ron Stedman, £10 No 94 Chris Haste, £5 each to No 47 Rosalind Field and No 62 Sheila Stiff.

Marjorie Haste, Secretary

Holton St Mary Social Club

At the recent Committee Meeting it was decided that with the current Covid-19 situation that the club would hopefully open at the end of October. It would open once a weekend on the Friday with one early opening a month and reopening on Sundays will be reviewed at a later date. This is to be accessed at the beginning of October for a final decision.

Bonfire, Quiz and Whist nights have been cancelled until further notice. Richard Noel has kindly offered to have a fire in the nearest field to Stubbins Lane around Bonfire night

Take care, Bob Holmes

Bob.holmes55@icloud.com
Mobile 07966266293

Bike Ride

Thank you to everyone took part in this year's Ride. It was a glorious Autumn day and all the churches and chapels in our Benefice had lots of visitors. Higham and Holton (see picture) even had some riders with "four legged bikes".



Green Gym Group

The Green Gym meets in Church Square on Saturday, 3rd October at 10.30. We will be planting bulbs within the village including on the grass verges. The focus will be on daffodils ('Heritage'). Please do come and join us ... or simply bring some bulbs and we will plant them for you!

Want to book a coronavirus test ? - please don't call 111 or your GP practice

The NHS is urging people not to call its 111 helpline or their GP practice or visit their hospital's emergency department if they want a coronavirus test.

That's the message from health professionals across Suffolk and north east Essex who have highlighted a big increase in call volumes, with some GP practices reporting that one in five telephone calls relate to coronavirus testing.

Instead, tests should be booked via the Government website - <https://www.gov.uk/get-coronavirus-test> - or the NHS 119 dedicated helpline.

Kevin Whomes, practice manager at Swan and Forest GP surgeries in west Suffolk, said: "This big increase in call volume is placing an extra burden on our already very busy staff, as well as making it more difficult for patients with primary care needs to contact us.

"It's quite right that anyone with coronavirus symptoms gets tested, and it's clear people are making an effort to arrange a test. But I urge them not to contact their practice if they have an inquiry about testing or are having difficulty in organising a test, as we have no access to the test system."

Belinda White, Regional Manager at Care UK which operates the 111 service across Suffolk and north east Essex, said: "As always the 111 service is here 24/7 for all urgent medical help and advice. What we cannot do is book COVID-19 tests.

"We understand it must be so frustrating for patients who have to sit in a call waiting line to have their query answered only to be told that they have come through to the wrong service so please dial 119 for test

help.

"By dialing 119 for tests you are helping us to ensure we can support those with medical issues promptly at this time of increased pressure."

Anyone with coronavirus symptoms can get a test.

Coronavirus symptoms are:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

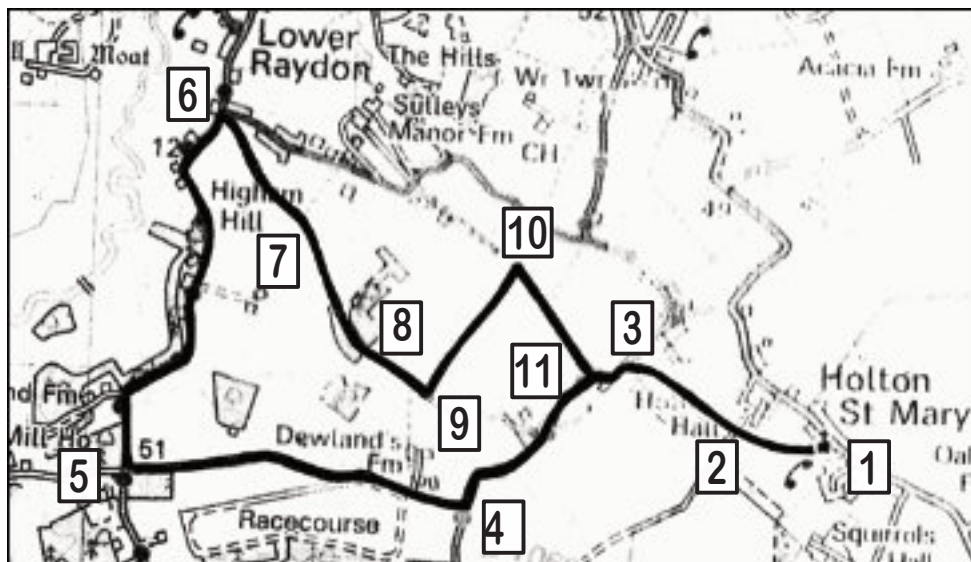
The Local Government Boundary Commission for England

We have recently published draft recommendations for new divisions, division boundaries, and division names for Suffolk County Council.

