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September 2021
Issue 397

Quartet

The Parish Magazine

For Higham, Stratford St Mary, Raydon and Holton St Mary

Quartet Diary

Black 3 seater Leather Sofa
Free to a good home

Width 225cms
Depth 94cms

07972098641

Sale of 22 sturdy metal chairs in blue fabric upholstered seats that are surplus to church requirements.

We are happy to divide them up into smaller lots.

All we ask is a donation to our church funds at Stratford St Mary.

For further information, Please contact: Jonathan Dewey 077 4599 6349.



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Help us with our campaign!

If you know any merchant or service provider living in one of our four villages, please let us know by emailing quarteteditor@hotmail.co.uk. We will contact them and see if they would like a **free listing** in the Quartet

Small Ads Pin Board

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

Details of events can be found within the magazine.

September

- 1 Raydon Club
- 3 HSM Lunch Club
HSM Social Club
- 4 HSM Green Gym
- 5 Raydon Sunday Teas
- 7 Raydon Fair Trade Coffee Morning
- 8 Raydon Club
- 10 HSM Social Club
- 11 Suffolk Historic Churches Trust Ride and Stride
- 13 SSM Parish Council Meeting
- 14 Raydon Parish Council Meeting
- 15 Raydon Club
HSM Parish Council Meeting
- 16 HSM Slow Stitch
- 18 SSM Churchyard Tidy Up
- 22 SSM Coffee Morning
Raydon Club
- 23 R&DGC meeting
(New Venue)
- 24 HSM Social Club
- 26 Raydon BBQ and Raffle
- 29 Raydon Club

October

- 1 HSM Lunch Club
HSM Social Club
- 2 HSM Green Gym
- 5 Raydon Fair Trade Coffee Morning
- 6 Raydon club
- 8 HSM Social Club
- 12 Raydon Parish Council Meeting
- 13 Raydon Club
- 15 HSM Social Club
- 16 Bric a Brac Sale, Raydon
- 20 Raydon Club
- 21 HSM Slow Stitch
- 22 HSM Social Club
- 27 SSM Coffee Morning
Raydon Club
- 28 R&DGC Meeting
- 29 HSM Social Club

November

- 2 Raydon Fair Trade Coffee Morning
- 3 Raydon Club
- 5 HSM Lunch Club

Editors Corner

The front cover of the magazine is looking bright and sunny this month with a special picture taken outside Holton Church for the upcoming sponsored 'Ride and Stride' event. The annual event sees most churches across the country open up for visitors and you are encouraged to gain sponsors for visiting as many as you can. The proceeds are split between a church of your choice and the general fund that gives out grants to churches in need of repair or renovation. The classic car is also in the picture because the event is branching out and encouraging classic cars to join in too. You'll see details of the event in several sections of the magazine - let's hope the 11th is as sunny as picture!

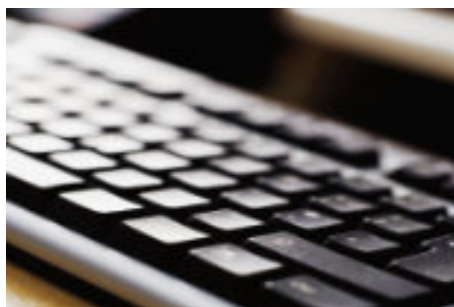
Elsewhere in the magazine, you will find an article from Dedham Educational Foundation regarding their annual grants for Students from Stratford (see page 8). Abbie, a recipient of the grant has written an interesting report on what the grant has helped her to achieve. It's great to have this facility and I hope it will be able to benefit others from Stratford in the future. Perhaps you know someone who would be eligible?

Happy reading, Anne and Jane



Send us details of companies living near you that offer services or things for sale - we'll contact them and offer free lineage in the Quartet. We would like to build a really useful directory of local resources!

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.



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19th September 2021

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Rev'd Manette Writes

Dear friends,

As I write this, the schools are still on holiday and many families are enjoying the opportunity to go away, either in this country or further afield. Corona virus is still very much around but at least we are able to enjoy a degree of freedom after nearly eighteen months of restrictions and isolation. Perhaps we have taken our privileges too much for granted while no one could have foreseen how the world and all our lives would change due to a pandemic. I hope that we can now appreciate and value the summer and spending time with family and friends. However, at this time the news is full of the developing situation in Afghanistan and I follow the updates with a heavy heart as the humanitarian crisis unfolds. I hope and pray that civilians will be evacuated and brought to safety, and that in due course there will be peace and stability in this war-torn country where its people have suffered for so long and are desperate for peace. Of course we also pray for all those who are affected by wildfires, by those traumatised by violence and shootings and for the victims of the many accidents which have been happening.

A prayer for Afghanistan

O God of mercy and of peace,
We hold before you
the peoples of Afghanistan;
be living bread to those
who are hungry every day.
Be healing and wholeness to those
who have no access to health care
amidst the ravages of the pandemic.
Be a true home to all

who have been displaced.
Be open arms of loving acceptance to
those who fear because of their
gender, ethnicity,
religious or political views.
Be peace to those engaged in
armed conflict, and those
who live within its shadows.
Turn our hearts and minds to your ways
of just and gentle peace;
open our eyes to see you
in all acts of compassionate care.
Strengthen our hearts to step out in
solidarity with the suffering people,
and hold us all in your unfailing love.
We pray in the name of Jesus Christ,
who emptied himself of all but love,
in order to bring life in all its fullness.
Amen.

In our benefice, I am looking forward to officiating at two weddings this summer and we have already received several wedding bookings for next year. Our prayers are with the couples as they prepare for this important day in their lives and we wish them every blessing for their future together.

Please look out for information about our Harvest Festival weekend on 25th/26th September when we will have services and events in all our churches in the benefice.

