

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

Quartet

The Parish Magazine



September 2020
Issue 385

OOPs! Nothing to see here.....

Do you have any items for sale or wanted?

Don't forget you can advertise free of charge for one month

Just email quarteteditors@hotmail.co.uk

Small Ads Pin Board

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

Quartet Diary

September

- 5 HSM Green Gym
- 6 SSM - Church Services re-commence
- 8 Raydon Parish Council Meeting
Raydon Fair Trade Coffee Morning
- 9 HSM Parish Council Meeting
Raydon Club re-opens
- 11 HSM Lunch Club re-starts
- 12 40th Ride and Stride
Raydon Spring Clean
- 13 Brantham Garage Sale
- 14 Stratford Parish Council Meeting

October

- 2 HSM Lunch club
- 3 HSM Green Gym
- 6 Raydon Fair Trade Coffee Morning
- 13 Raydon Parish Council Meeting

November

- 3 Raydon Fair Trade Coffee Morning

- 6 HSM Lunch club
- 7 HSM Green Gym
- 9 Stratford Parish Council Meeting
- 10 Raydon Parish Council Meeting
- 11 HSM Parish Council Meeting

December

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

Editors Corner

It's the middle of August, it's raining and it's feeling more like September. At least I think it is - everything has changed this year and I'm finding it hard to remember...

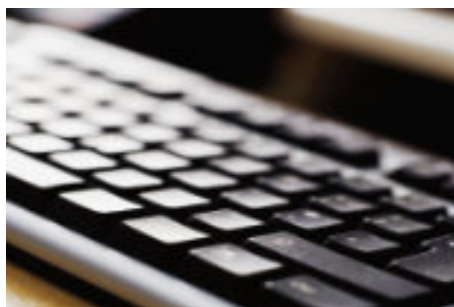
On a brighter note, things are beginning to re-open! There's Church to go to on Sunday again, Raydon Club, Raydon Fair Trade Coffee Morning, HSM Green Gym, HSM Lunch Club and of course, the big event in September, the Historic Churches Ride and Stride. So many people have been working incredibly hard to get things going again with all the new regulations that are now in place. Risk assessments are done, new hygiene and distancing measures are put in place and now organisers are hoping you will appreciate it and join in! Do have a look through the pages and I'm sure you will find something to break the lockdown isolation. Lets all hope by Christmas we will be at least adept and more comfortable at doing things this new socially distanced way. I fear we will have to get used to it.

Thanks to all our contributors once again. Its a mammoth task at the moment getting articles together for the magazine, but things are getting better!

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 2020

Contact details: Email:
quarteteditor@hotmail.co.uk

Editors:
Anne Priestley; 1 Corpus Christi
Cottages, Holton St Mary. CO7 6NN

Jane Lelliott ; 5 Swan Meadow, Stratford
St Mary. CO7 6JQ

Distribution: Dave Leach
07930390517

Invoicing: Jenny Leach
quartet.advertising@gmail.com

Stratford St Mary

Stratford St Mary Parish Council Emergency Team

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

Norman Woodard
12 Swaynes 01206 323015
Norman.woodard@fatbloaters.com

Chris Griffin
Brook Farm, School Lane 01206
337363/07885 807567
chrisbrookfarm@gmail.com

Steve Kite
42 Strickmere 01206 322482
07958 515573

Bill Davies
3 Spanbies 01206 322990
billdav@hotmail.com

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

Stratford St Mary food-bank and Harvest donations

Thank you to everyone who has supported the food bank collection, we have been overwhelmed by your generosity. As we are unable to hold a traditional Harvest Festival in Stratford St Mary church, we have decided that we will continue to collect for the food bank throughout September. As before, we can accept all non perishable goods, collection points are at 13 Strickmere or Gatemans.



SSM 100 Club Winners

12	F.Poppe August	£ 40.00
74 (141)	J. Symons	£ 10.00
79	N.Badcock	£ 5.00

THE DEDHAM EDUCATIONAL
FOUNDATION

The Governors invite applications from
residents in the parishes of:

Ardleigh, Bradfield, Dedham, Great
Bromley and Stratford St Mary
for financial grants that are available in
the following categories:

Secondary Schools and Sixth Form
Colleges;

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

Universities and Colleges of Further
Education;

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

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

CLOSING DATE FOR APPLICATIONS – 31st
October 2020



Allotment Plots Available

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

To the Emergency Response Team

On behalf of our village residents, Stratford
St Mary Parish Council would like to take
this opportunity to thank Kelly and her
team of volunteers for the excellent work
they have done in recent months during
the Covid -19 lockdown to provide
assistance and support to all vulnerable
members of our village who have been in
self isolation.

Without your help their lives would have
been very difficult so a big thank you

to you all for what you have done during
this very difficult period.

Stratford St Mary Parish Council

Back to Worship



6th September – 10am Stratford St Mary
Holy Communion

The Benefice Ministry Team are delighted
to be able to welcome you back to public
worship in our churches from 6th
September. However, there are a few
safety guidelines listed below to follow and
understand to keep not just yourselves but
those around you safe.

We politely ask that you remain two metres
apart from those in front and that you are
wearing a face mask before entering the
church from whichever door is marked
'Entrance'. Your name and contact
telephone number will be taken and it will
be destroyed after three weeks to ensure
Track and Trace can take place.

There will be a welcoming guide to take
you to your seat and if you need it to assist
you in collecting your order of worship and
communion elements.

Following government instructions there is
to be no communal singing in church but
we hope to have some form of music
whether recorded or live during the
services.

There will be a collection plate at the exit
door for donations or do please use the

contactless terminal when at Stratford St
Mary church.

We welcome all children but would ask that
they stay with their parents at all times and
any children's corners and toilet facilities
will remain closed.

Sadly, we will not be serving refreshments
afterwards and request that you make your
way outside before engaging in
conversation with other worshippers.

We hope that you will enjoy worshipping
together again and look forward to when
these guidelines can be relaxed.



We had a great summer term, although
tinged with sadness as we said our
goodbyes to the children starting school in
September, we wish them all the best of
luck at primary school. During the summer
term 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 the 3rd of September 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.

HISTORIC CHURCHES TRUST CYCLE RIDE/STRIDE/WALK – SATURDAY 12 SEPTEMBER 2020

12 Sep - a date for your diaries.

With permission from Government, it is hoped that SHCT will take place this year.

I will pass on sponsorship forms 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.

David Isaac



Below is an extract of the minutes compiled in the absence of the AGM due to the pandemic.

2019/20 Receipts

Donation boxes	£175.58
Easy funding	£114.94
Shop Token Schemes	£1030
Donations	66.50
Quiz Nights	£656.60
Coffee Morning	£34.45
Total receipts	£2,078.07

Payments

Flowers for Responder	£24.99
Cost of training room	£242.00
T shirts and fleeces	£124.24
Total payments	£391.23
Total Receipts less payments 2019-20	1,686.84

Co-Ordinator's Report

The SSM CFR group has had a busy year. The committee had several changes to its members, Tony Nixon stood down as chair after many years, a big thank you to him and all he did for the group. This position was taken over by Brian Worton. Helen Garland stood down as treasurer but remains on the committee as a member, the treasurer role was taken over by Peter Dawson. Jane Lelliott remained as the secretary and we welcomed Luciana Hayward to the committee as a member. Sue Lawrence also stood down from the committee due to personal commitments, a big thanks goes out to Sue as well for all she did for the group as a responder, the co-ordinator and as a committee member.

