

**Stratford
St Mary**

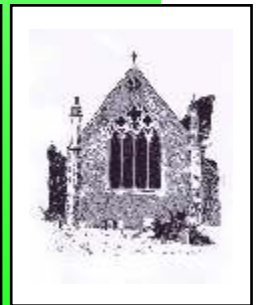
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



September 2018

Issue 361

Pond plants for sale

Beautiful pond lilies and irises
mixed colours £5.00 Each

Please call 01473 313053

Wanted

Card making. paper crafts die set
stamps.

please phone 01473 311226

FOR SALE

Cross trainer (barely used!)

Two dull reddish-pink tub chairs that
originally came from a royal train in
the 1960s

Mothercare folding cot (not used)

Offers for any or all of these
welcome. Buyer(s) collect(s).

Tel.: 01473 310677

Wanted anything relating to ponds
e.g. koi magazines or books or
even koi fish.

If you have anything please phone
Jane 01473 313053.

For sale

Cast iron round pigs trough lovely
round pig feeder, Ideal for plants
very heavy £30.00 phone Jane
01473 313053

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



Welcome



Dear friends,

I think word will have got out now about my impending move to the West Country.

Having spent the last 3 years looking for a house to buy in Wells (Somerset), I have now been offered one free of charge! It goes with my new post, which is Canon Pastor of Wells Cathedral.

I shall be physically moving on 26 November, and will be 'installed', as they call it, on 3 December during Choral Evensong. The reason for calling the service by that name is that as a residentiary Canon I will be given a particular stall or seat to sit in for all services that I attend and participate in, so during my installation the Bishop or the Dean (not sure which yet) will ceremonially lead me to my stall and place me in it.

This is the first time that the Cathedral will have had a) a Canon Pastor and b) a woman residentiary Canon, so I am very honoured to have been chosen for this post. The job description is basically - apart from doing all the normal services - to look after the Cathedral community and offer any support that I can to the impressive numbers of dedicated staff and volunteers who make things happen.

Some time ago, as a preliminary induction, I was taken on a 'High Parts Tour' of the Cathedral, climbing up into the parts above the nave and quire that most people don't get to see. It was quite astonishing to see the medieval timbers still supporting the enormous structure of this

astonishingly beautiful building and to hear stories of stonemasons and others who had contributed over the centuries to the history of this wonderful place of worship that has been the mother Church of Somerset since the 12th century.

As I think about leaving, and the joys that await me down there, I also give thanks for you all, and for everything that being your Rector has meant over the last 9 years. Many of us have worked hard to bring our 4 parishes together in a way that didn't happen in the past, and I do hope and pray that that work will carry on, so that the benefice will continue to be one community united in God, despite all the things that could tear us apart if we let them. The past two years have been incredibly tough, both in the Deanery and in our Benefice, but with God's grace we are beginning to get through it all, and I cannot speak highly enough of our Ministry Team, who have been there for me at the most difficult of times in the last year. Please do give them as much support as you can over the months of vacancy that lie ahead after I leave.

May God bless you as we look to the future with hope and the expectation of God's continuing presence with us all.

Rosalind Paul
Rector

The Quartet Diary



September

- 2 Raydon Home made Teas
- 7-9 SSM Village Beer Festival
- 8 37th Ride and Stride!
HSM Social Club Progressive
Dinner
SSM Quintuple Games Challenge
- 9 Higham Harvest Festival
- 10 SSM Parish Council Meeting
- 11 Raydon Fair Trade Coffee
Morning
- 12 Holton Parish Council Meeting
- 18 Raydon Parish Council Meeting
SSM Neighbourhood Plan
followup meeting
- 26 Autumn Coffee Morning, SSM
- 27 R&DGC meeting
- 28 HSM Social Club Whist

October

- 9 Raydon Fair Trade Coffee
Morning
- 13 HSM Social Club Quiz Night

- 16 Raydon Council Parish Meeting
- 25 R&DGC Open Charity night
- 26 HSM Social Club Whist
- 27 HSM Social Club Bonfire
Collection
HSM Church Clean Up Day

November

- 2 HSM Social Club Fireworks
- 3 Raydon WW1 Lecture
- 6 Raydon Fair Trade Coffee
Morning
- 11 Sunday Lunch SSM
- 12 SSM Parish Council Meeting
- 14 Holton Parish Council Meeting
- 20 Raydon Parish Council Meeting
- 22 R&DGC meeting
- 30 HSM Social Club Whist

December

- 4 Raydon Fair Trade Coffee
Morning
- 28 HSM Social Club Whist

Editors Corner

I was reminded this weekend, as I rushed back from a weekend away in London to finish editing the Quartet, just how lucky we are here in sunny Suffolk. We might not have quite so many restaurants, night clubs, theatres or the Royal Albert Hall (guess who went to the Proms!) But we do have lots of events going on in our villages, lots of friends and good neighbours close by and of course, the wonderful countryside to enjoy. So I hope, like me, you can think positively about all there is around you.

I'll just mention a few events that will impact all the villages this month, as we are all involved in the Suffolk Churches Sponsored Bike Ride - help is still needed, if you can't ride, perhaps you could man the church and offer tea and cakes to the cyclists. Harvest Festivals are upon us this month too, and details can be found in the Higham section, and in the Church pull out section in the middle. WW1 commemorations will also be happening in each village, and you may want to get involved in those. Check your village section to see what is being planned.

So as we stride forward into the autumn months, remember - there's lots to be thankful for, and lots to look forward to!