We are now inviting comments on those recommendations.

Take a look online at <https://consultation.lgbce.org.uk/node/18495>

Our consultation closes on 23 November 2020.



Circular walk 3:

Holton St Mary to Lower Raydon via Dewlands Farm (8.5 km)

1. Start in Church Square. Go through the black wrought-iron gate and walk past the Church porch to your right and bear right at the War Memorial on to a grassy path to the kissing gate that opens on to the field. Bear half left diagonally across the field. At the tree-plantation that envelops 'Holton Hall', bear half right to enter a narrow tree-lined path through trees with a fence and then brick wall on your right. Head towards Holton Hall Farm (APT Farming)

2. After 80 metres you emerge into the farmyard. With eyes and ears open for moving objects (farm vehicles, not livestock), keep straight and walk through a very wide gap between high hedges into a grassy field and alongside a line of young hedges, behind which is a row of

10 static caravans. Go through a narrow natural archway in the hedge and cross the next field, with or without a crop. Pass through another arch in the hedge and bear slightly left across a grass field towards a stile with a Footpath sign in the corner of the field (I have seen a vixen and cubs in the far left hand side of this field on some early evenings in the late summer of 2018 and 2019... sshh!)

3. Cross the stile and turn left on to Sandpits Lane. Walk down this lane for approximately 900 metres soon passing 'Lark Hall' and 'Laits Barn' on the left. Ignore the Bridleway on the right immediately past 'Laits Barn' and also the Bridleway on the right past 'Pintins'

4. Turn right at the Bridleway towards 'Dewlands Farm'. After approximately 200 metres bear left on an initial dirt track taking care to avoid stubbing your *hallux* on three combination-locked, shiny steel bollards; most of the time they are 'down' and sunk in the ground. Continue walking down this track which quickly degenerates into a

hard, rutted and hard (or very muddy) track for a total of 1.3km with a racecourse on your left and maturing hedging and fields on the right. Pass through a wide galvanised steel gate. To the left there is a small enclosure with a tall frame that holds race results and on the right, some fenced-off areas including a horse paddock and other equine-related areas/equipment. Continue walking straight ahead to the end of the racecourse and then bear subtly right on to a more obvious dirt track

5. Where the track meets a tarmac road at 'Mill Farm Cottage' turn right. This is a very quiet road but heavily littered (some plastics dating from the last century) that predictably clings to the edges of fields (on the right) and a shock of tall, dense woodland (on the left). Continue down the hill (Higham Hill) towards Lower Raydon with stunningly beautiful and tranquil views to the right (towards Sulley's Hill) and to the left (towards Polstead)

6. At the T-junction with Sulley's Hill, turn right and then up on to a low bank and follow the Footpath sign that takes you diagonally across a field

7. At the corner of the field, the ground crosses a stream; turn left to walk on a wide grass verge with trees on the left and an upwards sloping field on the right (usually bearing a crop). The verge bends sharp right and then sharp left following the field edge. Continue walking straight ahead to enter a more defined path with the tree-lined stream you crossed earlier on the left and a fenced off gently, upward-sloping and manicured field on the right

8. After about 300 metres you arrive at a newly-constructed rustic bridge. Cross this (rarely with any significant flow to permit Pooh sticks) and now the path becomes narrower and, in wet weather, menacingly marshy. Fortunately there is a long row of double sleepers to maintain dryness and dignity. This area is known as

'Sodom and Gomorrah', not because of previous evil acts, but because the soil is poor and barren. The path meanders (up + down), passing a large, black, still and ominous pond on the right then ascends and eventually emerges on to a wide sandy track. Turn left (to the right is a wooden gate marked 'Private'). Walk along this path for approximately 280 metres