Georgina Worton had to stand down as a responder due to personal commitments, many thanks go to her for the work she did as a responder. This left the group with just one responder for most of the year. There has been several people interested in joining the group, we have one person awaiting training, 3 more awaiting interviews and the good news was in December we had a fully trained responder join the group, Stephen Finch, who was a responder in Colchester. So hours and cover should go up in 2020.

Due to Covid19 things had to be altered slightly. Several responders in neighbouring areas could not respond due to age or existing medical conditions. This did mean that several kit bags were sitting idle. One of these was the Dedham bag. This has been taken over by Stephen on a temporary basis until the situation returns to normal. He lives on Severalls Lane so will still give additional cover to Langham and SSM.

In 2018 the group covered the area for 433 hours. In 2019, this was increased to 575 hours or 48 hours per month. In the first quarter of 2020 we have recorded 277 hours. Hopefully we can keep this performance up. In 2019 the group had 63 alerts of which about 50% were attended

by a CFR, the other 50% were either stand downs or the Ambulance arrived at the same time and the CFR was not required.

Financially the group has done very well. We started the year with £3627.71 in our bank account, at the end of the year this had increased to £5314.55, an increase of £1686.84. The group raised £2078.07, this included £500 from the co-op token scheme, £530 from the Waitrose token scheme and £650 from quiz nights held at the Shepherd in Langham. The remainder was donations, collection boxes, coffee mornings and easy funding. There was £391.23 spent, this was in the training room and brand new smart uniforms.

Chairman's Report

I would like to start by thanking Peter and Stephen, and the members of the committee for their time and efforts invested in the group, and indeed all those that help with the excellent work the group does.

The Covid-19 situation has created a strange time for us all and it shows the dedication of our responders that, for those that it was safe to, have continued to provide our community with such important emergency care considering the personal sacrifice that this may mean. The area is lucky to have such dedicated responders, thank you Peter and Stephen.

The increase of hours the group has provided cover for has increased by 133% in the last year and this reflects the efforts and time provided by our responders to the community, many thanks.

The finances of the group are good, and I would like to thank the community at large for its support of this critical service to the local community.

The Stratford St Mary and Langham Community First Responders continue to assist the East of England Ambulance Service in getting to patients early and start

lifesaving treatment prior to an ambulance arriving.

Peter and Stephen have continued to be on call throughout this entire Covid 19 pandemic. The number of calls they are getting has been vastly reduced due to the call centres triaging each and every call very carefully so that they are not sent to Covid 19 related incidents. This does mean that an ambulance has a good chance of getting there first, or if there is seen to be a risk, the Responders are not called upon.

As the pandemic was starting the Ambulance service asked for volunteers from the CFR groups, to assist driving for the Patient Transfer Service (PTS) and the Urgent Transfer Vehicle (UTV). Both Peter and Stephen volunteered to help. After driver training with the Police, a training course in Newmarket and an induction day driving around Essex Ambulance stations they were both ready to take on this new challenge. Both Peter and Stephen had beards and due to the new protective equipment they were being fitted for, had to shave these off. I don't think either of them recognised the reflection that faced them in the mirror. The sacrifices people make, however I think both agreed that it was worth it and a beard can always be regrown.

Two days after completing the induction day Peter completed a shift, Stephen following the next day. Since then they have both completed numerous shifts at various times (11:00-21:00, 06:00-16:00 and even 16:00-02:00). This has also included helping out on front line crews. It appears that they are the only two Community First Responders carrying out this role in Colchester. They are both willing to "do that extra bit" and put other people's welfare before themselves.

So don't be surprised if you see either of them, wearing their bright red polo shirts driving around in an ambulance over the next few months..

'Village Life' very much regrets that

The 'Village Games'
and
Quintuple (pub-games) Challenge
cannot be staged this year.

Try to keep up your game skills
WE PLAN TO BE BACK IN 2021

e-mail: villagelife@stratford-st-mary.org or contact:

Brian Such, The Side Cottage, Lower Street, Stratford St. Mary, CO7 6JS.

Telephone: 07850 668 064.

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

Thank you

Parish Clerk



Fair Trade coffee morning

It doesn't seem like a month ago since we started our "outdoor" Fair Trade coffee mornings, but here we were again

on August 11th and ready to go! We had a little concern though as while we were getting everything ready (at a safe distance) we had several spots of rain, but with umbrellas on hand we carried on!

Nobody took any notice though and we soon had a gathering of 21 participants to enjoy the ever popular "Frinton goodies" and our great Fair Trade coffee.

Suffolk Historic Churches ride and stride sponsorship forms were doing "The rounds" today. Everyone being so very generous in sponsoring our fantastic "exercise bike rider" who every year does a phenomenal amount of miles and raises a huge amount of money. Half comes to our Church and half to the Churches Trust. We'll have the forms again at our next Fair Trade coffee morning which is on September 9th so if you didn't contribute this time you haven't missed your chance.

We had another unusual request today, one of our regulars wants our used tin cans, the baked bean style and size. Apparently these will be recycled into decorative flower pots, so please collect them and put them behind the stall and I'll pass them on.

Looking forward to our next gathering (as a participant !) as we have a "Guest" in

charge of the coffee pot then, so see you on September 8th. Thanks very much for your continued support

Wendy Mumford 01473 312123

Community Speed Watch



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

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

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



Suffolk Historic Churches Trust Ride and Stride.

September 12th 9am-5pm. Sponsorship forms will be here at the beginning of August.

We need to make a huge effort this year so all you walkers and riders make sure you have a sponsorship form and start signing your friends and family up. Call me and I'll get a form to you as soon as they arrive here. We also need recorders to sit in the Church and sign visitors in, you can be sponsored for this job as well, in fact I all ready have two volunteers.

Wendy Mumford 01473 312123



RAYDON PAVILION IMPROVEMENTS



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

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

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



Raydon Spring Clean

New Date: Saturday 12th September

Meet at 10am outside King George's Playing Field Pavilion.

Please wear suitable shoes and clothing. **Please bring gloves**, we can provide hi-vis jackets and litter-picking sticks. Children are welcome but **must** be accompanied by a parent or other responsible adult.

Can't wait? Have you spotted a particularly unsightly patch whilst on a lockdown walk around Raydon? If you'd like to borrow the parish litter picking equipment and conduct your on household litter pick over the summer please contact Amamnd on (01473) 310050. All equipment loaned will be sanitised as per Covid-19 regs before being reissued.

Volunteers should not participate in litter picking duties unless they understand and accept that participation is entirely at their own risk. Volunteers are not working for or on behalf of Raydon Parish or Babergh District Councils, therefore the Councils cannot be held responsible for any loss, damage or inconvenience caused as result of the actions of volunteers or their failure to adhere to the guidance given at the start of the litter pick.