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 September 2018

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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:

Hilary Cairns – Emergency Team Leader

6 Mors End 01206 323417
07712 591379

hilcairns@tiscali.co.uk

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Norman.woodard@fatbloaters.com

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07958 515573

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3 Spanbies 01206 322990
billdav@hotmail.com

Power Cuts

Support may be available free for those with medical needs, people of pensionable age or with children under 5.

Register on UK Power Networks website
<http://www.ukpowernetworks.co.uk/internet/en/help-and-advice/priority-services-during-a-power-cut/>
or contact Hilary Cairns on 01206 323417

Stamp Appeal



Collect your used postage stamps and help support blind and partially sighted people across the UK.

Cut used stamps from envelopes leaving a border of 1cm around the stamp(s). There are two collecting boxes in Stratford... one in the Parish Room and one in the Church.

The RNIB can generate about £20.00 per kilo of stamps and any we collect will be sent off every time we have sufficient stamps for a mailing.

It is helpful to keep foreign stamps separate from UK stamps and there is an envelope in each box for this purpose.

Many thanks
Sandy Ranson



Family Hour @ The Parish Room

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

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

Come and join us!

!

IGNITION Youth Club
Stratford Chapel
Every Friday night
7.30 to 9.30
 Age 11 - 16
 contact Beckie.w@live.com

Stratford St Mary Church,

There but not there!

100 Club winners
Here are the August winners

No	Name	Prize
90	E Pring	£40
2	D Pooley	£10
27	H Garland	£5



SSM Rambling Club

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

To commemorate the end of World War One we are planning on purchasing nine of the 'There but not there' silhouettes for benches. They cost £42 each and the sale will benefit a selection of charities supporting service persons and will be used to remember each of the men from the village that lost their lives during the First World War. We will seat each of them in the pews of the church and can be seen the weekend of Remembrance Sunday. We are hoping to raise enough, through donations, to purchase all 9 as a memorial from our village. If you would like to make a donation to the cost of these please do so by posting it to Christine Cousins at 7 Tally Ho Corner, Stratford St Mary, CO7 6JJ. Although these will be representing the 9 lives lost in Stratford St Mary we would like to remember all of those family members lost and will have a memorial to those in the church at the same time, please clearly list your loved one's name with your donation and they will be displayed.

We will also be holding a Sunday lunch in the Parish Room on 11th November and there will be more details to follow.

With many thanks,
 Sarah Brass

Make or Break for the Stratford St Mary Neighbourhood Plan

On Tuesday 17th July, the Stratford St Mary Parish Council announced its intention to support the development of a Neighbourhood Plan for the area under its jurisdiction.

On that occasion some twenty interested residents received a short presentation explaining what a Neighbourhood Plan is, how it could be developed and why our village should cooperate in doing so. In the debate that followed the presentation, a number of ideas relating to the future needs of the parish in respect of housing, transport, environmental and heritage protection were discussed, concluding that the development of a plan would indeed be beneficial to the parish in providing a clear statement of resident's expectations that would not only influence future planning decisions but also provide some protection from unwanted, speculative incursion.

But we need a much greater demonstration of support if we are to be successful with our plan. We have to be confident that our community is fully behind the development of a plan and that a substantial number of people will be prepared to contribute to its preparation.

A follow-up meeting will be held in The Institute Hall on Tuesday 18th September, commencing at 7.30pm.

We are inviting a representative from the Babergh District Planning Policy Team to provide the District Council's view of the value of Neighbourhood Planning and to offer what advice they can on its undertaking.

This meeting will also provide another opportunity for demonstration of support and, if that is forthcoming, the start of

recruiting participants and the planning of the project, including determination of the area to be covered by the plan's policies.

This meeting will be critical in deciding whether or not the project will go ahead. Without a substantial level of attendance by a broad representation of the community to provide clear demonstration of people's support for and engagement in, development of the plan, the project cannot proceed.

Further information on Neighbourhood Plans, what is required to prepare one and how to participate can be found at the Parish Council's web-site

<http://stratfordstmary.onesuffolk.net/neighbourhood-plan/>

or for a copy of the briefing document made available at the July meeting, please telephone Brian Such 01206 323091, or e-mail

parishcouncil@stratfordstmary.org.uk.



If you care for your community and its environment please attend this meeting.

PARISH COUNCIL MEETING DATES

**10th September, 12th November
7.30pm until 10pm**



Beer Festival 2018

Friday 7th to Sunday 9th September

Festival begins 6.pm Friday

Enquiries to: info@stratfordswan.com

INCLUDING

VillageLife

Quintuple (pub games) Challenge

Saturday 8th September 4pm to 8pm

A team competition across five traditional pub games

Boules; Darts; Suffolk Quoits; Skittles &

Nine Men's Morris

Teams of five, all ages and genders



Enquiries and team entries to

villagelife@stratford-st-mary.org



Telephone 01206 323 091

Can't raise a team but still want to play?

Scratch teams can be formed on the day.

COMMUNITY SPEEDWATCH SCHEME

This has been in operation since 2013 and is run by village residents giving their time in order to make our village safer for residents of all age groups by encouraging motorists to drive through our village at no more than the legal limit of 30mph.

We would, however, welcome a few more volunteers into the scheme especially as two of members have recently left the village so if you could just spare 1 or 2 hours per month please consider joining us.

Please contact
Bill Davies, 3. Spanbies Road,
tel 01206 322990 for more details.

Autumn Coffee Morning

September 26th

Stratford St Mary Parish room,
in aid of the East Anglian Air Ambulance.

