

**Stratford  
St Mary**

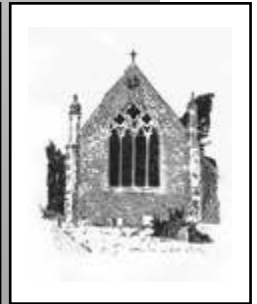
**Higham**

**Holton  
St Mary**

**Raydon**

# Quartet

The Parish Magazine



**September 2019**

**Issue 373**

Indesit frost free larder fridge. Silver  
59cm w 174cm h 61cm d. 7yrs old  
£90 ono.

Electric log burner. Manor model no. 3120. Black, as new. £50

Tel Chris 07799366876 (moving house)



Tea, Coffee & Refreshments, plus plenty of parking available at both venues!  
Need more info? Email us at [info@outandaboutclothing.co.uk](mailto:info@outandaboutclothing.co.uk)

is required for a young lady with a learning disability who lives in Lawford. No experience is necessary but applicant must be enthusiastic, self motivated and willing to assist in personal care. A full clean driving licence is essential.

For further details please ring Carol  
on 07748995901.



A handsome tabby and white gentleman resident in Holton St Mary requires a meal service 2-3 times a week during term time - could be a job share.

01473 310796 or  
07759 393026

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

# Small Ads pin board

# The Quartet Diary

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## September

- 1 Home made teas - Raydon
- 8 Higham Harvest Festival
- 9 SSM Parish Council Meeting
- 10 Raydon Parish Council Meeting  
Raydon Fair Trade Coffee  
Morning
- 14 Suffolk Historic Churches Bike  
Ride
- 18 HSM Parish Council Meeting
- 26 R&DGC meeting
- 27 HSM Whist
- 29 SSM HART Service

## October

- 5 HSM "Getting Away with Murder"
- 8 Raydon Parish Council Meeting  
Raydon Fair Trade Coffee  
Morning
- 12 HSM Quiz Night
- 24 R&DGC meeting
- 25 HSM Whist

## November

- 2 HSM Bonfire Collection
- 5 Raydon Fair Trade Coffee  
Morning
- 8 HSM Fireworks Night
- 11 SSM Parish Council Meeting
- 12 Raydon Parish Council Meeting
- 17 SESAW Christmas Fair
- 28 R&DGC members evening and  
AGM
- 29 HSM Whist

## December

- 3 Raydon Fair Trade Coffee
- 31 Raydon Fair Trade Coffee  
Morning

## 2020

## January

- 28 Raydon Fair Trade Coffee  
Morning

# Editors Corner

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September always seems to me to be a 'new start' after the summer holidays. The children are back at school, work ramps up again and thoughts of Christmas begin to filter into things we do.

The Quartet seems to display this as well this month - You will see on page 7 we have an article from the Junior Road Safety Officers at the primary school requesting your old inner tubes. It used to be milk bottle tops when I was at school!

It's the time of year for the annual Church Ride and Stride as well. Most villages have a representation, so get involved, it's great fun visiting as many churches as you can on the day, finding out a little of our Suffolk history and helping to maintain it in a practical way too.

The first Christmas event has crept in this month too - see page 18 for the culprit!

One more thing to bring to your attention - Professor Richard Appleton is giving a talk in Holton St Mary in October entitled 'Getting Away with Murder' Find out more on page 17. Whatever can he mean?

Happy reading for another month!

Anne and Jane

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



Copy deadline for next edition:

**19<sup>th</sup> September 2019**

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# Stratford St Mary

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On Sunday 29<sup>th</sup>  
September

the Benefice is delighted to  
welcome the founder of

**H.A.R.T. - Baroness Cox**

to speak about the work of this  
organisation at Stratford St Mary  
Church as part of the 10am  
Service.



*"Aid and Advocacy for  
Persecuted People"*

## INSTITUTE HALL BOOKING CLERK CHANGE

Please note that requests for bookings  
should be made through the  
bookings email address:

[ssminstitute.bookings@gmail.com](mailto:ssminstitute.bookings@gmail.com).

Information supplied to book should  
include a name with contact details  
and the nature of the event.

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

Steve Kite  
42 Strickmere  
Stratford St. Mary, CO7 6YG



## SSM 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.

## STRATFORD ST MARY PARISH ROOM

Letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.

all day - £38.00.

A session is 5 hours i.e. morning -  
afternoon- evening

Special rates for regular bookings.  
Heating and lighting are included. To  
book the hall and for general enquiries,  
please phone John Taylor on 01206  
323908

**Stratford St. Mary Christian Fellowship**  
(known as Stratford Chapel)  
Upper Street, Stratford St. Mary CO7 6JH

We are an evangelical free church serving the  
Community and attended by all age groups.

**Sunday Services:** (every Sunday)  
10 am Morning Service and Junior Church followed  
by refreshments  
6.30 pm Prayer and Praise

**Midweek Activities:**  
House Groups at Stratford St. Mary, Dedham and  
Capel St. Mary

"The Coffee Pot" for everyone  
Tuesdays 9 am - 11 am during term time

Men's Recreation Evening meeting monthly on  
The 1st Wednesday of each month

Sparks Children's Club each Friday during  
Term time from 5pm - 6.30pm for ages 7 - 11.

Ignition Youth Club each Friday from 7.30 pm - 9.30 pm  
For ages 11 - 16

For further information: Contact Adrian Gates Tel 01473-311919  
Or Beekie Wyncoll at beekie.w@live.com



**Community  
First Responders**

Interested in becoming a CFR?