Yours in Christ, Rev'd Manette

Stratford St Mary



In Stratford

Hall Farm Shop Cafe and Restaurant
www.hallfarmshop.com

The mobile pizza co - 07982 427483

ABC Preschool - 01206 322466

Kate Baines, Virtual Assistant - 07799 391343

Orwell Electrical - 01206 322969

Andy Smith Roofing - 01206 322882

Jackson Plumbing and Heating -
01206 322063

Nigel Bruce Electrician - 01206 322751

Penrose and Partners - Vets. 01206 323414

Finest Gardens - 07756 364560

John Burrell Bespoke Bedrooms -
07734700507

Nexus Creative Print Production -
gill@nexuscpp.co.uk

Have you ever thought about becoming a Community First Responder?

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.



We have had a wonderful Summer term with the children. We all enjoyed designing and creating our new bee garden, which is already attracting many different types of bees. The summer term is also a little sad when we have to say goodbye to all our Rising 5's, we wish them all the very best at primary school from September. We have spaces available now, we are a term time only Preschool for children aged 2 to Rising 5's. We have an amazing outdoor space and fantastic indoor facilities, we are situated in the grounds of Stratford St Mary Primary school. Please contact Kirsty Robinson on 01206 322466 for more information on what we can offer your little one, or head to our Facebook page.



Churchyard Tidy - Up morning

Saturday September 18th @ 9 am to 12 noon at Stratford St Mary Church.

Refreshments will be provided. Please bring Secateurs, Hand Shears, Gloves, and bag for waste. Task is to remove Elder from round Yew trees and Ivy off roadside wall.



SUFFOLK HISTORIC CHURCHES TRUST CYCLE RIDE/STRIDE/WALK – SATURDAY 11 SEPTEMBER 2021

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

Parish Room

At last we are open for business, subject to any government restrictions of course.

Please contact John Taylor on 01206 323908 for details and to book.

Coffee Morning

We have recommenced the monthly coffee mornings (Ed- Every fourth Wednesday I believe)

at 10.30a.m. in the Parish Room.

Do come along and socialise at £2.50pp

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

The current Emergency Team members are all over 70 years of age and, in the current climate, we would like to welcome younger village residents to join the team to assist anywhere in the village if called upon to help. If you feel you can be of use in any such emergency, please contact the parish clerk Mrs Jenny O'Hanlon on parishcouncil@statfordstmary.org.uk

DEDHAM EDUCATIONAL FOUNDATION.

The Foundation awards grants annually to young people and students attending Secondary School, Sixth Form College, Institute or University who live in one of 5 Parishes (Dedham, Ardleigh, Stratford St. Mary, Great Bromley or Bradfield). The article below is from a student who was studying for a Masters in Ecology and Conservation at the University of East Anglia, who has been supported by the Foundation through her University degree course.

Applications for this year's grants have to be submitted by the 31st October and application forms can be obtained from the Clerk to the Foundation, Claire Arculus, at dedhameclerk@gmail.com

My Time in Malawi

A Summary

I stayed in Malawi from October 31st - 2nd April. During this time I was an intern for African Bat Conservation (ABC). My original post of 4 months was extended to 5 months.

What I gained from working with ABC in Malawi:

My internship exposed me to a whole new culture and working environment. I got to experience how field work was organised and carried out in-situ. I learnt how to survey for bats, how to carry out roost inspections and how to handle them which are all skills that I did not previously have but can definitely utilise for any future jobs that require bat surveying. My favourite bat species that I got to work with were the Little Epauletted Fruit Bat and the Banana Bat. I also took part in zebra work which is extremely useful for any future big mammal surveys that I do. On a more personal level, working and living in Malawi for an extended period of time confirmed, and raised my self confidence, in being an adaptable and flexible person who can work in an environment that starkly contrasts with the UK - hot temperatures up to 35 degrees celsius, insects everywhere, long days, intense rainstorms, all while living with basic amenities in isolated areas.

During my time on the ABC team I :

- ★ Wrote identification keys for bats to help researchers determine what bats species they had
- ★ Produced a full list of bat species in Malawi
- ★ Produced free-hand drawn diagrams to accompany written information on bats
- ★ Gained experience in radio tracking bats, allowing us to find local bat roosts and learn more about their preferred habitat
- ★ Assisted with emergence, harp trap and mist net surveys. During these I was trained on how to handle, take measurements from and release bats
- ★ Learnt how to do internal and external roost inspections on buildings where people suspect they may have bats

★ Wrote project proposals for upcoming ABC projects

★ Wrote regular newsletter articles which were distributed to ABC members

★ Preserved bat DNA samples in the lab, this included faecal pellets and wing punches (tiny skin samples taken from a bat's wing)

My other responsibilities included:

★ Carrying out regular vehicle checks on our Landcruiser

★ Being responsible for the monthly inventory of: first aid kits, entomology and bat processing supplies.

Extra activities I took part in:

While at the reserve I also learnt how to identify individual zebras by looking at their unique stripe pattern. I often practiced this by identifying zebras in photos visitors had taken, and during game drives out on the reserve.

After Malawi:

Once I finished my internship in Malawi I went straight to South Africa where I had been offered a 3 month internship working at an animal sanctuary. This role was very different from my position at ABC but allowed me to embrace a very practical and animal welfare orientated role as well as explore a new country and meet some fantastic people.

I hope you enjoyed reading about my adventure. Thank you again so much for your generosity, without which I would not be able to do these kinds of amazing things.

With much appreciation,
Abbie

Save our footpaths.

We are lucky to live in the heart of one of the most beautiful landscapes in England: Constable Country. The gentle flow of the River Stour and the rolling fields that surround Stratford St Mary have been a source of peace, tranquillity, and solace for generations of villagers – and never more so than over the last 18 months.

However, in recent months many of the footpaths on the Langham side of the river that villagers have enjoyed for generations have been blocked, and signs and maps have been put up claiming that there is no public right of way.

It is possible that this claim is dubious, and we are asking for local people to help us gather the evidence we need to restore access to these footpaths and preserve them for future generations.