Cake and produce stall, plants and
greeting cards, along with seasonal
refreshments. £2.50.

SUFFOLK HISTORIC CHURCHES TRUST CYCLE RIDE & STRIDE – 8 SEP 18

Sponsorship forms for the SHCT Ride and Stride on **Sat 8 Sep** have been distributed to those who have cycled/walked in previous years. If you have not received a form or would like to cycle, walk or run to support a church of your choice, please contact me on 322259 or call into Rosebank, Lower Street.

David Isaac

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**



Higham

You are all very welcome
to come to the

Higham Harvest Festival at St Mary's on Sunday 9th September – 10am

thinking ahead to the colder weather
the collection will be for
The Ipswich Night Shelter

Local Government Boundary Commission

The final recommendations for future electoral arrangements for Babergh District Council have now been published.

We are proposing that Babergh District Council should have 32 councillors. Those councillors should represent one three-councillor ward, six two-councillor wards and 17 one councillor wards, across the district. We are also proposing that the boundaries of all wards should change.

We have now completed our electoral review of Babergh District Council.

We considered every piece of evidence we received before finalising our recommendations.

For a full report and detailed map go to
consultation.lgbce.org.uk
[@LGBCE](http://www.lgbce.org.uk)

Remembrance Sunday 11th November 2018

**Commemorating the ending of the
First World War 1918
St. Mary's Higham**

This year, the centenary of the ending of the First World War, we will be commemorating all who died in battle from the village of Higham with a special service of remembrance. Although we have discovered some facts of interest about the six men who gave their lives in that war we would very much welcome more information and possibly any mementos you may have on the following:

**L/Cpl Harold Ablitt
Pte Arthur Borley
Pte Roger Brooke
Capt Hugh Squirrel Dawson
Sgt Frank Stannard
Pte Stanley Welham**

If you know anything about these soldiers or are a descendant of them, please contact Nicola Tindall tel. 01787 212340 or email nicolajtindall@btinternet.com



Raydon



Fair Trade Coffee Morning

We were a very select gathering for our August Fair Trade coffee morning on the 14th, with holidays,

hairdressers and hospitals taking priority. However, it was really lovely to welcome back one of our founder participants!

We hosted the century club "100 club" draw today, I thought I might win but sadly not! Congratulations to all those who did though. We also had the sponsored "stride and ride" for Suffolk historic Churches trust event on our agenda today, both for walkers and riders. We need people to be in the Church on September 8th to register striders and riders when they visit us. Please could you give us an hour on that day to help raise funds for our Church, the list is on the table at the entrance, just call me and I'll explain how easy it is to help!

Our next Fair Trade coffee morning is on September 11th, so do hope that our holidays will have been enjoyed and we can all gather again to enjoy the good coffee and cookies!

Thanks very much for your continued support and see you in September.

Wendy Mumford 01473 312123

Advance Diary Note

The Navy in WW1

A Lecture by Mark Mitchels
commemorating the end of
World War 1

Raydon Village Hall

Saturday 3rd November

at 3.00pm

Tickets £7.50, including Afternoon
Tea,

from 01473 310320

In aid of St Mary's Church

30mph stickers for your wheelie bins - update

We now have a stock of self-adhesive 30mph signs for wheelie bins - these are relevant to properties on the B1070 through Raydon, and Woodlands Road. If you would like one (or two!), please contact Sue Newton (parish council chairman) or Amanda Pyall (parish councillor).

Suffolk
Historic Churches
Trust



Annual Sponsored Ride and Stride.

September 8th

The sponsorship forms for this year's annual event will soon be with us, so make sure you save the date of September 8th. We need lots of support here in Raydon to help towards some of the Church repairs we've had to undertake. (Chancel Arch for example)

You can ride a cycle, a mobility scooter, or a horse. You can walk or run, even visit a few Churches if you are shopping in a town (There are 5 in Hadleigh) or sit in our Church and register participants when they arrive. Please! Please! Please! do what you can, get lots of sponsors and raise lots of money! 50% to Raydon 50% to Suffolk Historic Churches Trust.

Thanks in advance

Wendy Mumford

01473 312123

Homemade Teas

at
St Mary's Church, Raydon

Sunday 2 September 2018

Teas served from 3.00 to 5.00 pm



All Welcome

Sponsored ride and stride

September 8th

Help needed to register visiting
riders!

And offer them refreshments and the Loo!

If you have an hour to spare

Come and be in our lovely Church

Here in Raydon

Contact me and I'll tell you how easy it is.

Thanks in advance.

Wendy 01473 312123

Raydon and District Gardening Club

September is another lovely month normally with a mixture of sunshine, wind and rain. It also gets noticeable how the nights pull in once again. Quite a relief after all the hot weather of the last three months. What a challenge for us gardeners with so much watering to do daily just to keep things alive.

I must admit it's so nice to see green lawns again, but of course it means getting the lawnmower out of the shed (almost forgotten how to start it) and now have to remember shoes could become muddy once again so cannot just wander in and out of the house. It's now time to start thinking about any changes needed to your garden for next year for example :- changing plants and colour combinations, collecting seeds, dead heading if seeds not required, and of course the enjoyment of harvesting the later vegetables like potatoes, onions, beetroot, sweetcorn, carrots etc etc.