Why not find out what it is about?

Look at the CFR link on the East of  
England Ambulance Services website.  
You can even apply on line!

If you watch the training video - do not be  
alarmed - you are never expected to do  
mouth to mouth.

For further information, please contact  
your local co-ordinator.

## **100 Club Winners August**

**55 M. Chard £40.00**

**51 EJ Woodard £10.00**

**42 C.Griffin £5.00**

## **Stratford St Mary Parish Council Emergency Team**

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

**Norman Woodard**  
12 Swaynes 01206 323015  
[Norman.woodard@fatbloaters.com](mailto:Norman.woodard@fatbloaters.com)

**Chris Griffin**  
Brook Farm, School Lane 01206  
337363/07885 807567  
[chrisbrookfarm@gmail.com](mailto:chrisbrookfarm@gmail.com)

**Steve Kite**  
42 Strickmere 01206 322482  
07958 515573

**Bill Davies**  
3 Spanbies 01206 322990  
[billdav@hotmail.com](mailto:billdav@hotmail.com)

Stratford St Mary Parish Council website has  
now been updated. Please pop over to  
[www.stratfordstmary.onesuffolk.net](http://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](mailto:parishcouncil@stratfordstmary.org.uk)



**Family Hour @ The Parish Room**

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

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

**Come and join us!**

## Transport to Medical Appointments.

If you live in Stratford St Mary and have difficulty in getting to and from your doctor's surgery our friendly team are happy to help you.

Please give us as much notice as you can.

**Graham/Diana Pearce 01206 321297**

**Jenny Symons 01206 322636**

## SSM Parish Council Meetings

09 September  
11 November

## FIRST RESPONDERS

Recently, Peter Dawson, the coordinator and lone Community First Responder of the Stratford St Mary Community First Responder group was presented with a cheque for £500. This took place outside the Dedham Co-op and was presented by Maximillian Jackson, one of the shop's team leaders. The group applied to be part of the Green Token scheme and was successful in the application. This gave them a box for the green tokens in 4 local Co-op stores.

A big thank you goes out to the Co-op and all the shoppers who put their green token in our box.



## Stratford St Mary Parish Council

There are two vacancies on our parish council so if any village resident would like to apply to become a councillor please contact our clerk, Jane Rose, by email on [parishcouncil@stratfordstmary.org.uk](mailto:parishcouncil@stratfordstmary.org.uk) or you can contact our chairman, Bill Davies, on 322990 if you would like to discuss the matter before making a decision.

## Stratford St Mary's Charitable Trusts Merge

Stratford St Mary's two historical charitable trusts, *The Lettice Dyke Foundation* and *The Stratford St Mary Welfare Trust*, have, this month, been merged to create a single trust under the name '**Stratford St Mary Community Trust**'. This is because the assets of the Foundation have diminished over the years, to an extent that makes it no longer viable as an independent trust. The Stratford St Mary Parish Council as trustees of the Foundation, in liaison with the Charity Commission for England and Wales, have therefore agreed to relinquish their responsibilities in this respect and the new combined trust will operate under the trusteeship of the existing Welfare Trust Board. The Parish Council does however have ongoing influence on the activities of the new trust through nomination of two trustees.

The new trust has been granted a remit that incorporates the objectives of both of the original trusts but in a more flexible context. This is now recorded on the web-site of the Charity Commission as:

TO ASSIST PERSONS RESIDENT IN THE PARISH OF STRATFORD ST MARY TO PARTICIPATE IN AND ENJOY THE BENEFITS OF, THEIR COMMUNITY, PARTICULARLY THROUGH:

- PROVISION OF RELIEF IN CONDITIONS OF NEED, HARD-SHIP OR DISTRESS;
- FINANCIAL SUPPORT FOR ATTENDANCE AT OR ENGAGEMENT WITH, EDUCATIONAL ESTABLISHMENTS;

- ASSISTANCE IN ACCESSING NEW OR ALTERNATIVE EMPLOYMENT.

The trustees are of the opinion that this will allow them to respond to instances of required assistance in a less restricted manner than formerly, and in a way that will be more suited to life in the 21<sup>st</sup> century.

Although trying to make themselves aware of situations in which Trust intervention might be appropriate, trustees recognise that there will inevitably be instances of need of which they have no knowledge. For this reason, anyone living, working or playing in our village who is or becomes, aware of, a resident within the Stratford St Mary community who might warrant assistance from the trust under the above remit, is asked to pass relevant information to the trust, for consideration.

The trust has a direct e-mail address, **[trust@stratford-st-mary.org](mailto:trust@stratford-st-mary.org)** which can be used for this purpose or for general communication. **All information passed to the trust or to individual trustees, will be treated in strictest confidence.**

**Brian Such**  
**For the Board of Trustees**  
**Stratford St Mary Community Trust**







**HISTORIC CHURCHES TRUST  
CYCLE RIDE/STRIDE/WALK –  
SATURDAY 14  
SEPTEMBER 2019**

I will pass on sponsorship forms for the annual Suffolk Churches bike ride/stride/walk to those who have taken part in previous years, when I receive them. Newcomers are very welcome to take part, to support any church of your choice, and can contact me on 322259, or call into Rosebank, Lower Street, to collect a sponsorship form.

It is not too early to start finding sponsors to support your efforts.

