

**Stratford
St Mary**

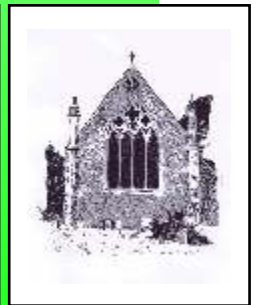
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



April 2016

Issue 332



**IGNITION Youth Club
Stratford Chapel
Every Friday night
7.30 to 9.30**

Age 11 - 16
contact Beckie.w@live.com
07842 207598

Wanted

classic /old car or motorcycle wanted
for restoration project, anything
considered please call Graham (local
resident) on 01206 322557

WANTED

Laptop computer in good
working condition.
Please contact Russell Cook
with details and price.
Phone 01473 311653
Thank you



A pair of Derwent quality upholstered
arm chairs.

Oatmeal background with red floral
design.

Not used by smokers, children or pets.
38"/96cm wide X 35"/90cm deep
on small turned wooden feet with
brass casters.

Viewers welcome
Offers around £150

Contact Michael Mumford 01473
312123

**BABYSITTER AND/OR
SUMMER AU PAIR REQUIRED**

Occasional weekend babysitting
and July au pair needed to help
working parents with two girls
aged 9 & 11 in Higham. Driver
essential.

Experience preferred.

Please call Jo on 07970 782087

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

Small Ads pin board

Welcome



Dear friends,

I am writing this on Palm Sunday (20 March) after a

procession around the church at Holton, with us all waving our palm crosses as we sang 'Ride on, ride on in majesty', to remind ourselves that a week before his death Jesus was being welcomed into Jerusalem by the people and proclaimed Messiah. But during the week after that, what we now call Holy Week, events started to take an ugly turn when Jesus upset the Temple authorities by casting out the moneychangers and the stalls selling wares for the Temple sacrifices. And suddenly the pace of the story speeded up as the mood of the crowd changed, till on Good Friday Jesus was taken before the Roman authorities and condemned to a hideous death by crucifixion.

Children often ask me why Good Friday is called 'Good' if that is what happened on that day. The answer is that Christians know that, because Jesus died for us on that day, our sins have been forgiven and God's love will surround us for evermore. Without Jesus' death, we would have been left in our sins and God would continue to feel the anguish of seeing us all continue to reject his ways and his love. So it is certainly a very good day for

those who commit themselves to following God in their lives, for we know that, with Jesus' death, we have God with us all the time and that at the end, we shall be with him in eternity.

By the time you read this, I hope you and yours will have had a very good Easter, and that April will bring us some spring-like weather as children go back to school and students resume their courses. May this 'summer' term be a good one for all, students and teachers alike.

April 2nd will also bring us a concert in Stratford St Mary church at 7.30 p.m. The Suffolk Church Singers read about the plight of the church roof there and kindly offered a concert free of charge so that we could raise money for the Roof Fund. Please do come and join us for an evening of music and refreshments.

May God bless you all.

Rosalind Paul, Rector

The Quartet Diary



April

- 2 Suffolk Church Singers, SSM
RDGC Spring Show
Barbara's Bonanza Sale, SSM
- 6 Stour Valley Men's Probus Club
- 10 SSM Rambling Club
SESAW Spring Sale, Long
Melford
- 13-16 Dedham Players "The
Dresser"
- 13 Stour Valley U3A
- 15 HSM Social Club AGM
- 20 AGM HSM Millenium Green
Trust
Stour Valley Men's Probus Club
Babergh Business Evening
- 21 HSM Social Club Beacon lighting
- 22 SSM Rambling Club
Orchard Barns Open Day
- 23 Passover Demonstration, SSM
Book Bonanza Raydon
- 24 HSM Social Club St George's
Day Lunch
- 25 Annual Parish Meeting, SSM
- 26 Raydon Fair Trade Coffee
Morning