Public rights of way can be divided into two categories: those that are already officially recorded on the Definitive Map and are legally protected, and those that currently are not. Although some footpaths on the Langham Estate are on the Definitive Map, the ones that have been blocked are not, and the government has set a deadline of 1 January 2026 for rights of way like these to be officially recorded, or they will be extinguished forever.

Research by the Ramblers walkers' charity suggests that 49,000 miles of public rights of way nationwide may be at risk.

To be recognised as a public right of way, a footpath must have been in continuous public use for at least 20 years without the landowner having tried to prevent access. This 20-year period could be recent, or it could be historic.

To get the footpaths on the Langham Estate added to the Definitive Map, Stratford St Mary Parish Council is gathering evidence to prove that the public had uninterrupted use for a period of 20 years. This can be statements from people who have used the footpaths, and it can come from historic documents, such as old maps that show the footpaths.

We will present this evidence to Essex County Council, which maintains the

Definitive Map for Essex, and ask for the footpaths to be added.

This is why we are asking for help. If you have used these footpaths, whether for 20 years or a shorter period, please fill in an official form to record your evidence. The more people that we can show have used the footpaths over different periods of time, the stronger our case will be.

As you can imagine, the form is quite detailed, so you will need to set aside a few minutes to complete it. You can contact the parish council for a copy of the form or find it on the parish council website.

If you have any maps – either modern or historic – that show these footpaths, please contact the parish council.

And you may also know other people who could help – perhaps neighbours who used to live in Stratford, or friends who come here to enjoy our countryside. Please ask them to contact the parish council if they would like to help.

And if you would like to join a parish council sub-committee to help coordinate this work, please get in touch.

With your help, we can try and reopen these footpaths and prevent some of the most beautiful countryside in England being put into permanent lockdown.

Thank you!

Email

parishcouncil@stratfordstmary.org.uk,
phone Jenny O'Hanlon on 01473 311 191
(Monday to Friday, 9am to 5pm),
or see our website
www.stratfordstmary.onesuffolk.net



Winners of SSM 100 Club

43	R Barrell	£ 40.00
52	P Woollard	£10.00
50	B Kite	£ 5.00

Higham

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In Higham

Brett Valley installations - Oil boiler
servicer - 01206 337316

HC Smith Builders - 07468 456772

Derek Allen Fresh Fish (Thursdays)
07967 755771

Rmk Chisnall - mower repairs 07557
771721



Raydon



Fair Trade coffee morning.

We held our August Fair Trade coffee morning in almost perfect weather, unlike the monsoon rain that descended on us the

day before! It was lovely to be outside still, catching up with friends old and new. We welcomed some passers by who saw the sign for coffee and came and joined us, they commented on how lovely it all was. We also had visitors from Hadleigh, who are actually becoming regulars which is very nice.

Another visitor today was our retired library van driver, it was so nice to see him again and there were many of his "old customers" for him to catch up with. We think he was having withdrawal symptoms for our lovely Fair Trade coffee and of course the wonderful "Frinton" cheese scones !!

I was delighted to have some helpers today, both with serving coffee and dispensing cake and scones. I was able to spend a little time sitting and chatting with others, it was very nice so perhaps I might have a volunteer or two next month as well?

Love Refills will be here again, they were away on holiday last month but once more we will be able to stock up on our supplies of dried goods, cleaning products and more.

Our Fair Trade coffee morning on September 7th is going to have a very special guest, in fact a "first" for us. We're going to welcome **"Our Vicar and her horse !"** so do come along and meet **Manette and Oriente**. I understand that Oriente is very well behaved and loves meeting new people, so do come along and say hello to them both between 10.15am-11.30am.

Many thanks for your continued support
Wendy Mumford
01473 312123

Sale

of

Books, Bric a Brac
Toys and Games

also

OTHER LARGE ITEMS

Inside Raydon Church

On

Sat 16th October

10AM-12noon

Coffee/tea and biscuits available
In aid of fabric fund

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In Raydon

Blackwell Barn Holiday Let -
www.cottages.com

Phil Avery Electrician 01473 311261

Ashley Short Carpentry 01473 311226

Gordon Short Decorator 01473 313053

SW Stiff Builders - 07811 005241

Earth&Turf Garden Services -
07922078241

DIY Livery - 07710 540926

Infusion Grill - 07584 573474

Swift Garden Services - 07947 322429

Rheal Coatings - 07539 377740

Franklyn Nevard - Architect 07515
351894

Fresh Eggs - Roadside stall Fox Farm

Katies Little Beauty Box - 07802
847628

Raydon and District Garden Club

The year is moving onwards and will soon be in Autumn once again. Hope you have all enjoyed the year so far although restrictions of course have taken their toll with limited holidays for some, whilst others will still be using caution when going out especially when large numbers of people are involved. Let's hope as the months pass things will continue to improve and we can get back to a more normal life style.

On that note I am pleased to say the Garden Club is starting back with monthly meetings from Thursday 23rd September 2021, yes this month at last. Your committee has just held its first face to face meeting this August without a proper agenda, more of a discussion on the future of the garden club and how we move forward into 2022 onwards. It's been a very difficult 18 months with so much uncertainty which made planning impossible. But the good news as we come out the other side of the pandemic is here we go again, but please members we must use patience as we start up again as it might take a couple of meetings to get back in the swing once again. Example : Guest speakers are harder to get as many of those we have used in the past wish to wait till next year before committing once again, but we are trying and it could be last minute before we know who is coming. Your committee are all looking forward to meeting you all once again and we can have refreshments and hopefully a raffle (affle prizes most welcome) so some things as normal.

NOW PLEASE NOTE:- The venue has changed and we have moved to the King George V playing field sports pavilion with the first meeting on Thursday 23rd September starting at 7.30pm and finishing normally by 10.00pm. There is plenty of new car parking with better views especially when leaving, but of course be careful as

the main road is very busy these days, also it will be dark.