9. You are now at a junction of three paths (to the right is a gate marked 'Private'). Turn left, gently ascending towards a wide steel gate; pass through and walk up a wide, fenced-off grassy path with new hedging and an extensive maturing tree plantation on the left and a field (+/- horses) on the right. The gentle slope gradually flattens out. Continue through a gap in the hedge and across a field to another, slightly smaller and almost accidental gap in a taller and dishevelled tree-hedge hybrid. Continue walking for approximately 100 metres, with now neater hedging to the left and a downward-sloping field to the right

10. You reach another footpath-crossroads; take a WH Davies moment to 'stand and stare', breathe deeply and reflect on who you are, even on where you are going turn right and down the gently-sloping field (often with crop) to merge into a wider grassy, then sandy track that subtly ascends to Sandpits Lane

11. Turn left at Sandpits Lane and walk approximately 130 metres to point 3 (Footpath with stile) to retrace your steps back to Church Square.

Holy Family Roman Catholic Church

Ipswich Road, Brantham CO11 1TB
Parish Priest: Fr. Paul Vincent OCD
Assistant Priest: Fr Bineesh Elenjikkal
OCD

The Priory, 180 Hawthorn Drive Ipswich
IP2 0QQ

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

The weekly Newsletter, with Mass times, is always displayed in the cabinet alongside the Church's front door and the latest Parish news may be read on the regularly updated website:

www.stmarksparish.org.uk

Catholic Commentary

Mass, Morning and Evening Prayer, Devotions and other spiritual resources may be accessed over the internet. For example, a full daily programme is provided by the clergy and staff from the Norfolk Shrine of Our Lady via walsingham.org.uk or via churchservices.tv.

On Saturday 15 August Father Paul Vincent celebrated an anniversary Mass at Holy Family; remembering the opening of the church 100 years ago in Brantham. Those present remembered the benefactors who helped lay the foundations for the church, some of whose relatives still worship in our congregation. The celebration lunch that was also planned has, due to current circumstances, been postponed until next year. New carpets have been laid to the sanctuary and centre isle of the church after the boarded nave flooring has had a smart renovation. Passers-by may notice the new centenary gates installed at the entrance to our church grounds.



Memory Jogger

Have you had a really good meal out, or know of a local supplier or retailer that you feel needs shouting about? We're starting a section on page 27, under local services for you to leave a recommendation. After all, it's good to promote quality local services!

Email us with your experiences at quarteteditor@hotmail.co.uk



DEDHAM TENNIS CLUB

The courts are now fully open and coaching is available for adults and juniors. Memberships are available or the courts can be hired for £8 per hour.

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

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

Stour Valley



News

Knocked back by Covid we are now rebuilding as quickly as is safely possible. The majority of our activity groups, including walking, ten pin bowling, fitness, canoeing and kayaking, are back up and running. Other groups, from philosophy, to book club and languages, continue to operate using Zoom.

Meanwhile, our coffee mornings have started again at the Lambe School in East Bergholt on Fridays each month and our gardening group has a number of visits planned, including a week away to Harrogate.

Membership

We are always open to new members. Our fee for 2020/21 is just £8. To find out more, visit our website to see how we work and get the latest updates about our local activities: stourvalleyu3a.org.uk.

You can also get in touch by email: Graham Manuel (chair) gandamanuel@gmail.com or Sue Basted (secretary) susanbasted10@gmail.com.

About us

Stour Valley U3A is one of more than 1,000 U3A groups in the UK. We have just over 400 members based in the Essex/Suffolk border encompassing areas including Manningtree, Dedham, East Bergholt and Shotley.

We work with neighbouring branches in Hadleigh, Harwich and Colchester which

provides a wider range of social and learning opportunities.

The Third Age Trust looks after all U3As nationally bringing together people in their "third age" to develop their interests and continue learning in a friendly and informal environment. Third age is a time after you have finished working full-time and have time to pursue interests or just try something new.



Stour Valley Men's Probus Club

At the time of going to press, on 31 August, an Extra Ordinary meeting has been called by the Committee to discuss the future of the Club. This meeting is being held being on at 10.30am on Wednesday 19 September at the Ogilvie Hall, Lawford.