27 HSM Annual Parochial Church
Meeting

28 RDGC Meeting

May

- 6 Raydon Fashion Show
- 9 SSM Parish Council Meeting
Breast Cancer Walk
- 14 Raydon Village Hall Market
- 20 Great British Fish and Chip
Supper
- 22 HSM Open Gardens
- 24 Raydon Fair Trade Coffee Morning
- 26 R&DGC meeting
- 30 Nayland Church Fete

June

- 11 Celebrations for 90th birthday of
HM The Queen
- 21 Raydon Fair Trade Coffee
Morning
- 26 R&DGC Outing to Woburn Abbey

July

- 11 SSM Parish Council Meeting

Editors Corner

March winds have already blown the month away and April is upon us. The winds weren't that strong, but so cold, weren't they! Let's hope April heralds the beginning of warmer times to come. We're certainly going to need them, there's a lot of articles for spring and summer events all through the magazine, and plenty of opportunity to volunteer to help at them as well - always easier if the weather is set fine!

Talking of weather, on page 15 there's an article from Robin Jackson, our very own village meteorologist, with facts and figures about the recent climate - do take a look.

Another interesting article can be found on page 10. We have been contacted by Karen Beedy from South Carolina who has found some old photos of her great grandparents house in Stratford St Mary. She is hoping to jog someone's memory about them and discover more about the time they were at Stratford. The photos she's sent are dating somewhere in the first 50 years of last century, but she's not sure when.

If anyone can help out with information on John or Nancy Dickings when they ran the Kings Arms, please let Anne or Jane know and we'll pass the information on.

One last note - we have a farewell from PSCO Mandy Coleman. We have become a victim of the times and her post at Hadleigh has been axed - see page 22. I'm hoping we will be able to get briefings again from the local police, but we may have to be patient!

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 April 2016

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Stratford St Mary

COMMUNITY SPEEDWATCH SCHEME

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

We would, however, welcome a few more volunteers into the scheme so if you could spare just 1 or 2 hours per month please consider joining us.

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

Transport to medical appointments.

If you live in Stratford St Mary and have difficulty in getting to and from medical appointments our friendly team are happy to help.

We can also help with transport to visit people in hospital.

Please give us as much notice as you can.

ring:. **Charlie Ablitt on 01206 322684**
Lynn Badcock on 01206 323788

Please note the following dates for the Parish Council meetings:

May 9th 7.30pm
July 11th 7.30pm
September 12th 7.30pm
November 14th 7.30pm

Annual Parish Meeting at Village Institute

Being held on 25th April at 7.30pm, we will also be having a guest speaker Andrew Ravasio who is from the Patient Participation Group for the Constable Country Medical Practice, who will be attending, to inform and update villagers on how the Practice has changed and improved since they were put into special measures last year. We would like as many people to come to the meeting to hear what he has to say and ask him any questions they may have.

SSM First Responders

AGM will be held at 8pm on Tuesday 26th April 2016 in the Parish Rooms. Please feel free to come along and hear what we have done over the last year. Refreshments available. All welcome.

STRATFORD St. MARY PARISH ROOM

letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.

all day - £38.00.

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

Special rates for regular bookings.

Heating and lighting are included

For booking please see or ring

Don Umfreville at Christmas Cottage,
Upper Street.

STRATFORD ST MARY CHURCH



**On Saturday 2nd April
at 7.30pm**

Stratford St Mary Parish Council Emergency Team

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

Hilary Cairns – Emergency Team Leader

6 Mors End 01206 323417

07712 591379

hilcairns@tiscali.co.uk

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

We are really lucky to have The Suffolk
Church Singers from Bury St Edmunds
to entertain us.

They are a group of Singers who aid
Suffolk Churches which are in need of
finance. We really hope you will support
our roof fund on this occasion and
support this group of singers who are
prepared to travel from Bury St Edmunds
to help us raise money for our new roof.

Tickets will cost £7 and there will be an
opportunity to buy refreshments on the
night.

For tickets or more information please
contact Christine Cousins on 322530.