On the night I will be asking for new ideas for guest speakers but we will of course use some who have been to us before but not in last few years. Also if anybody knows of possible new speakers please pass names etc to Darren as soon as possible so we can get a varied and full programme for 2022. It's not easy finding new speakers or gardening subjects after 41 years but new members might just know somebody that we have not come across.

More good news is that we anticipate holding both "SPRING" and "SUMMER" shows once again next year. Your committee may need to re think the layout and condense entry numbers to fit the space especially for the summer show which is a larger event. Us gardeners love a challenge don't we (that's why we love gardening) and your committee is no different so at least we can now start to look forward and start planning for the next "Spring" show in April. Also next year we can start our annual "Summer Coach Outing" once again. More details over the next two meetings.

Hopefully this will be the last garden club notes that I will write without having meetings past or future to discuss or to talk



about. It's been quite hard to think up notes for last 18 months so it should be easier in future.

I am looking forward to meeting you all once again and with your help to give a warm welcome to any new members who have indicated (some at farmers market in July) that they wish to join the club. I have heard that one or two clubs have closed down (not in Suffolk) after 2019 and not going to re-open but this is Raydon & District Garden Club and we are starting once again and moving onward. Sadly we could not celebrate our Ruby anniversary as planned but the challenge is 45 years and together we can do it.

See you all on 23rd September at our new venue and keep enjoying your gardens large or small.

Geoff Horrex
01473 310422 / 07810086143

Teas, Teas,
Teas

Sunday 5th September
St Mary's Church
Raydon
3.00 – 5.00

Fully Covid compliant
& secure outside

Come and join us!



Suffolk Historic Churches Sponsored Cycle Ride.

September 11th 9am - 5pm



We have had some wonderful news regarding this event here in Raydon. I expect many of you know that very sadly Margaret Hammond passed away this year. Every year she raised an extraordinary amount of money by cycling 25 miles or more on her exercise bike. **Well !!!!** Cindy and her family have decided to take up the challenge and use her exercise bike in her memory, they plan to ride 81 miles which was how old Margaret was when she passed away.

Please support this amazing undertaking by adding your name to their list of sponsors, they are aiming high. We will have the forms available at the afternoon teas on September 5th and the Fair Trade coffee morning on September 7th.

Thank you so much
Wendy Mumford
01473 312123



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 Contact Mark Smout
Tel 07748 842750 or email
marksmout@gmail.com



Raydon Club

The Raydon Club has now re-opened at the Pavilion on Wednesday evenings and is operating in a COVID-secure manner. The bar opens at **8:30pm** and will close promptly at **11pm**. A good selection of beers, wines and spirits are available at considerably less than pub prices.

Membership is open to all residents of the village (over 18s only) and anyone wishing to join is welcome to come along to enjoy a socially distanced drink and chat.

VILLAGE BBQ

& RAFFLE

with music from

JAZZ GALORE



St Mary's Church, Raydon
Sunday 26th September 2021
12 noon to 2.30pm

RAYDON PARISH COUNCIL

SCHEDULE OF MEETINGS 2021

(all at 7.30pm via ZOOM until further notice)

Tuesday 14 September
Tuesday 12 October
Tuesday 9 November

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

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

Holton St Mary

SHOP LOCAL

In Holton

Love Refills mobile shop -
www.loverefills.co.uk

Ann Mason Care - 01206
233372

Holton St Mary Village Hall

The Hall is back in use and taking bookings again. Please contact Tanya Kunz on 01473 311570

Slow Stitch

The Slow Stitch group is meeting again on the third Thursday of the month at 2 - 4pm in the Village hall, Holton St Mary. Whether you sew, knit, crochet, embroider, or enjoy tapestry, you are all welcome to join our drop-in group. We are not providing refreshments at the moment but you are welcome to bring along a cup of tea.

The aim of the group is to take our time as we enjoy stitching and we are happy to help beginners. Thank you for all the donations of wool that the group have received this summer. This is much appreciated as we complete a number of community projects to support the Marie Curie charity and Women's refuge in Ipswich.

For more information contact Jeanette Appleton 07768418942



Holton St Mary Lunch Club

Lunch Club has resumed!

If you are looking forward to good food and good company again, please sign up by either calling or emailing me so we know how many to cater for

Many thanks

Sally Thurlow - 07721 625313 or
salthurlo@gmail.com

Holton St Mary Parish Council Meeting Dates

The next Parish Council Meeting will be held on
15th September 2021 at 8pm,
to be held in Holton St Mary Village Hall.

All are welcome to attend.



Green Gym

Green Gym meet on the first Saturday in the month. This month it's 4th September.

We keep the paths and verges tidy, work in Holton St Mary public spaces like Church Square, the Millennium Green and the Churchyard when asked and are also happy to tackle overgrown gardens of residents who can no longer manage their own plot. Come and join us when you can for a workout that helps your environment.

Meet in Church Square at 10.30 am and bring gardening gloves.



HSM Social Club

A chance to meet with friends again in the nearest thing we have to a pub.

Every Friday in the Village Hall 17:30 to 22:00

New members always welcome

IS YOUR HOME SAFE FROM FIRE?

Suffolk Fire and Rescue Service



Safer Home Visit

A **free** visit by a specialist Prevention Practitioner, Community Fire Volunteer or Operational crew

SFRS Prevention team and Firefighters are dedicated to saving lives by working with the community, discussing fire safety and offering advice to eliminate or reduce the risk of a fire occurring in the home. **Free** smoke alarms will be fitted if you do not have any.

Please contact us if you:

Have concerns over fire safety in your home

Do not have working smoke alarms

You cannot hear your alarms at home

**Call Fire Business Support
01473 260588**

SUFFOLK HISTORIC CHURCHES TRUST

↓ RIDE + STRIDE ↓



Saturday 11th Sept 2021, 9am – 5pm

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

Although the majority of the money each year (last year more than £170,000) is raised by cyclists, people are finding more and more different ways of taking part.