Saturday 18th August was as you remember our Summer Flower & Produce Show. Due to the difficult very hot and dry conditions endured, the results of all the exhibits were just wonderful and thanks to all of you who took the time to participate and made for this great traditional village show to take place once again. We heard that several summer shows had been cancelled therefore it made it all the more enjoyable that we staged our show. Thank you if you visited in the afternoon. Thank you all who helped organise and run the event on the day which was another

successful day enjoyed by everybody who attended. Our thanks for the raffle prizes given and tickets purchased which helps club funds, Thanks also for the refreshments and of course for the judges who give their time to support our show. Our Vice President Mrs Greta Mason presented the prizes to the lucky winners and was also given a small gift of our appreciation .

September 27th meeting will be a hands on practical evening on propagation of plants so come along and let's get dirty , gloves, pots & compost etc will be provided for what should be a fun learning evening.

Advance notice:- Our OPEN Charity Night is on 25th October raising funds for another worthy charity with guest speaker Ian Limmer of Peter Beal Roses, not to be missed so bring along some friends to enjoy this great evening.

Geoff Horrex (310422)



Raydon Parish Council

Your Parish Councillors are:

Nev Davenport 01473 311548
Christine Hempstead 07891 236245
Keith Lovering 07939 075143
Sue Newton (Chair) 07808 818847
Amanda Pyall 01473 310050
Jayne Tann 01473 828283
Jane Cryer - Parish Clerk 07920 713940

The PC would like to remind residents of the importance of keeping hedges under control to improve visibility and safety for neighbours and motorists.

Parish Council meeting dates for the remainder of 2018:

Tuesday 18 September
Tuesday 16 October
Tuesday 20 November

All at 7.30pm in the Pavilion, KGF



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 Club

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

Licenced bar, pool, darts etc.
Look forward to seeing you!

Ideal for your special event

The Rayon Pavillion is for hire

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

Available Morning, afternoon, and evening.

For Details Call Clive Duddridge
Tel 01473 310162

Holton St Mary

Holton St Mary Village Hall Secretary

After 40 years of loyal service on the hall management committee Rachel Eagle has retired. She took over as secretary from Mary Powell in April 1991 and has served continuously until now.

During her many years she has seen so many changes and improvements to the hall from which we all benefit. Just a few that I can think of include, the formation of the social club and first secretary, removal of the stage, re-siting of the bar from the front to its present location, huge improvements to the cloak rooms, replacement of the asbestos roof with the insulation and steel roof, replacement of windows. refurbishment of kitchen facilities, lowering and insulation of ceiling, the heating system and various redecoration work, the list goes on. If she wasn't 'hands on' she would be there supplying tea and refreshments to the many village volunteers workers who were.

She has also overseen all the hall bookings which financially keep the hall viable and always checked it after each use to ensure the hall was clean and tidy before the next booking, washing the tea towels etc.

We thank her dearly for her work and commitment and wish her well for the future.

Chris Haste

The First Friday of the Month Lunch Club



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

A Light Lunch will be served between 12.30 - 2.00 pm at a cost of £3.50 per head. The lunches are a collaboration between some of the organised groups in the village and are non-profit making! Any surplus funds will be reinvested.

If you would like to join us for lunch, please contact Frances Torrington: 312046/familytorrington@btinternet.com
Or Sally Thurlow: 312080/salthurlow@gmail.com

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

Holton St Mary Parish Council

Next meeting dates:

12th September

14th November

9th January

8pm in the Village Hall

Holton St Mary Social Club

Please remember that **WHIST** is always last Friday of the Month at 8pm

All are welcome, so please do come along

Next Dates :-

Friday 28th September

Friday 26th October

Friday 30th November

Friday 28th December

Progressive Dinner

We have decided to postpone this event until May 2019.

Quiz Night.

A date for your diaries, Saturday 13th October, to include a Fish & Chip supper.

Holton Fireworks Night

Friday 2nd November

Collection for the bonfire will be on the weekend before, Saturday 27th October

Committee & Bar

If you are interested in joining the Committee and or the Bar Rota team we are looking for volunteers. You can contact me as per the details below to chat about what is involved.

Peter Longmate

quaywallslongmate1@btinternet.com

mobile:- 07957 910608

home:- 01473 314150

Holton St Mary Village Hall

can be hired at very reasonable rates!

Available during the day and most evenings (not Friday) from £17.00

Saturdays from £35.00

For further information and booking please contact Bookings secretary
Tanya Kunz 01473 311570



Annual Bike Ride and Stride

Saturday 8th Sept 2017, 9am – 5pm



Cyclists and walkers of all ages are invited to take part in the annual Bike Ride and Stride.

- See Suffolk's magnificent historic churches
- Enjoy a healthy bike ride or walk
- Help raise money to keep Holton St Mary Church in good order

For more details and sponsor forms please contact:

Caroline Favell

tel: 01473 310268

email: martinfavell99@gmail.com

**SATURDAY 27th OCTOBER 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 resident
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.



PARKED CARS

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

Thank you!



**Pampered
Village Paws** is a
new dog grooming and
dog walking service in
Stratford St Mary,
offering clients a
responsible,
professional, and
safety-conscious solution to meet their
individual needs.

Pet owners want to know that their furry
friends are properly looked after and
getting plenty of love and attention. As a
dog lover, my role is to give my clients'
human partners peace of mind. Please
feel free to contact me for more
details.....or visit my Facebook page.