David Isaac



## ABC Preschool

We had a great summer term, where we explored all things to do with summer, we went on safari, harvested our new potatoes in our vegetable garden and looked at different materials we use and how we can recycle and re-use!

We are back on September 4<sup>th</sup> after the summer holidays. If you have a child who is looking for a Preschool place then why not come and see what we can offer you, please call Kirsty Robinson (Preschool Manager) on 01206 322466 or follow us on Facebook



The JRSOs would like your help; they would like you to save your old inner tubes. Don't bin your old inner tubes, we're collecting them! We are collecting blown out inner tubes for Cycle of Good who send them to Malawi.

Cycle of Good create quality handcrafted goods using recycled materials (like your old bicycle inner tubes) by training tailors in the world's poorest places so they can earn a decent living.

All money made by Cycle of Good pays for childcare and non – profit social enterprise in Malawi.

Cycle of Goods mission is to save every single inner tube in the UK from going to landfill. They have collected 11363 inner tubes so far. Please bring your old inner tubes to the school office.

Thank you for your support,

Miss Jones and the JRSOs  
Stratford St Mary Primary School

## Parish Room

Thanks to the generosity of Chris and Kathryn Jones of Courtlands, we now have the use of a piece of land at the rear of the Parish Room.

The committee and helpers intend to turn it into a pleasant green space for the enjoyment of the Parish Room users.

We look forward to having another useful amenity in the village.

Regrettably it has been decided to close the charity stall at the end of September. The stall has been run by Barbara Sparrow over the last few years and our sincere thanks are extended to her. The total amount raised over the years will be published in the Quartet at a later date.

Thank you to all who have contributed in any way over the years.

Don Umfreville

## Your Church Needs You!!!!

Our beautiful old church is in constant need of repair so we are trying to raise funds through a series of events such as the quiz night, cheese and wine evenings, concerts in the church and so on. We have a superb team of volunteers that run the church but we'd like to establish a specific fund raising team to help protect this building and would welcome some new faces and ideas.

Please call Julie on 07989 639 583 if you would like to get involved.

## "Well done Parish Council

What a pleasure to walk from the village towards the Talbooth now that all the nettles etc have been cut away from the footpath. Thank you for all your persistence in lobbying the relevant authorities, very much appreciated."

*Resident*

## "The Coffee Pot"

-at-

## Stratford St Mary Chapel



Stratford St Mary Christian Fellowship welcome all to their community coffee morning. We are situated within the chapel lounge where there is a safe area for children to play whilst you catch up over freshly made coffee, tea and cake.

Every **Tuesday** morning  
between 9am and 11am  
*during term time only.*

At around 10.30 am each week there will be Story time and songs for any children and a brief 'thought for the day'

Further information

contact:beckie.w@live.com

# BRITONS



## Join Your Institutes 100 club

The cost for a year's subscription is only £12.00. Prizes of £40, £10 and £5 are paid out each month.

The money made from the 100 Club goes towards the up keep of your Institute, Keeping it available for any event you wish to use it for.

If you wish to join please fill in the form below and push it through my letter box at 12 Swaynes, I will do the rest.

Payment by Standing order can be arranged.

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Name

Address

Contact number

# Raydon



## Fair Trade Coffee Morning

Beautiful Victoria sandwich and jam tarts were on offer at our August 13th Fair Trade coffee morning. It being

August some of our regulars were away on their holidays, hope they haven't had too much rain.

The forthcoming garden club show was one of the topics we were chatting about and who was going to enter what. It's a good opportunity to see lots of flowers and veg which might give you inspiration to grow in your own garden, then you could enter the show with them next time.

The other topic was the Suffolk Historic Churches trust cycle ride which is on September 14th. The rota for recording riders is almost full but there are a couple of slots where help is needed. The rota is at the back of the Church so pop in at any time and add your name to it. It's very easy to register the riders and also offer them refreshments and point them in the direction of the loo! There's still lots of time to add a few more sponsors to your forms as well, so come to our next Fair Trade coffee morning on September the 10th and you could get an extra one or two.

Thanks very much again  
Wendy Mumford 01473 312123

## Suffolk Historic Churches Trust

### Sponsored Ride and Stride

You still have time to collect a sponsor form and help raise funds for the trust and our Church.

You can also walk, eg. Drive to Hadleigh, park, then walk to the Churches in and around Hadleigh

you'll be surprised at how many there are collect your form from the back of the Church

or phone Wendy Mumford 01473 312123

give it a go and keep fit at the same time!

## RAYDON PARISH COUNCIL SCHEDULE OF MEETINGS 2019 All at 7.30pm in the KGF Pavilion

Tuesday 10 September  
Tuesday 8 October  
Tuesday 12 November

*NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please visit [www.raydonpc.org](http://www.raydonpc.org), or contact Jane Cryer, Parish Clerk: 07920 713940 / email [raydonpc@gmail.com](mailto:raydonpc@gmail.com)*

## Broadband Issue

The Parish Councils of Holton St Mary and Raydon have jointly been considering the issue of broadband connectivity in the villages and particularly performance and reliability.

To take this forward requires two key actions:

- 1 Check your own system - if it is not set up properly or capable, the bandwidth from your service provider will not reach your screen.
- 2 Check the line speed - this has to be done at the point of entry to remove issues from point 1 above.

In order to gather information on performance we have set up a shared site to gather data.

If you have any familiarity with google and spreadsheets you will be able to access the form online at Google Drive.