Classic and Veteran cars, which have taken part since 2018, raised more than £12,000 last year and many of our older or less mobile participants have taken to their e-bikes and mobility scooters; we even have a number who go on their static bike on a virtual tour of their local churches.

In addition, we have always encouraged those who sit at a church, welcoming cyclists, to ask their friends to sponsor them for each hour they are on duty and why should those, who regularly keep their church and churchyard neat and tidy, not ask to be sponsored for each pew they polish or for each wheelbarrow full of weeds?

If you would like to take part in this year's Ride and Stride, please contact

Caroline Favell

Email: martinfavell99@gmail.com

Tel: 01473 310268

Anyone for tennis? Join us at Dedham Lawn Tennis Club!

Whether you've never held a racquet or are a budding Andy Murray or Heather Watson, we'd love to welcome you to our friendly village tennis club on the playing fields in Dedham.

With club sessions, teams in local leagues, coaching for adults and juniors and a wide range of membership options available, we're always on the lookout for new members.

Search online for Dedham LTC to find out more and see how you can get involved.

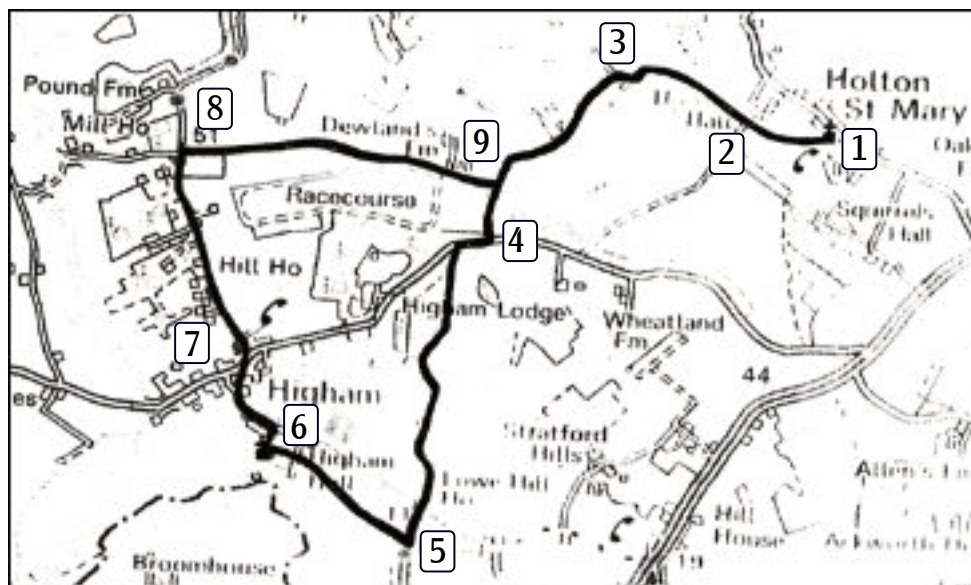
stour valley

U3A

learn, laugh, live

We encourage lifelong learning for those no longer in full time employment and retired from work altogether. Emphasis is placed on active and fun learning as well as developing friendships. We have a wide selection of interest groups, such as dining, travel, languages, walking, 10-pin bowling, petanque and garden visits. Or you may like to convene a new group?

Monthly coffee mornings are a great way for new members to meet current members and find out more about our u3a. Take a look at our website u3asites.org.uk/stourvalley for information and contact details.



Circular Walk 5: Holton St Mary (St Mary's Church) to Higham (St Mary's Church) (approximately 9 km)

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

2. After 80 metres you emerge into the farmyard. With eyes and ears open for moving objects (farm vehicles, no livestock and no UFOs), keep straight ahead and walk into a grassy field and keep right of a young hedging, behind which is a row of ten static caravans. Go through a narrow archway in the hedge ahead and cross the next field which may or may not have a

crop. Pass through another arch in another hedge and bear slightly left across a grass field towards a stile with a Footpath sign in the corner of the field. (A vixen plus cubs have been seen playing in the late summer evening sun in the far left of this field)

3. Cross the stile and turn left on to Sandpits Lane. Walk down its entire length (approximately 1km), passing 'Dewlands Farm' on the right, until you reach the B1068 (Higham road)

4. Turn right, and with ears and eyes open wide (and an arrow prayer to God that drivers are not on their 'phones as they approach this junction), walk in haste for approximately 130 metres and turn left into the serene sanctuary of Green Lane. This lane is quiet with an infinitesimally remote chance of meeting a vehicle. You are far more likely to encounter litter or a cyclist, who will be risking body and machine as some of the lane's steep sections are covered with a de-stabilising, marble-like layer of pebbles. Enjoy the fabulous views as you descend the final, Skiddaw-like incline and into the open. Continue down to the end of Green Lane; look right, left and then right again (as per the 'Green Cross

Code'), cross straight over and continue down the road for about 120 metres

5. Turn right at the Footpath sign and after 60 metres keep to the right of the gate and pass a doddery green sign at shin height: 'Dogs on leads here please'. The footpath continues with at first a small pine / fir tree copse and then high hedging on the left and field on the right. After 500 metres you arrive at a stile; cross this and an un-made drive, and after a few strides, negotiate a high challenging stile to enter a paddock, usually with friendly but inquisitive horses. Continue alongside the left, crude wood-fenced, edge of the pasture passing a small horse-shelter on your right and then a large, grey and subtly forlorn building that is Higham Hall on your left. After approximately 50 metres, cross another simple but high stile in the left wooden fence you have been skirting and walk into a pebbly track. In a few metres and down to the left and with a short detour of 25 metres, takes you to St Mary's Church. The Church may or may not be open, COVID-19 dependent. Alternatively, turn right in the pebbly lane and walk 40 metres up to the road