Due to the lack of a suitable venue that is open for us to meet regularly, whilst following the Government's guidelines, our planned speaker programme is on hold.

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 Probus 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.

SESAW News

What a strange summer it's been, with no visitors except by appointment. Lady the pony has taken to wearing a flower in her mane and the geese unlace volunteers' shoes, presumably out of boredom. I miss my public and sympathise with the many humans who are staying at home.

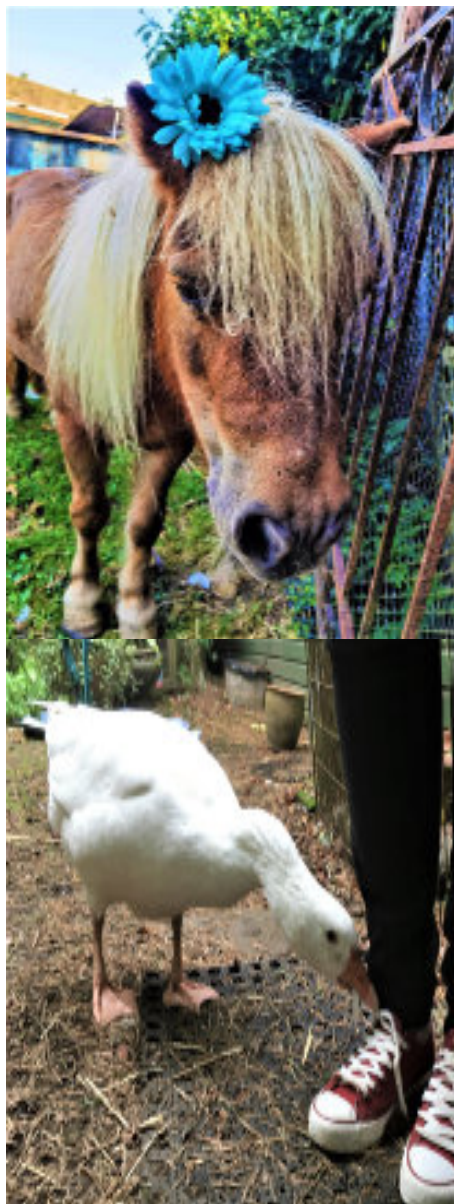
There have been few dogs in, some cats, kittens and rabbits. Two Jackdaws, a collared dove, several pigeons, a kestrel and an owl have recovered and flown away. Sadly James, our handsome cockerel, has died due to old age and illness but James II has ascended the throne!

We still cannot accept bric a brac and general household items but we can take clean, undamaged clothing for recycling. Please leave in CLEAR plastic bags only to ensure contents are visible. Regrettably, soiled clothes and bedding have been found hidden in black plastic sacks in the past.

Hopefully we will take part in some festive events, COVID restrictions permitting, so we do need good quality items for Jeanette's popular Tombola, Sheila's 'classy' stall and Vintage items for a collectables sale. Contributions can be left at SESA W or phone 07881 785535 to arrange collection.

Your continued support is really appreciated via JustGiving, the post, collection pots and occasional mystery donors. During one of my security patrols one wet evening in August, I noticed something left outside. With much effort I dragged it indoors and we discovered a kind person had left their "Rainy Day Fund" for SESA W. Thank you for every precious penny of the £8.40 which will help care for the animals, including me Kenny (the Boss) Chihuahua.

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



Spaces still available for September

Monday Morning	09:15 – 12:15
Monday Afternoon	12:30 – 15:30
Tuesday Morning	09:15 – 12:15
Thursday Morning	09:15 – 12:15
Thursday Afternoon	12:30 – 15:30
Friday Morning	09:15 – 12:15

(Open to all 2—4 year olds)

We are following government guidance on COVID-19 to ensure the safety of the children.



For further information visit

www.layhamplaygroup.co.uk

[email admin@laygamplaygroup.co.uk](mailto:admin@laygamplaygroup.co.uk)

Please be patient, we'll let you know about flu vaccinations for those aged 50 - 64

Issued on behalf of NHS North East Essex, NHS West Suffolk and NHS Ipswich and East Suffolk clinical commissioning groups and in partnership with the Suffolk and Essex local pharmaceutical committees

GPs and community pharmacists from north east Essex and Suffolk have welcomed plans to extend eligibility for the flu vaccination to those aged 50 to 64 years.