Raydon Parish Council

Schedule of meetings 2020

All at 7.30pm in the KGF Pavillion

TO BE CONFIRMED

Tuesday 8 September

Tuesday 13 October

Tuesday 10 November

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

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

07920 713940 / raydonpc@gmail.com

RAYDON PAVILION

RE-OPENING

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

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

Raydon and District Garden Club

Here comes September and the gardens still looking great despite not much water from above. I guess the watering hoses and water cans have been like ours very busy mostly at just before dusk to allow plants to take the moisture in overnight which saves on evaporation. Even so we have a few items that are struggling (ie) trees whose leaves have turned yellow and falling off much too early. Other things such as the runner beans, onions, and potatoes have had a difficult season on our heavy soil which dried out back in April and cracks in it that you can put your fingers in are still there, not good. It seems rather strange as I am writing these notes on the week (mid August) we should have been getting ready for the Summer Show which had to be cancelled for the first time ever since we started the club in 1980. Here's hoping for better things next year with a return to more normal situation for us all and I will be looking forward to the Spring 2021 show more than ever which may of course be held in a different venue on the King George playing field pavilion.

To all garden club members here is the latest update on the village hall situation. At today's date 13/8/2020 the hall is not sold although the sale board says otherwise. We have a serious offer on the table for the consideration of the VH committee. If it becomes a deal the VH will be converted into two semi-detached houses and will compliment the Old School House and I feel it will be the best outcome for Raydon village.

Now if and when we move our club to the playing field pavilion you will see the building has been decorated on the outside and also plans are for the car parking area to be updated (October I think) with a nice new tarmac top layer so in the wetter

months it will much more user friendly. Inside, the main hall is carpeted and this makes it feel cosy. Many other things will be improved as time goes by and money allows, so members whilst it will be different I am sure the garden club will continue to enjoy its new home for many more years.

Now your committee is trying to consider all the implication of how we can start up meetings again which has to be done in the safest possible way for all concerned. Our last meeting together was February 2020 and we had to cancel so much over the last 6 months with meetings, shows x 2, and of course our summer coach outing along with local garden evening visits.

NOTE. September meeting is cancelled and October unlikely to happen, but depending on what happens there is a slight possibility we can hold our social (AGM) night in November as usual, or if not we may have to consider using January 28th 2021 for this event. Your current committee will of course continue



until such time a AGM can be held.

Now let's look forward to the Spring time gardens for a moment as it's time to purchase (if not already done) any new bulbs to either increase your garden displays or tubs or to replace any that maybe did not perform as well as you hoped for this year. Daffodils and snow drops and crocus need planting soonest, however tulips can wait till November and don't forget to plant at correct depths and then just sit back and enjoy the next Spring.

September can be a lovely month with misty mornings and a softness which comes by a change of light, also of course the tempo in the garden has changed which allows a bit more time for us gardeners to perhaps just sit and enjoy all around you as the season changes from summer to autumn.

Thank goodness for gardens and the great outdoors to carry us through these unusual times, and if like me you are of course optimistic for the gardening year ahead, I hope so. As the saying goes "from the smallest seed a new shoot appears" and hey presto your garden comes to life. Looking forward to seeing you all again soon and hopefully some new members.

Geoff Horrex. 310422/07810086143



Your Raydon Parish Councillors

Sue Newton (Chair)
07587 243678

Keith Lovering
07939 075143

Howard (Jim) Lowe
01473 313094

Amanda Pyall (Vice Chair)
01473 310050

Sigi Steer
07591 875267

Jayne Tann
01473 828283

Faith Backhouse
07999 018049

Stephen Coe
07947211802

Trevor Sayer
07747 610317

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

Thank you to all those people who have been involved in the collection of prescriptions for us and others in the village. We know there have been other acts of kindness so thank you everyone.

Cindy Nekrews

WENDY – THANK YOU

Raydon Fair Trade Coffee Mornings

A very big THANK YOU to Wendy for restarting the much-missed Coffee Mornings and for bringing us together again every month. Socially distanced, of course, and during these troubled times, she provides us with plentiful supplies of coffee, tea biscuits and cake and scones supplied by our Frinton Friends who much prefer the peace and tranquillity of Raydon Church and its surrounds than the current crowded beach and greensward of Frinton on Sea.

A big thank you too for those who assist Wendy in moving tables and chairs, an important part in complying with COVID regulations in holding outside functions safely thus making the Raydon Fair Trade Coffee Mornings alfresco!

Wendy pictured here ready to serve!

Angela



Annual Members' Meeting of 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 2019/20, will take place on Thursday September 10 from 1.30 - 1.55 p.m.

The meeting will be held virtually via Microsoft Teams and is open to members of the public.

Contact Shelley Hart -
shelley.hart@ipswichandeastsuffolkccg.nhs.uk
s.uk to obtain the link to the virtual meeting.



Holton St Mary

Suffolk Historic Churches Trust

Saturday 12th September 2020

Good News!

The Trustees of SHCT have decided to go ahead with this year's Bike Ride on Saturday 12th September and it will only be cancelled if there is a change in the Government Guidelines.

If you would like to bike and need a sponsor form or if you would like to welcome visiting cyclists to Holton St Mary Church, please get in touch with me.

Caroline Favell 01473 310268
martinfavell99@gmail.com

Holton St Mary Social Club

The committee would like to wish all our members well. We are looking forward to welcoming you all back when it is safe to do so.

Kind regards, Peter

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

The Holton St Mary First Friday of the Month Lunch Club is resuming!



And the first one will be on the second Friday (11th) in September from 12.30 until 2pm to make sure our regulars have a chance to see the advert. We will go back to the first Friday from October onward.

Please ring Sally on 01473 312080 or email salthurlo@gmail.com to confirm if you wish to attend.

We are offering a light lunch and a chance to catch up with old friends and new. It is open to all present and former residents of Holton St Mary (and others with an association with the Village by agreement with the organisers). £3.50 and new measures for using the hall and facilities will be clearly sign-posted.

To ensure safety the layout will be a little different and table service will be provided

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
familytorryington@btinternet.com or 01473 312046.



Holton St Mary Parish Council

Our next meeting will be on 9th September at 8pm. We are hoping to be able to meet in the Village Hall.

Email hsmpparishclerk@gmail.com if you want to come and we'll confirm.



Holton St Mary Green Gym

Our next (socially distanced) Green Gym will meet in Church Square at 10.30 am on Saturday 5th September. Everyone welcome, whatever age or ability, there is always plenty to do.

Please bring your own gardening gloves and some basic tools if you have them such as clippers, trowel, spade, garden broom.

Thank you to the team for the fantastic effort last month clearing the footpath out the village towards East Bergholt, it's made a huge difference to accessibility.

Holton St Mary Parish Council

Vacancy for Parish Clerk and Responsible Financial Officer.

The job is part-time, approximately 5 hours per week, with meetings taking place in the evenings. Salary will be in accordance with the National Salary Scales dependent on experience and qualification.

The Clerk is the Proper Officer of the Council and, working from home, is responsible for preparing Agendas, recording Minutes, keeping financial records, budget monitoring, compliance, data protection, uploading information onto the Council's website and organising the council's day-to-day administration.

The applicant must have good organisational, communication and IT skills.

The appointed person would be provided with a lap top computer, printer, scanner and two-drawer filing cabinet.

The successful candidate would receive training from SALC.

Applications should be made by sending a CV and covering letter, setting out evidence of relevant skills and experience to the current clerk at hsmpparishclerk@yahoo.co.uk to whom any relevant questions may be addressed.

Applications by 16th September 2020 with view to holding interviews shortly thereafter.

Catholic Commentary

On 5 July Sunday Mass, with a smaller than usual congregation, was celebrated at Holy Family for the first time since mid-March - it was a much hoped for event.