Feel free to complete the form with as much information as you wish to share. Note this is a public access site and all data will be open access. Please provide your email address to raydonpc@gmail.com and access to the site can be sent to you.

Once we have a few weeks of information we should be able to ascertain if there is a pattern to the problems encountered to support any action with the service providers.

The form contains a tab with information on how to action points 1 & 2 above.

**So - to join please email raydonpc@gmail.com and we will send you the link and contact information.**

Raydon & Holton St Mary Broadband  
Keith Lovering & Sally Thurlow



## Inconsiderate car parking

The footpath along The Street, especially near Noaks Road is often partially blocked by cars parked with their wheels on the path, making access difficult for pedestrians - and, more importantly, mobility scooters. Please try to keep the footpath clear.

Jane Cryer  
Clerk to Raydon Parish Council

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## Homemade Teas

at

**St Mary's Church, Raydon**



**Sunday 1 September 2019**

**Teas served from 3.00 to 5.00 pm**

**All welcome**

In aid of the Church Fabric Fund



*NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact*

*Jane Cryer, Parish Clerk*  
Sunnyside Cottage, Overbury Hall Road,  
Layham IP7 5NA

07920 713940 / [raydonpc@gmail.com](mailto:raydonpc@gmail.com)



## 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

## Your Raydon Parish Councillors

**Sue Newton (Chair)**  
07808 818847

**Christine Hempstead**  
01473 810171

**Keith Lovering**  
07939 075143

**Howard (Jim) Lowe**  
01473 313094

**Amanda Pyall (Vice Chair)**  
01473 310050

**Sigi Steer**  
07591 875267

**Jayne Tann**  
01473 828283

**Jane Cryer – Clerk**  
Sunnyside Cottage, Overbury Hall Road  
Lower Layham IP7 5NA  
01473 824287 / 07920 713940

## 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 p.m.

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

# Raydon and District Gardening Club

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So by the time you all read my notes we are heading towards Autumn. You will have noticed how the tree leaves are getting a duller green or even starting to turn colour. Flowers should still be plentiful in many different hue's, and the birds will be visiting the bird tables more to fatten up ready for the winter period. Summer visitors will begin to depart, followed by in-coming winter visitors: ie fieldfares and redwings etc. Should still be butterflies and dragonflies on the wing well into October to enjoy both in your gardens or out in the countryside on warmer sunny days.

Saturday 17th August started off very wet between 5.00 – 6.00am so difficult conditions to be outside choosing entries, however by show time it was dry, sunny at times, and breezy. Gardeners have had a challenging year once again with periods of dry and at times very hot (remember February's unusual hot) followed by wet, followed by very hot summer period. Once again watering cans became a necessity until the beginning of August when it turned wet again at times.

Once again we enjoyed another wonderful traditional village Summer Flower & Produce show made by the great support of members entering in the show (297 entries. Well up on previous years) and more people entered as well, followed by a great number of visitors in the afternoon. Judges again very complimentary on standard of show, and I received some lovely comments from 2 visitors from other garden clubs from much larger villages who struggle to get anywhere near 300 entries, so well done everybody for your hard work and participating in the shows. Our president Mrs Natalie Finch presented

the cups and associated prizes to all the worthy winners, and was then duly gifted a lovely basket of jams and pickles kindly supplied by a committee member. Well done to all and special thanks to: workers in the kitchen who served up refreshments, thanks to all who supplied raffle prizes, purchased raffle tickets producing over £100.00 for club funds, Special thanks also to a very generous donation received, as the members unable to enter show this time, also thank you to all who stayed behind to help clear tables etc and leave hall in a clean condition ready for the next use. Lastly your committee Thanks you all for supporting our major show event once again.

September 26th meeting in village hall at 7.30pm will be by guest speaker Jan Michalak called "Rock" a look at Alpine gardening which should appeal to many gardeners especially if you only have small gardens, tubs or window boxes. Look forward to meeting all members and visitors to what should be another very interesting evening followed by refreshments and raffle.

Geoff Horrex (Chairman)  
01473 310422



# Higham

You are all most welcome to the

**Harvest Festival**  
at  
**St. Mary's, Higham**  
on  
**Sunday 8<sup>th</sup> September**  
**11am**

followed by a  
**Harvest Lunch**

Our guest speaker at the service  
is  
**John Gillett**  
from

**OpenDoors**  
*'Serving persecuted Christians  
for over 60 years'*

A £10 donation for adults for the lunch will  
be gratefully received and any children will  
be free of charge.

Please let Hugo Parker 01206 337234,  
Revd Martyn Carr 01206 337325 or Nicola  
Tindall 01787 212340 know in advance if  
you would like to come to the lunch.



That is the message, as Suffolk County Council launches a new campaign looking at our relationship with alcohol.

Four short films have been produced following the stories of characters ('Billy Binge', 'Tellybox Trish', 'Big Match Barry' and 'My Time Mandy'), speaking about when and where they drink alcohol. The films cover different habits when it comes to alcohol consumption; weekend binge drinking, drinking at home, drinking as a reward, and excessive drinking to celebrate an event or occasion, such as a football match. The campaign offers guidance and advice about how much is too much, the benefits of reducing alcohol intake and the small changes people can make to their drinking habits, which can make a big difference to their mental and physical wellbeing.



# Holton St Mary

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## The First Friday of the Month Lunch Club



### First Friday of the Month Lunch Club -

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

A Light Lunch will be served between 12.30 - 2.00 p.m. 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.