6. Turn left at the road and walk up and through Higham. You arrive at the anticipated ubiquitous village green in the setting of an equally ubiquitous triangle in the middle of which is another ubiquitous but wonderful beech tree. Bear right and up the hill to pass the 'Old Post Office' and Telephone Box on your left to arrive at the B1068 (Higham Road). Keep ahead for 35 metres

7. As the B1068 turns sharp right, at the apex of this bend and 'Yew Tree House' on your left, turn left up the hill. This is a relatively straight, gently ascending and quiet road with a slight chance of meeting a car in your 1km stretch before you turn right opposite 'Mill Farm Cottage' onto a wide marked Bridleway at a low and locked metal barrier

8. Follow this Bridleway for 1.5km. After approximately 150 metres a racecourse appears on your right. Continue straight, past a small enclosure with a tall race-results frame and then almost immediately through a new galvanised

steel gate. The track is grassy but in the wet is maliciously muddy and in the super-dry is a rutted and often ankle-turning avenue between relatively new hedging and open fencing on the left and on the right, trees beyond which is the racecourse. After another approximately 1.1km on this Bridleway, beware the row of three sentry-like shiny, steel stanchions which may be standing to attention or concealed in their silos... Bear slightly right (to the left is 'Dewlands Farm' (house - 'Private') and on to a wide cinder and then dirt track for 250 metres, initially guarded by a high wooden fence and then hedges / trees on your right, to reach Sandpits Lane.

9. Turn left at the lane and retrace your steps to St Mary's Church in Church Square – points 3, 2, 1 as described above... (Hurrah...!)



Barry's Page

The proposed development of 144 houses in East Bergholt brought about fierce debate. The general feeling was that Babergh Council were using it as a way of receiving bonus payments and had little regard to the village itself. I wrote this from the perspective of John Constable trying to imagine what he would have thought had he still been alive.

Constable

If I could walk around my lands
The fields the hedgerows which were
adorned
immortalised on canvas for all to see
for generations to compare against
reality.
That which remains, not as I left it then,
but still recognisable
How long before my legacy is forever lost
And at what irreparable cost.
For the children who will never know the
beauty of the morning light
The skies that cry with deft delight, the
texture that
bears witness to a time that brush strokes
captured and
reproduced an image, a memory so exact,
so sublime
So accurate like a snapshot on a digital
camera.
When no such luxury existed.

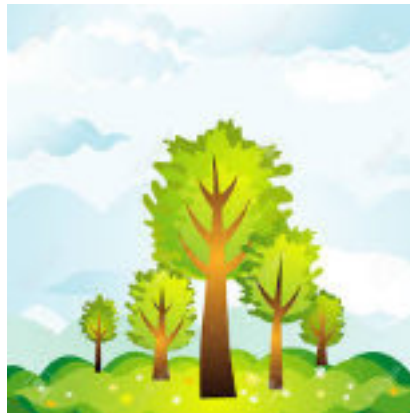
The hours I spent with brush and oils.
Canvases that
lay witness to my toils, why can't you
understand that
one careless act to remove the oak that
survived two world wars,
destroyed in minutes, carved up by

ignorance and chain saws.
To provide a sight line for the greater
good?
What good is served when man cannot
take time to share the beauty that nature
has for him provided?
Blind oblivious to the changing seasons
Many excuses, justifications, reasons

Yes this is my East Bergholt bruised,
battered
My memories that now lie partially
shattered
But It's your East Bergholt too
So protect it, cherish it
Give me your support
Can't you see
That it's survival matters
To you and to me.

Barry J Davison

June 2017 copyright



European Stag Beetles in Suffolk

We've had a wonderful Summer punctuated with a few noisy visits in the early evening from incredible, almost prehistoric-looking Stag Beetles, which can be seen from May to August in and around our gardens and countryside walks. The UK's largest beetle and designated as a UK Priority Species, Stag Beetles spend most of their lives as larvae before emerging to find a mate and reproduce. One of the most spectacular insects we have in Britain, stag beetles are easily recognised thanks to the male's large jaws, which look just like the antlers of a stag. These antlers are actually oversized mandibles, used to show off to females in an impressive courtship display and to fend off other suitors. Despite this dramatic appearance, stag beetles are completely harmless.

If you were lucky, on one of our warm Summer evenings, you may have seen or heard these beetles flying around your garden. It tends to be the males that take flight in search of a mate, having spent the day in the sun gathering energy and they vary in size from 35mm – 75mm. Somewhat cumbersome fliers, they create an impressive silhouette against the fading evening light. Females, on the other hand, are smaller - measuring between 30-50mm long, with smaller mandibles; and they are often seen on the ground looking for somewhere to lay their eggs.

Living in woodland edges, hedgerows, traditional orchards, parks and gardens, Stag Beetles are relatively widespread in southern England, while elsewhere in Britain they are extremely rare or even extinct. Due to loss of habitat their numbers have fallen even in the South and the People's Trust for Endangered Species are appealing to the public to report their sightings in a bid to monitor the remaining population. Certainly, over the past couple of years, I have noticed a distinct drop in the number I used to see when I first moved to Holton St Mary just

12 years ago. So, if you are lucky enough to spot one as I did a few times this year, please do report your sighting via this link (perhaps you could make a note for next Summer): <https://ptes.org/campaigns/stag-beetles-2/>

It's also worth trying to help by creating habitat. The Stag Beetle larvae depends on rotting wood such as log piles, tree stumps and old fence posts to live in and feed on, and, depending on the weather, can take up to seven years to develop before they pupate and turn into adults. So, as the Stag Beetle's woodland and parkland habitat is lost, it is increasingly vital for us to retain and create dead and decaying wood in our gardens in order to help these incredible creatures. And, most of all to marvel and appreciate them if we see them around.