During the period of restrictions Catholics have been fortunate in the number of live streamed services in the Diocese including Mass from St Mark's that has been recorded and is then streamed on YouTube each Sunday morning and can be accessed all week on: <http://www.youtube.com/c/StMarksCatholicParishIpswich>

Many of us have also been able to participate in other online services - Mass, Morning and Evening Prayer, Devotions and other spiritual resources that may be accessed over the internet. For example, a full daily programme is provided by the clergy and team from the Norfolk Shrine of Our Lady via walsingham.org.uk or via churchservices.tv.

Subject to the lockdown rules our two priests have kept in touch with parishioners as best they could including essential hospital visits. There are now two WhatsApp groups in the Parish that enable everyone to keep in touch.

Pope Francis has continued to speak out and to pray for those affected by the pandemic and the many other problems and dire situations in our world.

The planned August celebration of our centenary at Holy Family was unfortunately postponed due to the ongoing risks associated with the pandemic. Meantime new carpets for the sanctuary area and centre aisle of the church are in hand whilst the boarded nave flooring has been smartly renovated. Local people, passing by, may by now have noticed the new commemorative gates at the entrance to our grounds.

All are very welcome at Holy Family, Brantham, CO11 1TB

All are very welcome to attend Holy Family services; it is not necessary to be a Catholic and enquiries about the Catholic Faith are always welcome. Please contact the Priory, as above, or a local person whom you know is a Catholic



An apology from the editors

We had an email from Stratford Hills farm notifying us of an error in the directions given to walkers in Footpath 2 - published in the August edition.

From point 4 to point 7, the advertised route of the footpath in the Quartet runs across Stratford Hills Farm. At point 6, the quartet advised walkers to ; 'before the road turn sharp right and continue down on a wide grassy verge with a hedge and the road on your left and a field on the right. Follow the field edge before turning right.'

However, the public footpath actually finishes at point 6. The grassy track mentioned is private land and is not a public footpath. There is now a notice to advise walkers that there is not a public right of way to get to Green Lane. Walkers need to walk along the road instead for that part of the walk.

All the arable fields on the farm have grass tracks around them for the use of horses hacking. They are not public footpaths.

We are sorry for any inconvenience caused.

Please get in touch - but it will be different

Issued on behalf of NHS Ipswich and East Suffolk, NHS North East Essex and NHS West Suffolk clinical commissioning groups

Following the recent announcement by the Secretary of State for Health & Social Care, Matt Hancock, that GP online, video and telephone consultations are here to stay, one of East Anglia's top doctors has made a short film to highlight how GP practices are operating to meet patient needs and keep everyone safe.

Dr Mark Shenton, a GP in Stowmarket and chairman of NHS Ipswich and East Suffolk Clinical Commissioning Group, has made the short film so that patients know what to expect as well as reminding them that their GP practice is very much open for business.

Dr Shenton says: "It's really important that anyone who feels they need to access primary care services isn't afraid to make contact. Our practice staff are there to help, but it's important to contact us first either by 'phone or online rather than turning up unannounced. Coronavirus is still very much with us, so we need to protect other patients and staff and it's absolutely necessary to keep this restriction in place.

"Once you contact us, we'll get back in touch with you - it might not always be a GP, it could be a physician associate, a nurse, pharmacist or physiotherapist depending on your medical need. Before coronavirus around 80% of consultations were done face-to-face, but now more than 70% of the time we can resolve issues by email, SMS, telephone or video consultations. Importantly, we're also still able to refer you to hospital if required.

Dr Shenton concludes, by saying: "The big

increase in the use of video and online consultations is here to stay, but there will still be times when face-to-face appointments are needed. If you are invited to attend in person you'll likely notice a different layout, with precautions in place to keep everyone safe. It's also really important you wear a face mask.

"Many patients have told us how much more convenient a digital consultation is for them. I very much welcome this transition and I am proud of my primary care colleagues in how they have responded so well to this situation to ensure continued access to primary care services."



DEDHAM TENNIS CLUB

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

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

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



Stour Valley U3A is bouncing back!

Groups re-opened include

Wine Appreciation

Five Mile Walking

Philosophy

Country Walking

Science

Book Group

French Conversation

Italian

Canoe & Kayak

Curry Club

new group *Get Fit Again* and many others re-opening soon

Visit our website for latest news and information www.stourvalleyu3a.org.uk or contact Chairman Graham Manuel gandamauel@gmail.com or Secretary Susan Basted susanbasted10@gmail.com



Stour Valley Men's Probus Club

Our last meeting, held on 17 March 2020, was our AGM when Dave Carman was voted in, again, as President and Speaker Secretary, Graeme Forsyth as Secretary and Val Pretty as Treasurer.

In the light of the Coronavirus outbreak all future Club meetings have been cancelled. We always take a break in August and we plan to meet again on 16 September 2020, conditions permitting, when Norman Jacobs will return again and this time speak on "Clown Bertram - Clacton's most famous entertainer".

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB

New members are welcomed. Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. New Members are always very welcome at all meetings of the Stour Valley Men's Probus Club, just join us at 10am on a meeting date. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. We meet on the first and third Wednesday of each month in Manningtree at 10 for 10.30am.

Please contact President Dave Carman on 01255 880202 for further details.



SESAW NEWS

Like many households, we have completed lots of maintenance jobs during the lockdown and social distancing. Being a rather particular cat, I have stayed away during this time. Appearances matter and a gentleman such as myself does not wish to soil his sleek black fur with specks of dirt and sawdust - unlike Little Lord Fauntleroy. The precocious chihuahua trots around, inspecting the works then trails cobwebs, dust and mud indoors. Mind you, even he succumbed to the intense heat last month. Someone found Kenneth sound asleep on a blanket, hugging Jayne's knitted Rainbow of Hope!



The end result of this activity is smart, new pens for the cats, five star accommodation for the rabbits and completely refurbished living quarters for the chickens. Double entry systems for safety, heated bedrooms and en-suite facilities for comfort. Throughout the pandemic we have been fully operational and remain ready to accept any animal, especially when the numbers increase as people return to work.

Meanwhile villagers set up garden stalls in August as part of the Leavenheath Sale

Trail. Several SESA W supporters seized the opportunity to raise funds and were please to meet lots of friends who usually attend our Fairs throughout the year. Although we cannot accept donated goods, we are grateful for the food left in the collection bin at our gate. Everyone at SESA W looks forward to the day we can all meet again at which point, I will make myself scarce. There is a limit to how much fuss and socialising can be tolerated by a feline like me, Ollie (the Black) Cat!

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



Our sale is an annual event where residents of our village on the Essex/Suffolk border donate £5 (or more!) to secure a place on our sale trail map. On our sale day, we have people from all over the area coming along to hunt for bargains. This year's sale will take place on Sunday 13th September between 9am and 3pm.

All proceeds from the sale are donated to local charities. This year, the new committee has chosen to benefit Brantham Village Hall, Brantham Scout Hut and St Elizabeth Hospice.

Village residents may book a garage with us by emailing branthamgaragesale@gmail.com or by privately messaging our facebook page: <https://www.facebook.com/BranthamGarageSale>

Prospective sellers and buyers can also

keep an eye on our facebook page for updates and further information on the sale.

Our sale this year will be a little different from normal as we are unable to use the village hall for our usual indoor market. Also, we will be recommending various ways to stay safe whilst on the sale trail. Including hand sanitiser, reminders to stay socially distant and avoiding handling goods whilst browsing.