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

SSM Rambling Club

Future Events

Wednesday 30 March – *Copford Green* (about 4.5 miles)

Sunday 10 April – *Wivenhoe* (about 4 miles)

Friday 22 April – *Wrabness/Stour Valley Wood* (about 4.5 miles)

Recent Walks

21 February; Felixstowe; good turnout of 15 walkers. In a change to the usual arrangements for this walk, we started and finished at Felixstowe Ferry. After placing our orders in the Ferryboat Inn for lunch, we headed to the coast and Southwards past the first Martello Tower. In spite of the mild conditions that had arrived this weekend, a biting wind was blowing from the South and it was quite bracing. The tide was probably higher than we had seen before and we had to take some care to avoid getting splashed or worse.

We passed the golf course, after which the leaders had to wait some time for stragglers to catch up. Following the little incursion inland, we returned to the sea front again, and 5 walkers stopped in the Fludyer Arms to have coffee. The others walked as far as the Spa Pavilion, where we turned round, initially walking through the landscaped gardens. It was good to feel the wind behind us now. As we passed the Fludyer Arms again, the coffee drinkers waved to show they had seen us, before they followed us back to the Ferryboat Inn. As we had such a large group, and the pub was very busy with the Sunday trade, we were split into 2 groups in different rooms for lunch.

7 March; Great Bromley; 9 walkers. We started from Great Bromley church, with a cold breeze, but dry and sunny. The initial

route was on tarmac, but after Hare Green we had to tackle the usual muddy conditions towards Balls Green with care. We arrived at the Old Courthouse Inn rather early, but the landlady kindly let us in at 11:45 for lunch. The new management are continuing to run an attractive establishment, and we had a good meal. Returning towards the church the next “off-road” area to Cowey Green was not as muddy or challenging as the earlier lane. For the last stretch, we considered taking the road to avoid more potentially muddy fields; eventually opting for the usual route over the fields, the mud was not too bad. Throughout the whole walk, we were also quite fortunate to dodge the intermittent showers.

ANNUAL DINNER We had a new venue for our dinner – 26 turned up at the George in Hadleigh. The menu was attractive and good value and we had a very enjoyable evening.

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

Dave George 01206 322297



MUMS & TOTS



Every Tuesday 9.15 – 11.30 a.m.
Stratford Chapel, Upper Street
Stratford St. Mary CO7 6JH

Join us every Tuesday morning at Mums & Tots. A great way to meet other mums, dads, grandparents & carers while the little ones get creative and play.

£1.00 per session
Drinks & snacks provided
For more details call Becky on (01206) 323095



Community First Responders

Interested in becoming a CFR?

Why not find out what it is about?

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

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

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

Have you ever wondered what the connection between Holy Communion and the Jewish Feast of Passover is?
Understand and Participate with us in a
Passover Demonstration

Passover, Israel's spring festival, is a time when Jews remember their historical flight from Egyptian slavery. The focal point of their thanksgiving is a family meal (Seder) celebrated in the home. The eating of certain foods and the participation in various rituals reminds them not only of the events of that first Exodus nearly 3,500 years ago, but encourages each Jew to look forward to God's promised Messiah.

As observant Jews, Jesus and his disciples would have been regular faces at such a meal. So join with us in our commemoration of Passover and see the significance of this feast for the Christian Believer.

Saturday 23rd April 2016

At

Stratford St Mary Institute Hall

Time

6.45pm for 7pm Start

Limited number of tickets: (£5 donation towards cost).
Further information and dietary requirements: 01206 322585

HISTORIC CHURCHES TRUST CYCLE RIDE – SATURDAY 10 SEPTEMBER 2016

10 Sep - a date for your diaries.

I will pass on sponsorship forms for the annual Suffolk Churches bike ride 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, call into Rosebank, Lower Street, or the Post Office Upper St, to collect a sponsorship form.

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

Judi Isaac



SSM Village Life

Stratford St Mary's celebration

of Her Majesty Queen Elizabeth II's 90th Birthday

Saturday 11th June 2016

Stratford St Mary School Playing Field

12:30 to 18:30

Magna Games and Birthday Tea.

Outline programme.