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## Defibrillator Training

We noted at the Parish Council recently that it has been few years since we had offered training on the community Defibrillator located outside the village hall.

If any villager would be interested in a refresher course, or would like to learn how to operate it, please email the Parish Clerk; hsmparishclerk@yahoo.co.uk



### Holton St Mary Village Hall

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

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

## 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 27th September

Friday 25th October

Friday 29th November

Early Opening on Friday.

Please note that the next dates for early opening are:-

Friday 13th September

Friday 11th October

Quiz Night

Saturday 12th October. with Fish & Chip Supper included @ £8pp. Our quizmaster for the evening is Bob Holmes. If you wish to enter a team then please enter your name and contact details on the poster in the village hall

Bonfire Night & Bonfire Collection

Collection day is on the morning of Saturday 2nd November

Display is on Friday 8th November

Peter Longmate

quaywallslongmate1@btinternet.com



## 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](mailto:familytorrington@btinternet.com) or 01473 312046.

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## SUFFOLK HISTORIC CHURCHES TRUST

### ANNUAL RIDE AND STRIDE

**SATURDAY 14TH  
SEPTEMBER 2019  
9AM TO 5PM**

Every year since 1982 folk of all ages and from all over Suffolk have taken to their bicycles (in recent years many have chosen to walk or drive) on the second Saturday in September to travel from church to church raising money through sponsorship for their local church or chapel.

It is a wonderful opportunity to enjoy the beautiful Suffolk countryside and visit some of the magnificent churches with which the county is blessed and, at the same time, raise money for the upkeep of your local church.

If you would like to pedal, drive or walk for Holton St Mary Church, please contact

Caroline Favell

tel: 01473 310268

email: [martinfavell99@gmail.com](mailto:martinfavell99@gmail.com)

## **'Getting away with Murder'**

Professor Richard Appleton

Expert Witness in Paediatric  
Neurology

Saturday, 5th October at 7.30pm

Holton St Mary Village Hall

Tickets: £8: includes a glass of  
wine

(Tickets from  
Jeanetteappleton@hotmail.com

or on the door)

Proceeds to St Mary's Church,  
Holton St Mary

**Congratulations to Emily Johnson and Adam Kingston** who both recently passed their Yellow Belt gradings in the Martial Art of Eskrima. Classes are held at Holton St Mary Village Hall on Thursday evenings, 6.30-7.30pm.

The grading covered hand to hand self-defence drills plus the use of a single 28 inch stick and Forms. Adam and Emily have been working incredibly hard to prepare for their grading, so the First Class Passes were well deserved.



Guba Doce Pares Ipswich, teaches a practical self defence system which includes how to improve self-confidence, deal with bullies, manage weight and improve fitness.

Our mission is to "Help children and adults to improve their lives by the continual development of their mental and physical capabilities through the study of the Filipino martial art of Guba Doce Pares Eskrima." The system is very well structured so you will be able to gauge your progress as you train at a pace that suits you. There is considerable variety and you will be constantly learning and developing, so you should find it mentally and physically stimulating.

The classes have a relaxed and social atmosphere, even though the training can sometimes get quite intense.

Who knows in a few years you too could earn the coveted Black Belt and teach a class of your own.

"Small daily improvements are the key to staggering long term results."

[www.docepare-ipswich.co.uk](http://www.docepare-ipswich.co.uk)

## **Annual Members' Meeting - NHS Ipswich and East Suffolk CCG**

The Annual Members' Meeting of GP practice members of NHS Ipswich and East Suffolk Clinical Commissioning Group, to approve the CCG's annual accounts 2018/19, will take place on Wednesday September 11 from 3.45 – 4.15 p.m. At Trinity Park, Felixstowe Road, Ipswich IP3 8UH.

This meeting is open to members of the public.

## SESAW NEWS

We would like to send a huge thank you to everyone who attended, helped or donated items for our Open Day and Fun Dog Show in July. A massive £4000 was raised which will help us look after the rescued animals at SESA. Our next Suffolk event is the Christmas Fair at the Old School, Long Melford on Sunday 17th November. Tables are available for outside stallholders, to book please visit [www.sesaw.co.uk](http://www.sesaw.co.uk) or call 07912 007617.

Much hard work goes into preparing for a sale and we are in need of people who could spare a few hours occasionally. If you could distribute posters, set up tables, unload the van, put up banners or just make the tea when we hold an event close to you, please call/text 07881 785535 or email [info@sesaw.co.uk](mailto:info@sesaw.co.uk)

We also need volunteers to help generally around the Sanctuary and care for the animals



including Bella, an 18 month old lurcher. This lovable girl is as mad as a March hare, loves tummy tickles and cuddles, needs a couple of walks to let off steam before crashing and watching the world go by. Interacts well with similar sized dogs due to her boisterous nature, not particularly interested in cats. Please get in touch if Bella is the dog for you, or if you would like to look after the cats, rabbits, chickens, sheep and dogs including me, Kenny (the Boss) Chihuahua.

Suffolk and Essex Small Animal Welfare, Reg.Charity No.1124029. Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888 [www.sesaw.co.uk](http://www.sesaw.co.uk) Open by appointment only during August, or for emergencies.

Tables available to hire at the SESA CHRISTMAS FAIR, 17th November, The Old School, Long Melford, CO10 9DX. Call 07912 007617 or visit [www.sesaw.co.uk](http://www.sesaw.co.uk) to download a booking form.