**Free Teeth Clean
- just mention
you saw the Ad
in the Quartet**

**Natalie 07747
482313**



ST JOHN'S CHURCH, GREAT WENHAM, CO7 6PL

SPIRIT OF BRITAIN

AN ORGAN RECITAL TO COMMEMORATE THE END OF WWI

by

PETER HOLDER

of

Westminster Abbey

MUSIC TO INCLUDE HENRY WOOD'S FANTASIA ON BRITISH SEA SONGS

SATURDAY 29th SEPTEMBER 2018
at 6.00 pm

Tickets: £15 (including AFTERNOON TEA from 4.15 pm)

In aid of
SOMERSHAM WARD SUPPORT GROUP
IPSWICH HOSPITAL

SPONSORED
BY

gotelee
SOLICITORS

Contact: **JONATHAN HUNT** 07747 303589
or email jp.hunt@btinternet.com

Recital concludes at 7.00 pm



Self-entitlement: a social disease

On a recent rail journey, a man in the seat in front of me, whilst eating lunch, was simultaneously, and surreptitiously, using his mobile to video some young women celebrating a special birthday; he kept zooming in on their faces, and other parts of their anatomy. It was unclear whether they were aware of this. After a few minutes, I stood up and asked them if they knew they were being videoed, or knew the man; 'no' came the answer to both. I asked him what he was doing and whether he was going to seek their consent. His reply was that he videoed "many people in all sorts of situations" and never sought consent. Presumably, he enjoyed the thrill of recording spontaneous human behaviour.... but what then might he do with the videos? What about an individual's privacy, and privacy laws; general data protection regulation (GDPR); voyeurism?

Two other events, one prior to and the other following this event, made me consider, how and why do people believe they can just do what they want and irrespective of any legal or moral boundary? Unfortunately, such self-entitlement reflects the increasing trend for individuals and institutions (the Press, BBC, all faith and religious institutions, Cambridge Analytica, the 'Brexit' population, etc.) to believe (really, truly, madly) they have a right to say and do anything, and this can be within or without the law, without a moral compass and, importantly, without consideration for others.

We are all entitled to something, but these are set out in appropriate laws on human rights and within 'acceptable' ethical limits. Self-entitlement of the type outlined above is wrong and whether viewed from a secular or faith-based perspective.

"Man is not, by nature, deserving of all that he wants. When we think we are automatically entitled to something, that is when we start walking all over others to Get it" (Criss Jami [*philosopher, poet, essayist*]).

"A new command I give you: Love one another. As I have loved you, so you must love one another" (Jesus Christ, [*priest, prophet, king*], speaking to his disciples). His words encapsulate the two most important Commandments, 'To love God with all your heart, mind, soul and strength', and to 'love your neighbour as yourself'. Jesus never taught us to love ourselves; this is our default mode but our problem is that we overdo it, time and time again. The second commandment is a wish, a plea for us to treat other people as well as we treat ourselves.

Infants and the most aged (chronologically or cognitively) are allowed periods of self-seeking and self-satisfying behaviour because of their immature or degenerating frontal lobes respectively. For the vast majority of the rest of us, we cannot play this (trump [*pun-intended*]) card to justify our behaviour and actions.

What separates us from the animals of the field, farm and forest is our ability to develop and grow relationships and to show a range of emotions including empathy and compassion for others around us, our neighbours. However, if we behave in a 'self' mode, that only I matter, we are no different than animals. God did not create us to act in this way but to do much, much more. We should ask ourselves; what is the purpose of our life; to serve only me, or to serve others?

Richard Appleton
Reader (Diocese of Ipswich and St Edmundsbury and Ipswich)

Update from Constable Country Patient Participation Group

NHS 70th anniversary Tea parties July

Patient Participation Groups across East Suffolk were asked to run NHS 70th anniversary tea parties in July. We ran two of these – one at Holton St. Mary and one at Capel St. Mary. We are grateful to the organisers of the monthly lunch in Holton and the Beacon Coffee Shop in Capel for hosting the events with us.

We invited people to share their NHS memories and we had many positive comments - this was one: "The NHS has saved several lives in my family. It saved my mother's and my life when I was born; my mum's life when she had a heart attack; my nephew's life when he had an aneurism, my son's life as he has anaphylactic reactions and also the tablets I take for my heart keeps me healthy. Amazing service."

We also raised just over £166 towards children's toys in the waiting rooms, thanks to people's generosity.

Access to your NHS records - action needed!

In May the new data protection act came into force. Previously you could give verbal permission to look at your GP notes if you attended, for example, the out of hours doctors' service. While you still must give verbal permission you also need to have signed a form in advance. This would also allow access to your records at A&E and if you had to see a GP when you were away. The forms are available at the surgery.

Phlebotomy appointments

We're aware that there has been a shortage of phlebotomy appointments recently, due to staff shortages. Measures are being put in place to increase the number of appointments at both surgeries.

Patient Transport Scheme

Don't forget to speak to the receptionists if you need a lift to attend your appointment. Teams of volunteer drivers are available throughout the area covered by the practice.

Kathy Pollard


Chair, Constable Country Patient Participation Group


01473 311384

constablecountryppg@gmail.com

Waste collection schedule

September 2018						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

 Recycling collected this week

 Rubbish collected this week

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

Suffolk Parent Carer Network

is a group of parents and carers of children with additional needs and/or disabilities and as an organisation, we are seeking to increase awareness of the Suffolk Parent Carer Network across Suffolk with the aim of promoting the active engagement of parents and carers across SEND services. I am particularly interested in finding parents who are seldom heard and who may feel that they have no voice or those who are simply struggling to access assessments of any form. We encourage both parents/carers as well as practitioners, to become members /associate members – it costs nothing – we want your views and ideas but not your money! Members can contribute by participating in our events or by taking part in our consultations. They also benefit from free training events, up to the minute news on Special Educational Needs, Emotional Health and Wellbeing and Transforming Care and the opportunity to shape the future of service provision in Suffolk. In addition we offer an Annual Parent Carer Satisfaction Survey with reference to Special Educational Needs every October, a Family Fun Day, (this year on 9th June at Thorpe Woodlands Adventure Centre) and an annual Emotional Health and Wellbeing Conference. Members have access to our social media pages as well and they can like to join.