We are however, very much looking forward to the sale day, it is always a great day which brings our lovely village community together.



Memory Jogger

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

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

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

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

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

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

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

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

Chernobyl Children's Lifeline & Charity Shop

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

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

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

Elizabeth Parker, Link Chair.
07771 550868

www.ccllmidssuffolk.org.uk



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

Crime prevention

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

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



Local Services

MOBILE LIBRARY

Stratford St Mary - Route 11

The bus stops every 4 weeks on Wednesdays

5th August, 2 September, 30 September, 28 October

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

11 August, 8 September, 6 October, 3 November

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

Bin collections

Week Commencing	2 nd August	Refuse Week	
	9 th August	Recycling Week	
	16 th August	Refuse Week	
	23 rd August	Recycling Week	
	30 th August	Refuse week -Bank Holiday week	
Waste Services 0300 1234 000 (option 4) Email: recycling@babberghmidsuffolk.gov.uk Visit www.recyclenow.com to find your nearest recycling banks			

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

www.powercut105.com

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

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/>



Tell us your favourite local service - could be a pub or restaurant or takeaway, or other service you think would benefit getting a recommendation...If we agree, we'll print it here

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

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

Zaynab and **Mother Indian** at Capel. Really good and highly recommend. They don't deliver, but it's made quickly for pick-up.



Local Directory

THE GATTINETTS

OFFICE and WORKSHOP

PREMISES TO RENT

- ☐ Central East Bergholt with excellent road and rail links
- ☐ Various sizes with tailored leasing arrangements
- ☐ Carpeted offices with own toilets and kitchenette
- ☐ Quiet rural location with plenty of parking



www.gattinets.co.uk

Or ring 01206 393069 / 07941 781489 to check availability

ARTSCENE

Local Mobile Picture Framing Service
30+ years experience

Oil paintings, Photos, Prints, Medals, 3D Box frames,
X-Stitch, Tapestry, Mount Cutting, Stretching Also
Frames cut to size for the DIY enthusiast

FOR MORE DETAILS TELEPHONE
LESLEY ON 01473 310630 (Bentley)
MOBILE 07500 488667
Email: lesley.artscene@gmail.com

Fix-A-Lock

Locksmith - available 24/7

- 24 HOUR LOCKSMITH -
Wooden and UPVC doors

Ted Blanchette
07836 551032

Mark's Travel Service

(Dedham's Private Hire)



- Over 20 years experience
- Based locally in Dedham
- Local or long journeys
- Airports | Seaports
- Business contracts
- School run contracts
- Multi Seat Vehicle

Dedham | Stratford St Mary | Langham
Higham East Bergholt | Ardleigh
And all surrounding areas

Call Mark on 07759 688 813

Prestige virtual assistance

Making time for you

Providing a flexible approach to personal assistant support remotely to business owners, directors and entrepreneurs.

Services include:

- Research Project
- General Admin
- Time Management (diary/emails)
- Social Media Posts
- Document Management
- Project Management
- Office Moves

Kate Baines

M: 07799 391343

E: info@prestigevirtualassistance.co.uk

W: www.prestigevirtualassistance.co.uk

Highly experienced KS2 teacher and ex Deputy Headteacher offering

Maths and English tuition.

Full DBS clearance. Based in Holton St Mary. For further details please contact: Trena Walker 07773652095.

There is an artist in all of us.

"Would you like to be part of a personal or group art workshop, improve your drawing skills, or commission an artist to paint your pet / favourite photo at an affordable price?"

Show your support by contacting
Veronica de Vera at 07939966349

e-mail vmclaindv@gmail.com.

Veronica is an oil artist and a successful Higham Arts Festival 2019 Exhibitor"



Are you looking for a double Outstanding Preschool for your 2,3 or 4 year old, then look no further and come and see us at abc Preschool, Stratford St Mary. We are so lucky to have a fantastic outdoor space and a spacious indoor learning area. We are a mature team of highly qualified practitioners who strive daily to inspire our children to achieve their dreams. We pride ourselves in our care, professionalism and nurturing environment we provide to all our children in our care. Come and see for yourself, we love visitors, please contact Kirsty Robinson, Preschool Manager to arrange a visit or for further information, please call 01206 322466, or follow us on facebook or visit our website

TEL : 01206 322466

admin@abcpreschoolstratford.co.uk www.abcpreschoolstratford.co.uk

CHARITY NO: 1159103

Leisure Hire

Marquee and Equipment Hire

- * Marquees erected on most surfaces
- * Awnings * Walkways
- * Extensions to Buildings * Linings
- * Lighting * Furniture
- * Flooring & Staging
- * Heating

Summer or Winter Weddings
Anniversaries Corporate

Brochure upon request

www.leisurehiremarquees.co.uk

(01206) 242196

DOLLS HOUSES



Kits and Houses
Room boxes and wall displays
Furniture - Wallpaper
Lighting - Figures

Miniature collectables and all those other little bits

01473 310 630 or 07500 488 667

email lesley.artscene@gmail.com

Find us at Dedham Art and Craft Centre

Hall Farm

Shop & Cafe Restaurant



Located on the outskirts of Stratford St Mary within the beautiful Dedham Vale, Hall Farm Shop & Cafe Restaurant offers stunning views, wonderful food and great shopping.

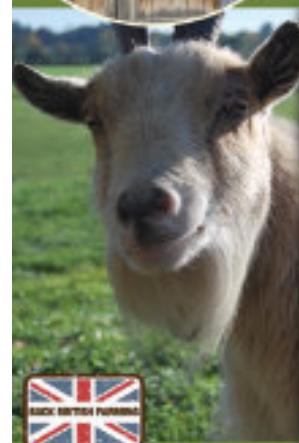
The Cafe Restaurant serves the most amazing food, from fabulous breakfasts and delicious lunches to exquisite cheese scones and mouth-watering cakes. Booking is advised.

Our Farm Shop, Butchery and Deli stock a wide selection of local and regional quality produce, as well as offering a tempting array of homeware, gifts and plants.



Restaurant Open: Mon to Fri 9am to 5pm / Sat and Sun 10am to 4pm

Farm Shop Open: Mon to Sat 9am to 5pm / Sun 10am till 4pm



Shop: 01206 322572, shop@hallfarmshop.co.uk | Restaurant: 01206 323600, cafe@hallfarmshop.co.uk
Hall Farm, Stratford St Mary, Colchester, Essex CO7 6LS | www.hallfarmshop.com

Swift Garden Services S G S


DESIGN
PLANTING
CLEARANCE
MAINTENANCE

HEDGE CUTTING AND LAWN MOWING
ALL YOUR GARDEN REQUIREMENTS CATERED FOR
For more information please contact:
R SWIFT (HND Commercial Horticulture)
Telephone 07947 322429

 **HALO FLOWERS**

Local, cost effective florist.

Call Hannah on
07530 995807
for info and orders.

 **FINEST GARDENS**

Design, Implementation and maintenance of
Garden Landscapes
Improve your garden this year!
Wendy Norman 07756 364560
Email wendy@finestgardens.co.uk
RHS qualified
Member of The Gardeners Guild

BUILD WITH COLLIERS

GETTING YOUR GARDEN READY FOR SUNSHINE?

Visit our yards in IPSWICH and COLCHESTER for a wide range of fencing, trellis, decking, paving, artificial grass, sleepers, decorative aggregates and much, much more.