## Suffolk Family Carers

### **Do you care for a family member, friend or neighbour?**

Suffolk Family Carers are currently booking in their latest Information and Wellbeing programmes and workshops which are free to family carers 18 or over across the county.

These include – Caring with Confidence, Caring and Coping, Living Well with Dementia, Youth Mental Health First Aid, Wellbeing for family carers and Caring for Young People with Autism/ADHD.

Recent feedback from our programmes and workshops rated all our facilitators as 'Excellent' and 100% of family carers who attended during January, February and March this year said that they feel more able to look after their own wellbeing.

Comments have included 'This was an amazing group and I feel very privileged to have met the ladies I have'. When asked - What is the one thing you will take away from attending this workshop? Answers have included 'Meeting people who I can talk to and who understand' and 'Meeting and understanding other carers situations and applying ideas for my own'.

If you would like further information on any of our programmes or workshops please email or call 01473 835446.



## Column from James Cartlidge MP

I believe that our very special part of the world has the basis for a brilliant tourism offer and every upwards tick in local visitor numbers adds to the positive prospects of our small business owners, who depend so heavily upon traditional trade through their doors rather than clicks in a virtual domain. Tourism is worth about £2bn to the Suffolk economy and in 2017 nearly 250,000 people were employed by hospitality businesses in our region. I would also add anecdotally from my experience of enjoying our various pubs and restaurants that the hospitality sector offers a key chance for young people to sample employment for the first time, even if many then go on to careers in other sectors.

As such, as the Chair of the South Suffolk Taskforce, I have made one of our workstreams the visitor economy and the industries that it supports. In particular, we have focused on what we can do to make more of our unique cultural offer, with my constituency containing rich, rare links to two of our most famous painters: Gainsborough and Constable.

Certainly, there is much to be positive about. On the Shotley Peninsula, the tourism action group is creating exciting events that have drawn more visitors to the area, in particular celebrating the association with Arthur Ransome's 'Swallows and Amazons' adventures. At Flatford, the real-life scene of Constable's world famous 'Hay Wain' painting, the National Trust have recently purchased the last privately-owned property in the hamlet. In Hadleigh, Benton End House, once the home of Sir Cedric Morris - who opened the East Anglian School of Painting and Drawing - has been purchased with the view of opening it to the public and artists. Artists who have previously studied at the property include Maggi Hambling, Joan Warburton and Bettina Shaw-Lawrence.

Finally, there is the planned redevelopment of Gainsborough's House in Sudbury which will create an impressive new gallery and act as a national cultural centre. My first ever Prime Minister's Question to Theresa May celebrated this ambitious project and I hope it will help to crystallise a resurgent local tourism sector, boosting vital footfall in our shops.



## LOVE TO SING?

## THINK IT'S TOO HARD?

## IT'S NOT, YOU KNOW!

Come and see what a joy it is to be part of a choir. Hadleigh Choral Society is holding a FREE Open Rehearsal at the Ansell Centre Hadleigh (IP7 5DL)

7th September 2019,

2:15 for 2:30 start with an introduction to ELIJAH by Mendelssohn.

No audition / no judgement / no solos...everything provided including refreshments.

We just want you and your voice, so come along! Any questions please contact 01473 823 791 or visit our website at [www.hadleighchoralsociety.org.uk](http://www.hadleighchoralsociety.org.uk)

Our August Meeting, held at the Venture Centre, Lawford, on 14th of the month welcomed Terry Waite talking on "Survival In Solitude". As a former hostage negotiator and hostage himself he spoke of his experiences working for the release of innocent people across the world and he described his own experiences in captivity in Beirut.

The theme of our meeting on 11 September is "Great Composers Of Film Music". Steve Johnson, a film enthusiast, will recall the history of music in film from the beginnings of sound, with emphasis on specific composers who have made significant contributions to music in film.

Jenny Gibbs will talk to us on "An Englishwoman's Life in Rural Turkey" on Wednesday 9 October. Her stories capture a simple, serene, pastoral way of life in a Turkish mountain village unchanged for centuries, from the day she first arrived there 25 years ago to today.

On 13 November Magistrate Graham Higgins will talk of "Tales From The Bench". He will look at our legal heritage, particularly the part played by Suffolk. He will relate how the role of magistrates and local events have played a part in this history and will bring us up to date with an opportunity to decide how a defendant should be sentenced by briefly outlining a case. He will also include some of his unusual experiences on the bench.

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 but 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 30 August.

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 370 members and 35 active groups. For further information please visit [www.stourvalleyu3a.org.uk](http://www.stourvalleyu3a.org.uk) where our membership secretary Val Pretty may be contacted.

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2 for 2.15pm. Annual membership costs £12 and this entitles members to attend the meetings that take place on the second Wednesday of each month, except December. Whilst Visitors are welcome to join us on a limited number of occasions, paying a donation each time, Members are given priority, for safety reasons, due the halls limited capacity.

#### Remember

It's never too late to learn! Join over 400,000 members across over 1,000 U3As throughout the UK today!



## Stour Valley Men's Probus Club



We do not hold meetings in August.

Our speaker on 4 September is Mervyn Linford introducing us to the river from "Cattawade Bridge to Ha'Penny Pier". Ted Wheatley will return again and his subject is "Speakers' Corner" on 18 September.