We are very interested in hearing about the experiences of professionals dealing with special educational needs, particularly what you feel works and also what could be improved, if there is a collective theme then as an organisation, we would like to hear about it and work to make improvements. SPCN can also help you to keep your SEND information on the Suffolk Local Offer up to date, and please email if you would like any assistance or further information on this.

SPCN are involved and work with a number of voluntary organisations including Healthwatch and Activities Unlimited. We are engaged in a broad range of projects which fall into three main areas: Special Educational Needs; Emotional Health and Wellbeing and Transforming Care. An example of some of our current work has been the development of the Children and Young People's Emotional Wellbeing Hub. The Hub provides a simple process for professionals, families and young people to make a referral or to get advice. Another project, just getting underway is called 'The Future of Mental Health Services – a very different conversation' – this is an opportunity to express your views about how mental health services are developed and delivered across east and west Suffolk. We want to know what works and what could be done better and what we can do to offer more joined up services across the county.

Website: <https://spcn.org.uk>

Contact: 01473 345375



Thursday 9th October

10am – 2pm

Constable Hall

East Bergholt



Admission £3

SESAW NEWS

Thank you to everyone who helped make our Open Day and Fun Dog Show a success. After a storm left a trail of devastation, our fantastic volunteers rallied at silly o'clock on Sunday morning to restore order ready for the visitors' arrival. Although a little wet, it was a happy day with lots of laughs as volunteers hung onto legs and roofs while others made running repairs to the billowing gazebos! Most importantly, many animals were rehomed but more are coming in so if you are looking for a pet to complete your family, please visit us, 10-1pm Thurs-Sunday.

Mum is still looking after injured and orphaned wildlife including hedgehogs, finches, sparrows and a baby duckling. Those bad mannered seagulls that gave me a peck are now living in an outside pen (best place for them in my opinion!) until they are old enough to be released.

Our Autumn Fair takes place 11-3pm on 16th September at the Village Hall, Great Bentley, CO7 8LG. Lots of quality items, good food – and me!



Looking ahead, if you would like a table at our Christmas Fair at Long Melford on 18th November, please phone 01206 263269.

Our garden looks lovely thanks to our helpers putting in hours of hard work and I'm off to smell the flowers. Maybe they will name a rose after me, Kenny (the Boss) Chihuahua.

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

Nayland Horticultural Society

Nayland Horticultural Society - date for your diary. Visit to RHS Hyde Hall on Sunday 16th September leaving Nayland at 9am. £20. Visit the website for details. www.naylandhortsoc.org.uk or contact Margaret or Trevor Smy, telephone 01206 262022 or e-mail trevor.smy24@gmail.com



Get into gear for East Bergholt High School Association's **Car Boot Sale** to be held on 16th September from 9.30-noon. Refreshments and car parking are available at the school and entry is 50p. For pitches, costs are: (in advance) cars £5, with trailers £7, domestic vans £10 or (on the day) cars £6, with trailers £8, domestic vans £11. Access for sellers from 8.30 am on the day. Sale opens 9.30 am for buyers. No traders. For more information phone 07776291445.



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WITH A
CAUSE**

A fundraising country walk for all the family. All proceeds in aid of East Anglian Air Ambulance (EAAA).



**Sunday
30
September
2018**

10am - walks finish 3pm

www.eaaa.org.uk

Glemham Hall
Woodbridge, Suffolk, IP13 0BT

"Around the World in a Container Ship" was the most interesting talk by Peter Hesketh, a former Police Officer & Merchant Navy Purser, on Wednesday 11 July. As a lone passenger for around 4 months it positively was not a cruise. He explained the attraction of and comments on, life at sea when the ship spends so little time in port. Our Summer Dinner & Social was held at a new venue, The Ipswich Best Western, Copdock and this sell out event was enjoyed by all members present who enjoyed good company and food. As suggested by Members we introduced our first August meeting, on Wednesday 8th, when Tania Harrington MA, artist, art lover and researcher talked on "Art Attack- A History of Vandalism In Art". She looked at works of art that have been vandalised over the years and the reasons behind these criminal attacks, divided into Political Motivations, Mad Attacks and Artist Attacks. It was a serious, at times disturbing, but also humorous illustrated talk.

On 12 September Taff Gillingham, Historian, will present a very British view on "Remembrance And The Great War". Taff advises film makers emphasising the need for historical accuracy on the 1914/18 War. Richard Heap, Production Director of Stephen Walters & Sons Ltd will talk on "Silk Weaving In Sudbury" on Wednesday 10 October. He will cover the history of silk weaving and how it came to Sudbury; the Silk Road from China to Sudbury; how silk yarns are processed; the silk Trade; partnerships and relationships between supplier and customer and how the Company engages with the local community and the environment. Our November 14th meeting will feature Davis Simmonds, a National Trust speaker and

volunteer, introducing "The Coast Of East Anglia". The East Anglian coast is full of contrasts and has much beauty, history and wildlife. His presentation will focus on National Trust coastal properties in Essex & Suffolk.