But, following a reported big increase in inquiries at GP practices, people in this age group are being asked not to book a vaccination appointment at this time. In line with national plans to protect the most vulnerable first, people aged 50 - 64 will be offered the vaccine later in the season so the NHS can first focus on those most at risk – including those aged 65 or over, pregnant women, young children, and those with long-term health conditions.

The flu vaccination offers an important health protection. Flu can lead to existing health conditions getting worse or the development of an illness such as bronchitis or pneumonia, or it could even be fatal. A vaccination helps protect the health of a pregnant mother and her child.

Most GP practices and pharmacies will begin inviting those patients most at risk for a flu vaccination from September onwards, and it is anticipated those newly eligible aged 50 – 64 years will be invited for vaccination during November or December.

Chernobyl Children's Lifeline & Charity Shop

Although our work with the children of Chernobyl has been halted for this year we are still planning the visit for 2021 and would be very grateful to receive good quality now or nearly new clothing for boys and girls aged 6 to 11 years of age.

I know many of you have missed our annual Chocolate Bingo, we are already (hopefully) planning our fundraising for next year looking to return in 2021, Bingo already booked for March 13th. Also, if you are still "decluttering" and come across any Red, White & Blue or Union Jack Bunting or material you could donate we would be very grateful. Even plain red, white and blue material would be great as one of our volunteers has offered to make some bunting for us. Watch out for details of two new events planned for May and June 2021.

Many thanks to all who have continued to support us during these very difficult times.

Elizabeth Parker, Link Chair.
07771 550868

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Telephone...101



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Strickmere (School Lane end) - 11.50am - 12.10pm

Route 14

The bus stops every 4 weeks on Tuesdays

6 October, 3 November, 1 December, 29 December

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Church Square - 9.30-9.45am

Raydon

St Mary's Raydon - 9.50-10.30am

Lower Raydon

Sulleys Hill - 11.30 - 11.45am

Higham

The Green - 11.55am to 12.10pm

The **customer service line 01473 283838** is staffed 9am to 5pm from Monday to Friday and can handle any library customer queries renewals and reservations to any general library queries. An answer phone is available outside of operating hours and people can also email help@suffolklibraries.co.uk

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	4 th October	Recycling Week	
	11 th October	Refuse Week	
	18 th October	Recycling Week	
	25 th October	Refuse week	
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Tell us your favourite local service - could be a pub or restaurant or takeaway, or other service you think would benefit getting a recommendation...If we agree, we'll print it here

I go to a super **fish van** in the George car park in Hadleigh. He comes from Lowestoft on a Tuesday from 7.45am until 12.30 and couldn't be fresher. He also goes to Hollowtrees Farm on a Thursday, 8am until 12.30. His name is Paul phone number 07810251395

Simply Thai Manningtree - It was simply delicious! Freshly cooked, and arrived within the quoted time frame. 01206 396060. Delivers to Holton St Mary

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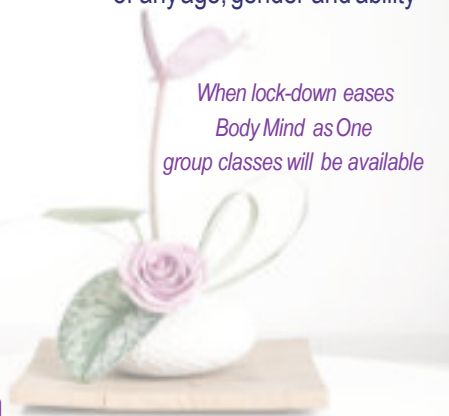
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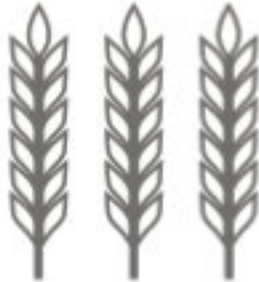
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Benefice Letter



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Dear Friends

I'm writing this a couple of weeks after my ordination and have now had time to reflect both on what happened in the Cathedral on 5th September and also on what things have changed, either temporarily or permanently during the Spring, Summer and early Autumn of 2020. The repercussions of Covid19 will be with us for many months to come and we know there will be more anxiety and grief to accompany the uncertain times. Some days we feel lost, struggling even to work out what day of the week it is; other days seem as if we are almost back to 'normal'. I hope that returning to physical church services has helped you find some normality. It is not just about seeing friends and fellow worshippers, (albeit with masks on), familiarising yourselves with services once more and feeling comfortable with the changes that have been made. It is also about being able to continue the personal relationship we have been able to have with God during the lockdown and explore it further.