On 2 October David Prynn will talk of "China, past and present" and two weeks later on 16 October Cherry Mullins will present "Confessions of a Tour Manger".

Andy Malcolm will talk about the good work undertaken by "The Fishermen's Mission" on 6 November and two weeks later on Wednesday 20 November Sara Waterston of local Hunnabale Funeral Directors will talk on "The Humorist Side Of Funerals".

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 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 Chairman Dave Carman on 01255 880202 for further details.

## Constable Singers

We meet on Thursdays [apart from the 2nd Thurs. of the month when we meet at E.B Congregational church] at The Lamb School East Bergholt at 7pm.

We would like to have some new members so if you like singing (no audition, no need to read music as we sing along to backing tracks once we've mastered the tune). 1st session is free and words are provided .

Contact Yvonne 01206298428 or Mel 01206298628 or Paula Mob.07799248747

If you would like for us to come and sing to your group/club/society Please Contact Paula tel Number above

---

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office@stmarksparish.org.uk

## Bin Collection Schedule

	Week Commencing	
Recycling Week	26 <sup>th</sup> August	<b>Bank Holiday - one day later</b>
Refuse Week	2 <sup>nd</sup> September	
Recycling Week	9 <sup>th</sup> September	
Refuse Week	16 <sup>th</sup> September	
Recycling Week	23 <sup>rd</sup> September	

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

### EAST BERGHOLT CONGREGATIONAL CHURCH

Cemetery Lane, East Bergholt,  
CO7 6RZ

Pastor -Mrs Maralyn Bambridge

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otherwise stated

**Coffee Mornings** - Each Thursday  
9.30 to 11.30 am

Church Secretary – John Jeffreys  
Tel 01206 298737  
Email [j.jeffreys.eb@btinternet.com](mailto:j.jeffreys.eb@btinternet.com)

### Craft & Food Fair 2019

– This popular fair, organised by  
Hadleigh Market Feoffment Charity,  
will take place in the

Town Hall/Guildhall complex,  
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**Sunday 3rd November**  
**10am-4pm.**

There will be various stalls selling food,  
drinks, crafts and Christmas items.  
Refreshments will be available in the  
Dining Room.

Entry is £1 adult, under 13's free and  
disabled access 50p due to limited  
access.

For further details please see  
[www.hadleightownhall.co.uk](http://www.hadleightownhall.co.uk)  
or ring Sue on 01473 823884.





## **East Bergholt High School Association**

Registered charity no. 1017476



East Bergholt High School

**15<sup>th</sup> September**

9.30am – 12noon

Admission 50p

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In advance - cars £5, with trailers £7,  
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No traders

Gates open 8.30am for sellers

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### **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!

## **A note for Everyone**

Just a reminder for house names/numbers to be visible. If an emergency vehicle needs to find your house at night, will it find it easily?

Lots of names/numbers are hidden behind bushes - it would only take a few minutes to clear it but those few minutes might make a huge difference if the emergency vehicle finds your house first time.



## **DEDHAM TENNIS CLUB**

Memberships for 2019 are now available, giving free access to the courts.

Juniors £5; Adult Weekday £40;  
Individual £65; Family £105.

Coaching for juniors & adults available or just come along & give tennis a try. Our subscription year is now nearly half way through but we do continue playing throughout the autumn & winter.

More details at  
[www.clubspark.lta.org.uk/dedhamlta](http://www.clubspark.lta.org.uk/dedhamlta)

or email: [dedham-tennis-committee@googlegroups.co.uk](mailto:dedham-tennis-committee@googlegroups.co.uk)

# Local Services

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## **The Constable Country Medical Practice**

**The Medical Centre,  
Heath Road, East Bergholt, Colchester  
CO7 6RT**

### **Surgery opening hours**

8.00am – 6.30pm Monday to Friday  
Telephone 01206 298272  
Fax 01206 299010

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

### **Surgery opening hours**

**8.00am – 6.30pm Monday to Friday**

Dispensary 8.30am – 6.15pm  
(closed between 1-2pm)  
Telephone 01473 310203  
Fax 01473 311722

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## **Crime prevention**

<http://www.suffolk.police.uk/safetyadvice/repo>

[rtacime/tellthepolice.aspx](http://www.suffolk.police.uk/safetyadvice/repo/tacime/tellthepolice.aspx)

PC 1347 Gilkes Pcs0 3041 Cooper  
[babergheast@suffolk.pnn.police.uk](mailto:babergheast@suffolk.pnn.police.uk)  
Telephone...101

## **MOBILE LIBRARY**

### **Stratford St Mary - Route 11**

The bus stops every 4 weeks on  
Wednesdays

4 September, 2 October, 30 October, 27  
November, no visit in December

Black Horse - 11.05am - 11.20am  
Tally Ho! Corner - 11.25am - 11.45am  
Strickmere (School Lane end) - 11.50am  
- 12.10pm

### **Route 14**

The bus stops every 4 weeks on  
Tuesdays

10 September, 8 October, 5 November,  
31 December

### **Holton St Mary**

Church Square - 9.30-9.45am

### **Raydon**

St Mary's Raydon - 9.50-10.30am

### **Lower Raydon**

Sulleys Hill - 11.30 - 11.45am

### **Higham**

The Green - 11.55am to 12.10pm

The **customer service line 01473 283838**

is staffed 9am to 5pm from Monday to  
Friday and can handle any library  
customer queries renewals and  
reservations to any general library queries.  
An answer phone is available outside of  
operating hours and people can also email  
[help@suffolklibraries.co.uk](mailto:help@suffolklibraries.co.uk)