On the 4th Friday of each month the Coffee Grinders meet at The Lambe School, Gaston Street, East Bergholt, CO7 6SD from 10-12 noon. This meeting especially welcomes new members and gives all members the opportunity of meeting the activity Group Leaders and the Committee whilst enjoying a cup of coffee. The next meeting is on Friday 21 September, why not join us then?

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 330 members and 40 active groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Gillian Gibbs may be contacted.



Stour Valley Men's Probus Club

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. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed by Stour Valley Men's Probus Club, we meet on the first and third Wednesday of each month in Manningtree at 10 for 10.30am. Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.



A SESQUICENTENARY

For a century and a half, the members of the Mistley Book Club have met quarterly, with never a break, to eat, drink, choose books and be entertained by one of their number on a topic of their choosing. Down the years, members have been inducted into a variety of dark arts: what's involved in the skirling of bagpipes, how to single-handedly stop the Orient Express and, no less intriguing, a new take on supping with the Devil.

The next meeting of the Club is to be marked by a discourse on a topic as eclectic as any of these, *The Re-interment of Richard III*, given at St. Mary's, Dedham, by the Rt Revd Timothy Stevens, sometime Bishop of Leicester.

Members invite anyone interested in hearing Bishop Stevens' talk to come and share the marking of the Mistley Book Club's Sesquicentenary at Dedham on 10 October at 6 pm.

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Constable Singers

A huge thank you to all who supported our recent Concert raising funds for EACH at the Constable Hall East Bergholt. We had a very successful evening and with the Raffle raised over £700. We sang songs from the musicals, films and popular songs from the 40's to 2018 and had solos from Willow aged 7 and Lillia age 10. They were so good.

We shall be singing in October at Bentley Tuesday Club and at Capel in November, also taking part in St Mary's church celebration of WW1

We welcome new members and have singers from 16 to 80 and have sessions at Lambe School East Bergholt 7 to 9.30pm each Thursday but meet at Congregational Church on the 2nd Thursday of each month. Choir recommences September 13th at Congregational Church. Words provided, no need to be able to read music. We sing to enjoy ourselves. £5 per session but first session free.

For further details contact Mel
01206298628, Yvonne 01206298428 or
paulagraham716@btinternet.com

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5 September, 3 October, 31 October

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Tally Ho! Corner - 11.25am - 11.45am
Strickmere (School Lane end) - 11.50am
- 12.10pm

Route 14

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Tuesdays

11 September, 9 October, 6 November

Holton St Mary

Church Square - 9.30-9.45am

Raydon

St Mary's Raydon - 9.50-10.30am

Lower Raydon

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Higham

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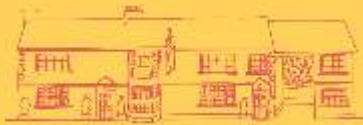
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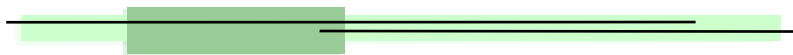
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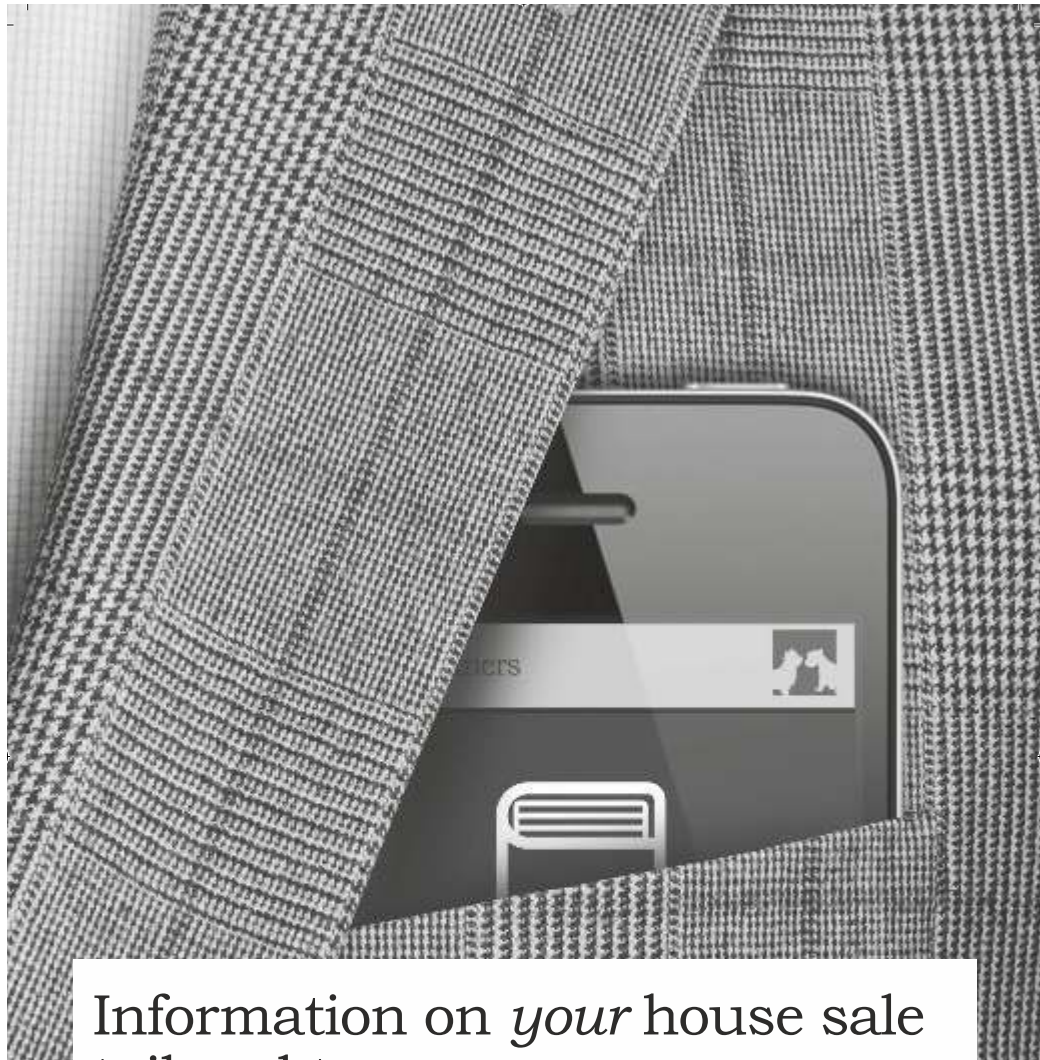
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Please note that her normal day off is Friday.