With service you can expect from an independent builders' merchant which has been around for almost 200 years.

COLCHESTER 01206 715500 | IPSWICH 01473 689605

Collier & Catchpole
COLLIERCATCHPOLE.CO.UK

Looking for aggregates, paving, walling and edging?
Go to our website and click on our online shop.
WE DELIVER!

 **Bland Landscapes Ltd**

Our services include:

Tree work Specialists	All types Fencing inc
Felling	Equestrian Fencing
Pruning	Driveways
Reducing	Patios
Reshaping	Turfing
Stump Grinding	Planting
Seasoned Logs	Grass Cutting

01206 230882
www.blandlandscapes.co.uk
Ivydene, Frating Road
Colchester, Essex, CO7 7SY

 **THE PLACE FOR PLANTS**

**PLANT CENTRE
GARDEN & CAFE**
For Specialist and Popular Plants

Renowned plant nursery right on your door step, established by Rupert and Sara in the walled garden at East Bergholt Place.

Garden & Arboretum open Mar -Sept
Café and gift Shop OPEN DAILY
10am-5pm
East Bergholt Place, CO7 6UP
Tel: (01206) 299 224

DEDHAM VALE TREE SURGERY

NPTC qualified, fully insured
24 hr emergency tree work
Hedge maintenance and reduction
Logs kindling and wood chip supplied
Stump grinding



All tree work undertaken
Crown reduction and shaping
Crown lifting and thinning
Pruning and pollarding
Felling, sectional dismantling

Specialising in big trees in delicate situations

Info@dedhamvaltreesurgery.co.uk
www.dedhamvaltreesurgery.co.uk

mobile 07756 811098
phone 01206 323056

ACER TREE SPECIALISTS LTD

All staff NPTC qualified and fully insured. 10 million public liability

- 24 hours emergency tree work
- All aspects of tree work under taken .
- Hedge maintenance and reductions.
- Stump grinding
- Tree removal
- Pruning
- Pollarding



25 years experience. For a free no obligation estimate

Call 07786836928 or 07891135561
Or Email Acertreespecialists@hotmail.co.uk

Mending your home



Countryside Tree and Garden Services
01206 322935 / 07825 089 048
Andy@counsidetreeandgardenservices.co.uk

- ✕ Tree Removal
- ✕ Stump Grinding/ Removal
- ✕ Tree Reduction
- ✕ Pruning
- ✕ Pollarding
- ✕ Hedge Trimming
- ✕ Hedge Removal

We are a friendly family run business based in Stratford St Mary, we pride ourselves on being a reliable local business. Our team of tree surgeons are all fully qualified and insured.

Feel free to contact us to have a chat and arrange a free no obligation quote.

www.counsidetreeandgardenservices.co.uk

BAILAND CONSTRUCTION LTD

EXQUISITE ATTENTION TO DETAIL

TOAD HALL
THE HEATH
DEDHAM
ESSEX
CO7 6BT
01206 323230

WWW.BAILANDCONSTRUCTIONLIMITED.CO.UK
ENQUIRES@BAILANDLTD.CO.UK



**Philip
Avery**

Domestic Electrician
Local, reliable,
competitively priced

Registered Part P electrician
Plumbing
Carpentry / joinery
Home improvements/maintenance

2 The Gardens,
Raydon
Tel: 01473 311261
Mob: 07923 434689
avery218@btinternet.com



**Andy Slocombe brickwork
serving the Dedham vale**

for all your building requirements
property maintenance, roofing, block paving, landscape,
repairs & restoration

tel 01206 322884 / 07786 871364
3 Constable Row Manningtree Road
Dedham or Colchester Essex CO7 6DW

S.W. STIFF

Carpentry & Building Maintenance

For all your carpentry & building
maintenance, call for a no obligation free
quote. No job too small.

CONTACT : Steven
on 07811 005241

Michael J Byles

Plumbing & Heating

Specialist in Oil Boiler installations,
Maintenance & Servicing
- Oftec registered.

General Plumbing & Heating
work also undertaken.

Tel: 01206 822225
Mobile: 07717 012433
Email: Michaeljbyles@aol.com



*Call us for a free
quotation*

95 School Lane, Stratford St. Mary,
Suffolk, CO7 6LZ

Tel: 01206 322969

Mob: 07534424493

E-Mail: info@orwellelectrical.co.uk

www.orwellelectrical.co.uk

- Electrical Installations
- Electrical Testing
- Lighting Design
- Fire Detection Services
- 24-Hour Call out
- Response Maintenance



Andy Smith Roofing

TILING
SLATING
FASCIAS AND GUTTERING
LEADWORK
POINTING
GENERAL PROPERTY MAINTENANCE
30 YEARS EXPERIENCE



For more information contact
Harvest Cottage, Upper Street
Stratford St Mary CO7 6JW

01206 322882
07754368693



tenon decorating

"We are Specialists in
Grade II Listed Buildings"

For all your internal and external painting and decorating work:

- Doors, Windows, Skirting and Fascias
- Artexing and Coving
- General Repair and Maintenance
- Floor and Wall Tiling
- Wallpapering
- NVQ2 Qualified

A PROFESSIONAL PAINTING & DECORATING SERVICE
FROM PEOPLE YOU CAN TRUST

For a FREE Estimate Contact Steve Ferguson on 07719 357322 or 01206 393351

www.tenondecoratingtd.co.uk - tenondecorating@btconnect.com

Stras, East End, East Bergholt, Colchester, Essex CO7 6XQ



Ashley Short

Carpentry, Joinery, Property Maintenance
& General Handyman



Kitchen fitting -
Bespoke units made
Decorating,
Renovations
No Job too small
Local and Reliable

01473 311226 07904 875556

Jackson

Plumbing and Heating East Anglia Ltd

- ❑ **Installation** - We install all makes and models of boilers, Combi and condensing specialists
- ❑ **Servicing** - All models serviced from £50.00
- ❑ **Repair and Maintenance** - All work Guaranteed, highly skilled engineers
- ❑ **Plumbing** - Bathrooms, cylinders, leaks etc
- ❑ **OAP 15% Discount**

Special discounts for residents of Higham, Holton St Mary, Raydon and Stratford St Mary

£10.00 discount - Servicing boilers and minor repairs
£30.00 discount - larger repairs
£150 discount - boiler changes
£250 discount - full installation

07834 612009
01206 322063
01473 214215

(estimates given before work undertaken)

Brett Valley Installations

Oil boiler Service Engineer.

Very experienced in fault diagnosis and repair, servicing and installation of oil fired boilers and heating systems.

Local, Reliable, Competent.

Nick Marno Tel. 01206 337316 or 07896 054439



David Price

Painter and Decorator

Period and Modern Properties
 Interior and Exterior
 Hand Painted kitchens and furniture
 Gutter clearance
 Free Estimate. Fully Insured
 Over 30 years Experience

TEL
01206 975917
 MOBILE
07872 001929

dpricedecorators@yahoo.com



David Friend Oil Heating Services

Oil Fired Boiler Service, Repair and Installation Specialist



- **Servicing and commissioning of oil fired boilers.**
- **Boiler and system breakdowns.**
- **AGA's, Rayburns and Stanleys.**
- **Oil tank replacement and installation.**
- **Oil boiler replacement.**
- **All central heating system components catered for.**

No call out charge. Free quotes.