You can find out more about Stag Beetles and what you can do to help here: <https://ptes.org/campaigns/stag-beetles-2/stag-beetle-facts/> and Suffolk Wildlife Trust will also be running a dedicated webinar on the wonders of these incredible creatures on Monday evening, October 4th. To find out more and book your place, please follow this link: <https://www.suffolkwildlifetrust.org/events/2021-10-04-wildlife-live-webinar-european-stag-beetle>

Claire Rowan



Local people wanted to help scrutinize mental health service provider proposals

Health commissioners are seeking local people to act as Assurance and Procurement Public Representatives to support the ongoing programme of improvement to mental health and emotional wellbeing services in east and west Suffolk.

These roles will have an integral role in the scrutiny of bids by existing and potential providers of services to ensure they deliver the very best care and support to patients as well as good value for money for the taxpayer.

The ten-year mental health and emotional wellbeing strategy for east and west Suffolk has been developed by NHS Ipswich and East Suffolk and NHS West Suffolk clinical commissioning groups, Norfolk and Suffolk NHS Foundation Trust, Suffolk County Council and the wider community.

As an Assurance and Procurement Public Representative you would be part of the panel to review each bid, including assessment of provider experience, environmental and sustainability management, governance scrutiny and finance, or, you could be part of a tender process or an assurance review of an existing provider.

There are no formal qualifications required for the roles. Lived experience is the most important attribute, together with an interest in the NHS and health care is needed.

Time commitment varies according to each procurement. A panel meeting could last one day. Travelling expenses will be paid.

Richard Watson, the CCGs' deputy chief executive, said: "The provision of mental health and emotional wellbeing services continues to improve and we are

determined to continue with delivering change that positively impacts people's lives.

"As we implement that change it's important any new potential or existing service provider is subject to scrutiny to ensure they can deliver, and this is where the Assurance and Procurement Public Representatives have such an important role to play.

"Their input and scrutiny of bidders will strengthen the procurement process and I urge anyone interested to make contact to discuss the role."

For more information go to

NHS Ipswich and East Suffolk Clinical Commissioning Group – www.ipswichandeastsuffolkccg.nhs.uk

NHS West Suffolk Clinical Commissioning Group – www.westsuffolkccg.nhs.uk

And search for 'AveryDifferentConversation'



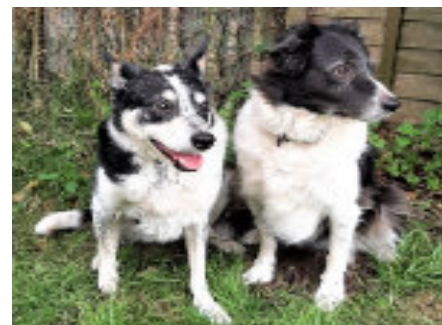
SESAW News

My canine pals and I detect an air of fresh optimism amongst the humans with talk of evenings out, day trips, going away and plans to attend two events on 5th September - the Plough Day at Badley Road, Great Waldingfield, CO10 9RY and a Dog Show at Leavenheath Village Green and also a Fun Dog Show on the 11th at the Shelley Centre for Therapeutic Riding, IP7 5QY.

Meanwhile, we have a delightful pair of elderly Border Collies, sadly their owner died. Eleven and ten year old Ruby and Renee are fit and well, adore their walks and cuddles. If you are the special person with the loving home they deserve, please leave your name and number on the answerphone or email.

Everyone has a book in them, including one of our supporters. Frank Payne has written about his early life, from a wartime childhood in London to a promising career in sports journalism which was rudely interrupted by two years National Service. Frank's return to Civvy Street was peppered with disappointment and disaster, whetting the reader's appetite for the next instalment later this year. "Here Today, Gone Tomorrow" is available for £5, all proceeds to SESA, please phone or text 07881 785535 to order a copy. Mum says I'm not to get any big ideas, the world is not ready for the memoirs of me, Kenny (the Boss) Chihuahua.

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



Students across Suffolk invited to earn while they learn

Clinicians at Home First, a service that aims to support people to live at home and enjoy their independence for as long as possible, are writing to student nurses, occupational therapists and physiotherapists to ask if they would like to gain flexible, paid work.

They are looking for individuals studying in the county to join its staff bank to work as healthcare assistant/care support worker to provide care to patients in community settings.

The work would typically involve visiting people in their own homes to assist with personal care.

Home First provides short term support when people have a sudden loss of independence or following a setback such as a fall and or following discharge from hospital.

The service comprises a multi-disciplinary team made up of reablement support workers, occupational therapists, social workers and Care Quality Commission registered managers.

Those students who provide a professional, caring and reliable service will have access to the following benefits:

- Competitive pay rates - £12.20ph, with a 20% enhancement on Sundays and bank holidays
- Flexible working to suit your lifestyle
- Support when you need it
- Automatically join the Suffolk County Council pension scheme

If you are interested, please contact Simone Murrell, Bank Team Leader – simone.murrell2@suffolk.gov.uk or Tracy Anderson, Bank Project Support Officer – tracy.anderson@suffolk.gov.uk

Holy Family Roman Catholic Church

Ipswich Road, Brantham CO11 1TB
Parish Priest: Fr. Paul Vincent OCD Assistant
Priest: Fr Bineesh Elenjikkal OCD
180 Hawthorn Drive Ipswich IP2 0QQ T e l :
01473 684963. www.stmarksparish.org.uk

The weekly Newsletter, with Mass times, is always displayed in the cabinet alongside the Church's front door and may also be read on the regularly updated website www.stmarksparish.org.uk together with other Parish news. Fr Bineesh Elenjikkal is the Ipswich Hospital Catholic Chaplain assisted by Deacon Rev Clive Brooks (01206 396319)

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.