# Local Directory

THE GATTINETTS

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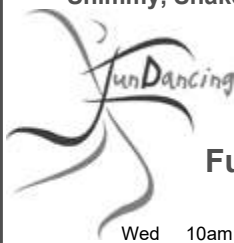
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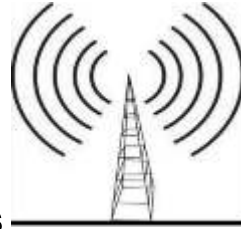
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# The Quartet benefice Newsletter and events schedule

Dear Friends

Wow - the year seems to be scurrying past at an alarming rate of knots and I find myself writing this with nearly two thirds of 2019 gone and summer holidays almost over. Pressing this same fast forward button seems to apply to the Church's year as the month of September sees harvest festivals happening in each of the four churches in our Benefice. Although celebrating the harvest has the effect of hurrying the year along, living amid beautiful countryside, it would seem very odd if we didn't mark and give thanks for God's bounteous nature. In both SSM and Higham harvest lunches are happening following each of the services and at Higham John Gillett from the charity 'Open Doors' will be speaking at the service. Another service worth mentioning is at the end of the month when the Benefice welcomes Baroness Cox from the charity H.A.R.T. (Humanitarian Aid Relief Trust) to SSM. Do please make a note of these dates and times and come along.

Speaking to a friend a couple of weeks ago she said that she no longer buys an annual diary but an academic one and I see her point. For me the pause in the year happens not between Christmas and New Year but over the summer months of July and August. Then I can breathe more deeply, catch up with friends and tackle a few jobs I've been postponing before the start of the next academic year. This summer my children and I have been preparing for new adventures with both my daughters moving to different cities and starting their careers and myself beginning training on the Auxiliary Ordination Pathway. These are exciting times for the three of us but mixed with a certain amount of apprehension. The prospect of ordination although wonderful, having read Revd Martyn's letter last month, at times is scaring me rigid. During our 'Sending Out' service in the cathedral in July, all the ordinands were reminded by Bishop Mike that unless we carry with us a healthy amount of time for prayer we might as well pack up now.

So, over the summer months I have been re-evaluating my prayer life. How much time do you put aside for prayer each day? Is it a) 'none', b) 'when it suits', c) 'when I think about it', d) 'daily planned moments', e) 'every waking minute'? Being honest I confess to hovering somewhere between c) and d). My 'New Academic Year's Resolution' is to land firmly on d) reminding myself that prayer time is when we not only talk to God, but by listening in the silence we realise that he is holding us and supporting us in everything we do.

With blessings to you all  
Nicola (Reader)

## **BENEFICE CONTACTS, SERVICES AND EVENTS**



### **Curate:**

Martyn Carr: 01206 337325 [martyn.kingfisher@btinternet.com](mailto:martyn.kingfisher@btinternet.com)

### **Reader:**

Nicola Tindall: 01787 212340 [nicolajtindall@btinternet.com](mailto:nicolajtindall@btinternet.com)

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

### **Benefice Administrator:**

Frances Torrington: 01473 312046 [familytorrington@btinternet.com](mailto:familytorrington@btinternet.com)

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

### **Benefice website:**

[www.4marys.org.uk](http://www.4marys.org.uk)

### **Churchwardens**

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<b>Holton</b>	Richard Noel 01206 298276 Paul Torrington 01473 312046
<b>Raydon</b>	Geoff Horrex 01473 310422 Simon Tennent 01473 310320
<b>Stratford</b>	Jonathan Dewey 01206 322148

## **Services in September and October**

	<b>10.00 a.m.</b>	<b>6.30 p.m.</b>
1 <sup>st</sup> Sept	SSM	Holton
	Led by the Ven Dr David Jenkins, Archdeacon of Sudbury	
8 <sup>th</sup> Sept	<b>11.00am</b> Higham - Harvest	Raydon
	Guest Speaker - John Gillett, Open Doors	
15 <sup>th</sup> Sept	Holton- Harvest	SSM
22 <sup>nd</sup> Sept	Raydon - Harvest Family Hour - SSM	Higham
29 <sup>th</sup> Sept	Benefice Eucharist in SSM Speaker Baroness Cox from H.A.R.T.	
6 <sup>th</sup> Oct	SSM	Holton
13 <sup>th</sup> Oct	Higham	Raydon
20 <sup>th</sup> Oct	Holton	SSM
27 <sup>th</sup> Oct	Raydon Family Hour - SSM	Higham

**Midweek Communion:** A short service of Holy Communion will be held in the Parish Room at Stratford St Mary at 10am on Wednesday 18th September.

**Morning Prayer:** A service of Morning Prayer will take place on Thursday 19th September at Higham Church at 10–10.30am, followed by coffee. All are welcome or do just come for the coffee.

**House Group:** Thursday 12th and 26<sup>th</sup> September 2-30pm to 4 pm at 5, Veyses End, Stratford St Mary.

**Harvest Lunches:** SSM Sunday 1<sup>st</sup> September at 1 pm in the Parish Room contact Christine Cousins 01206 322530 for more details, 8<sup>th</sup> September, Higham in tent following service, contact Hugo Parker 01206 337234 for more details

## **Elders**

Our four church Benefice is fortunate to have four 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.

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