Tel 01394 411839 Mobile 07786 971425

RUSSELL SMITH

HIGH QUALITY
 PAINTER & DECORATOR



Period property specialist with over 20 years' experience. References available.

TEL: 01206 323520

'Joo-Pat', School Road, Langham, Colchester

GRANSON

Plumbing & Heating Services

Gas Safe Registered Engineers
 Local, Friendly & Reliable Service

- Boiler & Central Heating Installations, Servicing & Repairs
- Power Flushing
- Under Floor Heating
- Bathrooms, Wet Rooms
Taps & Showers
- Gutters, Downpipes & Drain Rodding

TELEPHONE:
07912 161 646

EMAIL:
 gransonplumbingandheating@hotmail.com



**ARDLEIGH
CHIMNEY SWEEP SERVICES**

- Traditional and Power Sweeping
- CCTV Inspections
- Safety Certificate Issued
- Fully Insured

ANDREW SMITH

01206 231718 • 07845 249820

31 HARWICH ROAD, LAWFORD, MANNINGTREE, ESSEX CO11 2LS

Nigel Bruce

Industrial & Domestic
ELECTRICIAN

'The Swift', Upper Street, Stratford St. Mary,
Colchester CO7 6JW
Telephone: 01206 322751

Hicks TV & Audio Solutions
(Formerly BV Hicks Ltd)

**Are you having trouble setting up or
operating your TV / Audio or DVD?
Has your equipment stopped working?
Does your TV need a re-tune?**

**Help is at hand - Call Toby Hicks
01449 771991 / 07968 686035**

GORDON SHORT
PAINTER / INTERIOR & EXTERIOR,
PROPERTY MAINTENANCE
& GENERAL HANDYMAN

- Trustworthy and efficient
- Property Maintenance
& General Handyman
- No job too small or too big
- Local and reliable

GIVE ME A CALL:
01473 313053 / 07773 236642
gordonshort1959@icloud.com

EDg
edwards design group

Over 25 years of professional making & fitting
of curtains and blinds using the very best available
products.

Fabrics, wallpaper, paints, floor coverings,
cabinet furniture, lighting & upholstery.

Visit our showroom in East Bergholt or our
website: www.edwardsdesigngroup.co.uk
Email: info@edwardsdesigngroup.co.uk

The Gattinets, Unit 2a, Hedleigh Road
East Bergholt, Colchester CO7 6QT
01206 299780



AERIAL & SATELLITE SPECIALISTS

- DIGITAL TV AERIALS
- SKY & FREESAT
- ADDITIONAL TV POINTS
- TV WALL MOUNTING
- WIFI EXTENDERS
- AUDIO SYSTEMS INCLUDING SONOS
- BUGULAR ALARMS
- CCTV SYSTEMS
- REPAIRS & MAINTENANCE



For A Free Quote and Advice Call

CAI - RDI & TRUSTMARK APPROVED



www.mjssystems.co.uk
Buckingham, Bedfordshire MK18 2JY, UK

Essex & Suffolk PEST SOLUTIONS

Your local pest control experts
for home & business

- Free advice, fast response
- Highly accredited, fully qualified & insured
- Discreet - unmarked vehicles

info@eandspestsolutions.co.uk

Tel: 01473 328092 (Holbrook)

Pest Solution



The answer to all your Pest Problems

Free advice and quotations

Rats, Mice, Wasps, Squirrels,
Moles, Cluster Flies, Bed Bugs,
Fleas, Moths, to name a few!

The Street, Raydon, IP7 5LW

01473 396807

info@pestsolution.co.uk

www.pestsolution.co.uk



SCHOFIELD
REMOVALS Est.1919

Removals and Storage



We cover local, national and international moves.



We've been moving people from Suffolk and Essex for nearly 100 years.



Find out about our specialist moving services; from pianos and paintings, to full packing services. We're always happy to help!



We have over 100 clean and safe self-store units.



Our staff are long serving and fully trained to BAR standards.

— Your move, safe in our hands —

01206 233376 | www.schofieldremovals.co.uk | info@schofieldremovals.co.uk

Full and part-time care workers required
to provide care visits to people in their own home

- Flexible Hours
- Pay to match qualifications and experience
- Training provided if required

For further information call 01206 233372
Or visit: www.annmasoncare.co.uk

DianaM Cleaning

- Home weekly cleaning
- Home deep cleaning
- Office cleaning

Contact information: Diana Marinova

Mobile number:

07925 624123

Email address:

dianamarinova61@yahoo.co.uk

Professional Services



Pedicare
Foot Clinic

London House, High Street,
Dedham CO7 6HA
Tel: 01206 322674

Web: www.pedicarefootclinic.co.uk
Email: nicola.pedicare@gmail.com
Mob: 07732 039726
Nicola Rampton Dip.FH MAFHP

Foot health check and treatments for a range of foot problems and conditions



Nayland
Chiropractic

Supporting Your Wellness

Inga Hurren Registered Chiropractor

4 Church Mews, High Street, Nayland CO6 4JF
t: 01206 264139
e: enquiries@naylandchiropractic.co.uk
w: www.naylandchiropractic.co.uk

Chiropody/Podiatry service
Direct to your home

Covering Stratford, Higham, Holton,
Raydon & all local areas.

For enquiries please contact

Mr C Dunn,
BSc Hon's Podiatry.
MChS, HPCP
Registered
Chiropodist/Podiatrist.

01473 211217
07803601085



Body Mind as One

brings movement & mindfulness to adults
of any age, gender and ability

Classes online

Movement & Mindfulness (ZOOM)

Yogalates™ (Pilates & Yoga fusion)

£18 per person

Tuesday & Fridays 9:30 to 11:00 am

Mindfulness (ZOOM)

Gentle movement & guided relaxation

£12 per person

Monday & Fridays 7:00 to 8:00 pm

www.bodymindasone.com

*When lock-down eases
BodyMind as One
group classes will be available*



Musculoskeletal & Sports Injury clinic

- Back Pain
- Neck Pain/Whiplash/Headaches
- Tennis and Golfer's elbow
- Achilles and Patella tendinits
- Rotator cuff injury
- Orthopaedic rehabilitation following surgery

www.abilityphysiotherapyltd.co.uk
30 Warwick Road, Loxford, COX 3LJ
luke@abilityphysiotherapyltd.co.uk 07509 918 887

Osteopathy and Sports Therapy/Massage Clinic in the heart of Dedham providing treatment for:

- Back pain & sciatica
- Arthritis pain & stiffness
- Neck & shoulder pain
- Trapped nerves
- Tennis/Golfer's elbow
- Tendinopathy
- All joint strains
- Muscle/ligament strains

DEDHAM OSTEOPATHY

Luke Jackman Bsc Hons Ost
Registered Osteopath

Tel: 01206 323 239 / 07974 144593
www.dedhamosteopathy.co.uk

One hour initial appointment • Free on-site parking • Open weekdays, evening & weekends

**Penrose & Partners
VETERINARY SURGEONS**

Upper Street
STRATFORD ST MARY

Tel: 01206 323414

"Friendly, Professional, Local"

Mon-Fri 8.45-12.30 & 2.30-6.30 (4.00 Wed)
Sat morning at Brinkley Lane

Consultations by appointment
Operating Theatre

Main Branch 70 Brinkley Lane, Highwoods,
Colchester 01206 842608
www.penrosevets.co.uk

DIY LIVERY

available at Lower Raydon

Barn style stables
Large paddocks
Manège
Cross country jumps



Call Graham on 07710 540926
or email graham@ivc-ltd.co.uk

**THE BARN
VETERINARY PRACTICE**

Robert M Hill BVMS MRCVS

Wenham Road, Copdock, Ipswich

Tel: 01473 730213

2A Ashcroft Road (off Norwich Road), Ipswich

Tel: 01473 743460

Consultations by appointment
24 Hour Emergency Service

Monday-Friday: 8.30am-7pm,

Saturday: 9am-12noon,

Sunday: 10am-1pm (Ashcroft Rd only)

**MODERN DIAGNOSTIC, MEDICAL
AND SURGICAL FACILITIES ON SITE
CAR PARKING**

Surgical Operating Theatre • Ultrasound scanner
Radiography Department • Electrocardiography
Own laboratory for rapid testing • Endoscopy
Hospitalisation with isolation ward • Stabling

• Estate Agents • Lettings • Valuations
• Land & Property Management



Chapman Stickels

Suffolk and North Essex

Providing unrivalled local knowledge, combining
traditional service with a modern marketing approach.