Services planned for SEPTEMBER 2021

Sunday 5	23rd SUNDAY IN ORDINARY
9am	TIME
Tuesday 7	Mass
9.20am	Eucharistic Adoration
10am	Mass
Sunday 12	24th SUNDAY IN ORDINARY
9am	TIME
Tuesday 14	Mass
9.20am	Eucharistic Adoration
10am	Mass
Sunday 19	25th SUNDAY IN ORDINARY
9am	TIME
Tuesday 21	Mass
9.20am	Eucharistic Adoration
10am	Mass
Sunday 26	26th SUNDAY IN ORDINARY
9am	TIME
Tuesday 28	Mass
9.20am	Eucharistic Adoration
10am	Mass

Please refer to the weekly Newsletter, with Mass times, that is always displayed in the cabinet alongside the Church's front door and may also be read on the regularly updated website www.stmarksparish.org.uk together with other Parish news.

East Bergholt WI

2020 was a difficult time for all of us. However, as a group we were pleased to be able to keep in touch in many ways and enjoyed sharing news and activities with each other through e-mail and meeting up in small groups when restrictions allowed.

As the latest restrictions start to ease, we are making more positive plans for the months to come. We have used Zoom successfully for our last three main meetings. Our Craft group have been getting together virtually once a fortnight and we have also had lunch time and evening get togethers for members who wish to join in.

From 2021 the WI subscription year will run from April to March. Due to savings made in 2020, through the cancellation of our monthly meetings, we are pleased to be able to offer our members a reduction and our annual subscription for 2021 will be £34.

We would be pleased to welcome new members to share in our activities and friendships. If you would like to join us please contact our President Tina Hurley on 01206 298223, Gill Rattray on 01206 298380 or through our website. We look forward to meeting you.



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babergheast@suffolk.pnn.police.uk
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1 September, 29 September, 27 October,
24 November, 22 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

7 September, 5 October, 2 November, 30
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

Bin collections

Week Commencing			
	30 th August	Refuse Week	BH Week
	6 th September	Recycling Week	
	13 th September	Refuse Week	
	20 th September	Recycling Week	
	27 th September	Refuse Week	
Waste Services 0300 1234 000 (option 4) Email: recycling@baberghmidsuffolk.gov.uk Visit www.recyclenow.com to find your nearest recycling banks			



Do you want a recommendation?

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

The Layham Queen take out service on Fridays & Sunday Roasts - Steve and Tannith are very community minded and give a very good service

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.

Brantham Bull 01473 328248

Lucca Enoteca Manningtree 01206 390044

Oranges & Lemons East Bergholt 01206 299000

the florist in East Bergholt does lovely flowers:- www.gayedrummond.com

Sam Pritchard sam@samselectrics.co.uk 07940031776 - Sam can certify safety for insurance and landlord work too. Anyway, he's great.

There's room for more...let us know...!

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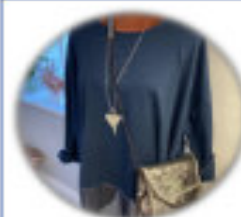
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 Sarah Jane's Boutique

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BENEFICE CONTACTS, SERVICES AND EVENTS

Priest-in-charge:

Rev'd Manette Crossman: Tel. 07947 737789

Email: revmcrossman@gmail.com

Deacon:

Rev'd Nicola Tindall: Tel. 01787 212340

Email: nicolajtindall@btinternet.com

Please contact Rev'd Manette if you would like to know more about being baptized or if you would like to get married in one of our churches. We are also here to help you arrange a loved one's funeral. You can get in touch with Rev'd Manette or Rev'd Nicola if you would like a home visit or if you would like to receive communion at home.

Benefice Safe-guarding Officer:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

Please check our website **Benefice website:**
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updates also available on the Benefice Fb page

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

Sunday Services for September

Please check our Facebook pages and the 4Marys website for details and updates. If there are any significant changes, and if there is an online recorded service, those who are on our regular email contacts list will be notified.

Sunday 5th September 10am: Stratford St. Mary Holy Communion
14th after Trinity

Sunday, 12th September 10am: Higham Holy Communion
15th after Trinity.

Sunday, 19th September 10am: Holton St. Mary Holy Communion
16th after Trinity

Harvest Weekend in the Benefice:

Saturday, 25th Sept. 4.00 pm: Stratford St Mary
Harvest Songs of Praise *followed by afternoon tea*

Sunday, 26th 10am: Raydon Harvest Festival with Communion
September 10am: Higham Harvest Festival with Communion
9.30am: Stratford St Mary: Family Hour Parish Room
6.00pm: Holton St. Mary Harvest Choral Evensong

September 25th / 26th is our weekend of Harvest celebration. Do join us at one of our Harvest services / events. Gifts and donations of [non-perishable] foodstuffs are kindly invited and will be donated to a local food bank.

Covid restrictions have been lifted but the virus is still very much around. Even though social distancing requirements no longer apply, some people may well want to be cautious and sit apart. Face coverings are no longer mandatory but we ask that congregations consider to continue wearing them in view of rising infection rates in our area and elsewhere in the country. Congregational singing is now allowed but with the congregation wearing face coverings. We will continue to do what we can to keep everyone safe – please support us in this.

Family Hour

Family Hour will recommence in the parish room in September at the new time of **9.30 am**, using the outside garden space when we can. We look forward to welcoming children and their families back for the new term. Breakfast (bacon rolls / juice / tea / coffee) will be served from 9 am.

All best wishes from the Family Hour Team.



Monthly mid-week Communion service in Stratford St. Mary.

A short contemporary service of Holy Communion in the Lady Chapel on 15th September at 10am followed by coffee.

Elders

Our Benefice is fortunate to have three lay elders, 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

If you wish to be added to our regular email mailing list to receive updates about what is going on in our benefice, please contact Rev'd Manette at: revmcrossman@gmail.com

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Please pray for:

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Raydon:

Martin, William & Henry O'Brien and all their family following the death of Janie.

Stratford St. Mary:

Nancy Ablitt, Laura Kerry.

Outside our parishes:

Helen Gregory, David

Please pray for Sue Todd and all her family following the death of Andy.