In a peculiar way I was grateful for the way this year unfolded. It gave me the chance to come off the treadmill of meetings, work, services, and prayer time and to find a new order and rhythm of prayer time, online services, meetings, and work. Subtle switches but important ones; changes that helped with preparing to go forward as a deacon. Being ordained a deacon is not just a pathway to being priested next summer, and it is not just about a change of title from Mrs to Revd. It is asking me to continue to serve the people of God, continue to serve my neighbour and continue to serve all our parishioners more deeply. The newly consecrated Archbishop of York, Stephen Cottrell, said in his book 'On Priesthood' that being a deacon is not a steppingstone but a foundation stone to priesthood.

I know many of you were able to log on and be with me and my family virtually for the ordination service. I valued the warmth of your company and your prayers, thank you so much. Oddly, I felt unable to put on my collar prior to entering the Cathedral and only just before the service began did my fingers nervously thread the piece of white plastic through the top of my shirt. The nerves continued when I was called to kneel before the Bishop, but after that it all just seemed so right. It was thrilling. I had thought at the rehearsal the day before that I was now ready but nobody can quite prepare you for the enormity of that moment, of what you are being asked to do.

So a question for all of you, are you ready for those moments when you hear the still small voice of calm, speaking to you, calling you, asking you to take a step further to serve your neighbour?

In God's love

Nicola

Benefice Contacts

Deacon:

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



Benefice Services and Events

Services in October/ November

For the moment these are the times and places for our services but please check the Benefice website for up-to-date information www.4marys.org.uk and for when the churches are open for private prayer.

4th October	Stratford St Mary 10am Holy Communion
11th October	Holton St Mary 6pm Evening Prayer with Holy Communion
18th October	Higham 10am Holy Communion
25th October	Raydon 10am Holy Communion SSM Parish Room 10am Family Hour
1st November	Stratford St Mary 10am Holy Communion for All Saints & All Souls' Day

A mid-week service of Morning Prayer in the Parish Rm, SSM, will take place on Wednesday 21st October at 10am.

Please contact Christine Cousins 01206 322530 if you would like to attend.

Due to Covid restrictions there will be no House Group in October.

APCMs

All the APCMs had to be postponed from April and will now take place this month.

These are open to all parishioners and those on the Electoral Roll.

5th October	Raydon 7.30pm Raydon Church
7th October	Holton St Mary 7.45pm Holton Church
8th October	Higham 7.30pm Higham Church
19th October	SSM 7pm SSM Parish Room

Elders

Our four church Benefice is fortunate to have three lay elders who are appointed locally and licensed to help and assist with certain aspects of church ministry. For example, they may undertake pastoral work e.g. visiting people in their homes or in hospital, work with young people in running family and children's services and assist with general church services. The lay elders work as part of our local ministry team and may be contacted about local church matters if churchwardens are unavailable.

Christine Cousins 01206 322530

Janet Dewey 01206 322148

Sandy Ranson 01206 322156



For your Prayers

For healing, for those who are ill or in need, in our parishes and beyond:

Higham: Nicholas Maxwell-Lawford, Ian & Val Boothman, Gill Wilson & family, Penny Watkins

Holton: Ron & Angela Stedman, Sylvia Golding

Raydon: Michael Mumford, May Peacock, Janie O'Brien & her family

SSM: Nancy Ablitt, Laura Kerry, Josie Thompson & family

Others: Helen Gregory, Jan Holloway

We pray for our Benefice during the vacancy

We pray for Ellen Talbot & Liam Ludlow being married in Stratford St Mary at the end of this month.