Please visit us at
The Corn Exchange, Hadleigh.

Or call us
01473 372 372

Chapman Stickels

The Corn Exchange, Market Place, Hadleigh, Suffolk IP7 5DN
P 01473 372 372 E info@chapmanstickels.co.uk W chapmanstickels.co.uk

Part of Investeq Holdings Limited



STORAGE CONTAINERS TO LET

NOTLEY ENTERPRISE PARK
RAYDON
CO7 6QD

20ft. - £70 per month + VAT
40ft. - £120 per month + VAT

Let on Easy In / Easy Out Terms
Secure Site
24 Hour Access

Contact:
Nicholas Percival Surveyors
T: 01206 563222
E: info@nicholaspercival.co.uk

Benefice Letter



Grier & Partners
THE PROPERTY EXPERTS

Contact us on
01206 299222
or drop by the
office

Located in the centre of the village of East Bergholt with a wealth of local connections and a broad approach to marketing property. We combine a strong friendly family lead team with National marketing and concise social media activity to best effect sales or lettings for our clients. Contact us to see what we can do for you.

Find us on Facebook & Twitter
www.grierandpartners.co.uk

Grier & Partners
LAND & NEW HOMES

For development land enquires contact
John Radford - john@grierandpartners.co.uk

Printed by K·D S, Chattisham. (01473) 652 354

During lock-down, I have very much enjoyed tuning into some of the on-line services provided by clergy from all four corners of our Diocese, whether that be Bishop Martin from his kitchen, Dean Joe Hawes from his dining room, Nicola from her study or Rev Jackson Crompton-Battersby (incumbent of the Hintlesham – Elmsett Benefice) from a park bench. Just as Zoom, Teams, Webex etc has become part of our daily life at work, so too has **youtube** or other media systems become an important skill which we have all had to pick up in church life over the last 5 months, and I think we have all managed to handle it surprisingly well!

Many businesses in the service sector are now talking about working remotely well into the future, some are even talking about allowing employees to work from home permanently, perhaps prematurely I would say, but what seems to be clear is that the world has changed for good since lock-down and this change will continue going forward.

So how should the Church adapt to this new world and how does it face up to the huge challenges coming over the horizon? Well that is probably a question for our Church leaders, but what is clear is that, like the hospitality and travel businesses, it has effectively been “furloughed” for months and for many people it has been out of sight, out of mind. There is therefore an urgent need for things to get back to near normal as quickly as possible, for services to restart and for the Church to reconnect with its Christian community.

You can read in the pages that follow about the plan for services to recommence from September onwards and the commitment of the Benefice Ministry team for there to be a Communion service in the Benefice every Sunday if possible. This is challenging, particularly in the smaller churches, but we are determined to make it happen. We are still a Benefice in interregnum so we ask for people’s patience as we strive to find the right path back to normality.

But what is also clear is that some people may be nervous about coming back to church and attending services as they have done all their lives until March this year. So every effort will be made to make our congregations not only welcome but safe. If it doesn’t work perfectly from the very beginning, we will adapt to ensure that everyone feels comfortable.

For those who feel that it is still too early to come back to church, then perhaps some of the **youtube** productions which have been carefully crafted during lock-down should continue. I often feel that listening to a short talk from Nicola or “JCB” from the comfort of my armchair is just as uplifting as listening from a church pew, and let’s be honest, you can fit it into your day whenever is most convenient. But this is probably not a permanent substitute for the “real thing”, and just as many of us feel it would in fact be nice to sit down again with colleagues in an office or friends round a supper table, it is only natural that we should want to meet up with our Christian friends in church again.

"We will meet again" said HRH The Queen in early April. In the Higham-Holton-Raydon-Stratford Benefice that will be at 10am on 6th September in Stratford St Mary and an important part of our lives will finally be able to resume.

PAUL TORRINGTON, Churchwarden of Holton St Mary

Benefice Contacts

Deacon:

Nicola Tindall: 01787 212340 nicolajtindall@btinternet.com

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

Benefice Administrator:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

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

Benefice website: www.4marys.org.uk

Churchwardens:

Higham Hugo Parker 01206 337234

Holton Richard Noel 01206 298276
Paul Torrington 01473 312046

Raydon Geoff Horrex 01473 310422
Simon Tennent 01473 310320

Stratford Jonathan Dewey 01206 322148



Benefice Services and Events

Services in September

We are delighted to announce that the Churches will be back open for Public Services in September but please check the Benefice website www.4Marys.org.uk for any ad hoc online services.

The vacancy has made it quite challenging for the Churchwardens and Benefice Ministry Team to arrange public services but we are pleased that we have this as a plan for September.

6th September – 10am Stratford St Mary
Holy Communion

13th September – 6pm Holton St Mary
Evening Prayer

20th September – 10am Higham
Holy Communion

27th September – 10am Raydon
Harvest Festival (with Communion)

Please make sure you have read the 'Back to worship' article on page 7

House Group

There will be no House Group in September

Midweek monthly Service

We hope to be able to offer a Midweek Service in the Parish Room on 16th September

Private Prayer

During September the churches in our Benefice will be open for Private Prayer from 10am to 4pm on the following days

Monday: Higham

Tuesday: Holton St Mary

Wednesday: Stratford St Mary

Thursday: Higham

Saturday: Stratford St Mary

Sunday: Raydon

Covid 19 Social distancing rules will apply when visiting the churches, so please do read the notices

Elders

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

Christine Cousins 01206 322530

Janet Dewey 01206 322148

Sandy Ranson 01206 322156



For your Prayers

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

Higham:	Nicholas Maxwell-Lawford, Val & Ian Boothman
Holton:	Angela & Ron Stedman, Sylvia Golding
Raydon:	Michael Mumford, May Peacock, Janie O'Brien & her family
SSM:	Nancy Ablitt, Laura Kerry
Others:	Helen Gregory, Penny Watkins, the family and friends of Graham Brench, Jan Holloway,.

We pray for our Benefice during the vacancy.

We pray for Nicola Tindall due to be licensed as a deacon in St Edmundsbury Cathedral on 5th September at 9.30 am. The service will be livestreamed www.facebook.com/stedscathedral/posts
she would be very grateful for your online support

We pray for those due to be married in our Benefice in the coming months:
Louise & Marc, Ellen & Liam, Neelu & Reuben, Rachel & Douglas