12:30 - HM90 opens, in time for the flypast (on route to London)

13:15 Family Fun Run Start (1 mile course around the village)

13:00 to 16:00 - Live music, sideshows and amusements

14:00 Family Fun Run Finish (in the HM90 Arena)

14:00 to 16:00 - Magna Games on arena track including:

The wheelbarrow and Water Race, The Shovel and Cabbage Sprint, Horseshoe Pitching, Tossing the Peat Bale and The Magna Endurance Time-trial

16:00 Presentation of the Magna Games Winners Medals

16:00 to 17:00 - Traditional Birthday Tea

(music and other entertainments will be staged during tea)

17:00 'Stratford St Mary during the Queen's Reign' photograph competition and launch of VillageLife 'Book of Memories' project

17:15 to 18:30 Country dancing in central marquee

A prize will be awarded to the most patriotically dressed partygoer.

This celebration is being arranged by the village, for the village and we hope that residents (and their families) as well as those who work in the village, will join in the fun. To assist catering for the 'Birthday Tea', entry will be by ticket only and ticket booking will open in April. Tickets may be available at the gate on the day but there can be no guarantee of availability - so please book early to avoid being disappointed.

Success will very much depend on individual contribution, both on the day and during the period leading up to the celebration.

If you would be willing to make a little time available to help ensure that success please call Brian on 01206 323 091 to add your name to the roster.



VillageLife – be part of it!



ANNUAL PARISH MEETING

*Do you love Stratford St Mary?
Do you have opinions about how your Parish Council should run the village?
Do you want to know more about what is happening?*

25th April 2016 at 7.30pm
The Institute Hall, Higham Road, Stratford St Mary

Guest Speaker– Andrew Ravasio
PPG representative from
Constable Country Medical Practice

There will be brief reports from village organisations including: -

Stratford St Mary Community Speedwatch
Community First Responders
VillageLife Committee
The Primary School
Stratford St Mary Welfare Trust

Refreshments will be served after the meeting

If you have any views or comments about how you would like to see the village move forward, this is your chance to put your ideas forward.

We look forward to welcoming you.
Stratford St Mary Parish Council

Hello

I have attached a few very old photos from Corner House and the Kings Arms Inn. My great grandparents John Thomas Dickings and Nancy Blakesley Wyard Dickings, ran the inn and I believe they lived in the Corner House sometime between 1902 and 1920. I'm not sure about the exact dates.



I thought you might like them for your magazine. If someone has a better idea on the dates that would be great to know!

Karen Beedy
South Carolina

Please do email Anne or Jane if you have any information for Karen, and we'll pass it on

Quarteteditor@
hotmail.co.uk



The Institute hall

can be hired at reasonable rates for a wide range of social activities. Please contact our booking secretary Anna Shead on 01206 321261 or email ssminstitute.bookings@gmail.com for more information. Many thanks to all our 100 Club subscribers for your continued support in helping us to maintain your village hall. Membership costs only £1 per month and you could win £40 first prize in our monthly draw. Contact Sue or Eddie Lawrence on 01206 322066 if you wish to join.

Stratford St Mary Institute Committee

STRATFORD ST MARY PARISH COUNCIL

Notice of Vacancy

Notice is hereby given that there is a vacancy on Stratford St Mary Parish Council. The vacancy has previously been advertised, and no election has been requested. The Council is now able to fill the vacancy by co-option.

Application should be made in writing to the Chairman to the Council and delivered or posted to **3 Spanbies Road, Stratford St Mary, Suffolk CO7 6YH**
EMAIL billdav@hotmail.com

Applicants are asked to give brief reasons for offering their services to the Council. Any elector interested in applying is welcome to contact the Chairman for further details. The successful applicant will be chosen following consideration by the Parish Council.

Village Life - A Book of Memories



Collaboration is underway between VillageLife and the Church Fabric Fund to create a book of stories/anecdotes and photographs covering all aspects of village life with particular reference to changes over time (i.e. the history behind village names such as 'Gooseacre'; the various shops we've had, petrol stations, tea rooms, the doctors and the morgue etc.) as well as tales about village characters such as the one about the church warden pinching wood for the church boiler from Tilly's fish drying operation in Church Cottage.