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Midweek Communion

This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **19 September**.

Home Group

Our Home Group will meet again on 6 September 2.30-4 p.m. at 5 Veyses End. We are using Rowan Williams' book 'God with us' to explore the meaning of the Resurrection. All are welcome.

Services in September and October

	8.00 a.m.	10.00 a.m.	6.30 p.m.
2 nd Sept		SSM (Harvest)	Holton
9 th Sept		Higham (Harvest)	Raydon
16 th Sept		Holton (Harvest)	SSM
23 rd Sept		Raydon (Harvest) + SSM Parish Room	
30 th Sept		10.30 Deanery Eucharist Hintlesham	
			NB. 5 p.m.
7 th Oct		SSM (Baptism)	Holton
14 th Oct		Higham	Raydon
21 st Oct		Holton	SSM
28 th Oct		Raydon + SSM Parish Room	Higham



New Testament Readings and Collects for weekdays in September

2 September: *Trinity 14*. Creator God, you made the goodness of the land, the riches of the sea and the rhythm of the seasons; as we thank you for the harvest, may we cherish and respect this planet and its peoples, through Jesus Christ our Lord. Amen.

- 3rd Acts 13.13-43. Gregory the Great, Bishop of Rome, Teacher of the Faith, 604
- 4th Acts 13.44-14.7. Birinus, Bishop of Dorchester, Apostle of Wessex, 650
- 5th Acts 14.8-end
- 6th Acts 15.1-21. Allen Gardiner Founder of the South American Missionary Society, 1851
- 7th Acts 15.22-35
- 8th Acts 15.36-16.5. The Birth of the Blessed Virgin Mary

9 September: *Trinity 15*. Lord God, defend your Church from all false teaching and give to your people knowledge of your truth, that we may enjoy eternal life in Jesus Christ our Lord. Amen.

10th Acts 16.6-24

11th Acts 16.25-end

12th Acts 17.1-15

13th Acts 17.16-end. John Chrysostom, Bishop of Constantinople, Teacher of the Faith, 407

14th John 12.27-36a. Holy Cross Day

15th Acts 18.22-19.7. Cyprian, Bishop of Carthage, Martyr, 258

16 September: *Trinity 16*. Lord of creation, whose glory is around and within us, open our eyes to your wonders, that we may serve you with reverence and know your peace at our lives' end, through Jesus Christ our Lord. Amen.

17th Acts 19.8-20. Hildegard, Abbess of Bingen, Visionary, 1179

18th Acts 19.21-end

19th Acts 20.1-16

20th Acts 20.17-end. John Coleridge Patteson, First Bishop of Melanesia, and his Companions, Martyrs, 1871

21st 2 Timothy 3.14-end. **Matthew, Apostle & Evangelist**

22nd Acts 21.17-36

23 September: *Trinity 17*. Gracious God, you call us to fullness of life; deliver us from unbelief and banish our anxieties with the liberating love of Jesus Christ our Lord. Amen.

24th Acts 21.37-22.21

25th Acts 22.22-23.1. Lancelot Andrewes, Bishop of Winchester, Spiritual Writer, 1626

26th Acts 23.12-end. Wilson Carlile, Founder of the Church Army, 1942

27th Acts 24.1-23. Vincent de Paul, Founder of the Lazarists, 1660

28th Acts 24.24-25.12

29th Acts 12.1-11. **Michael and All Angels**



For your diary

2 September 3-5 p.m. Raydon, Tea in the Church



For your prayers

We give thanks for those to be baptised on 7 October at SSM:
Coben Leonard Bilton-Heenan at SSM
Eva Rose Naya

We also thank God for those coming to be married in our churches this month and next::

Samuel Williams and Kathryn Boyd on 1 September in Raydon
Jay Whyatt and Olivia Bailey on 5 September in SSM
Rod Bailey and Laura Bruce on 8 September in SSM
Nicholas Chenery and Stacey Waylen on 21 October in SSM

And we pray for healing for those who are ill or in need, in our parishes and beyond:

Higham: Margaret Snelling

Holton: Ron Stedman

Raydon: David King, Michael Mumford, May Peacock

SSM: Nancy Ablitt, Laura Kerry, Trina, Alan Wiggins.

Others: Tory Cook, Philip Dean, Helen Gregory, Steve Kupfer,
Gail O'Dell, Ann Stone.