The project will be officially launched at HMQ 90 in June and we will be looking for volunteers to help with the gathering of information as well as contributions from villagers who have memories they would like to share. The information gathering will be undertaken in various ways, involving coffee mornings; wine & cheese evenings etc. to help stimulate everybody's memory process. We also plan to devote one of VillageLife's Stories by the Fire evenings at the Swan next winter, to readings from the collection, as part of the final selection process.

If you would like to 'be part of it', call Julie on 0798 963 9583 or Brian on 01206 323 091

VillageLife – be part of it!

Raydon



Fair Trade Coffee Morning

Our Fair Trade Coffee Morning and annual "BIG BREW" to celebrate Fair Trade fortnight started off on a

wet but mild note. This year as well as a large selection of Fair Trade goods to buy we had a table full of home made cakes too. Not just cakes either but the "Famous Frinton Baker" was expected! Poor man, when he arrived laden with sausage rolls cheese scones and pies he was nearly flattened in the rush and sold out within minutes! It is with huge thanks to everyone who came and supported this event that I have been able to send a grand total of **£106** to Traidcraft for their training programmes for vulnerable farmers.

Now for the knitters! How busy everyone has been, several bags full of lovely knitted squares arrived for me to take to the ladies who sew them into the baby blankets for Haiti. I took them last week along with the lovely crochet blankets that had also been donated. They were received with delight and many thanks for all our efforts, and please can we continue knitting!

We have another special coffee morning on March 29th. It is Easter weekend and the Church will be filled with lovely baskets of flowers incorporating the lilies that have been donated in memory of our loved ones. Do come and treat yourself to a lovely cup of Fair Trade coffee and a stroll around the Church for a real sensory sensation.

Finally a huge thanks to everyone for supporting these events and look forward to seeing you on March 29th.

Wendy Mumford 312123

St Mary's Church

Fashion Show

20% OFF shop prices

Friday 6th May

Raydon Village Hall 7.30pm

Including light refreshments £5 ticket

A perfect opportunity to build up a new season wardrobe!

The Edinburgh Woollen Mill

A first for Raydon; the High Street comes to the Village!

In aid of St Mary's Fabric Fund

Raydon and District Gardening Club

So here we are it's mid March and "Springtime" just a pity the weather is not warmer but as I said in last month's issue it would be sod's law after the mild winter it would turn colder and possibly get some white stuff, albeit mostly overnight frosts so far, which guess you have noticed the daffodils do not like much. At least the sun is getting warmer provided you are out of the Easterly winds. All we need now is for the ground temperatures to warm up so we can get planting in earnest all the vegetable and flower seeds.

February 25th's meeting got us off to a flying start this year with a super night by Sarah Cook & Jim Marshall giving us a illustrated talk on how they won "**Gold**" at **Chelsea flower show** in 2015 with the star of the stand garden "**The Iris**", This regal flower when shown by our expert growers is certainly something to behold. Their talk was filled with expert advice, knowhow, humour, and great slides which we all enjoyed thoroughly.

Do come along to our members only "Spring Show" on Saturday 2nd April to view the exhibits, have a chat, enjoy refreshment & raffle inside the Village Hall (the old school). Show open for visitors at 2.30 – 4.15pm. Our President will be handing out the prizes at 3.30pm followed by the raffle as usual. We are so lucky to have this valuable asset in Raydon as it's the only place large enough to hold this village community event.

Now on 28th April our monthly meeting will be a Plant Heritage Demonstration not to be missed as I am sure we will all learn a

lot of useful information on taking cuttings, potting up, splitting up plants to increase stock etc so make a note to come along, bring a friend, and perhaps bring a bag as I guess there may be plants to purchase !!! Advance notice on 26th May we have a subject called "Tips from a Florist" then on 12th June our annual coach outing this year to Woburn Abbey, the gardens + a Garden Show. We are taking bookings now so don't miss out. As always your committee looks forward to meeting you all once again.

Geoff Horrex (310422).



www.raydon-gc.org.uk

SPEEDING – HELP TO MAKE RAYDON SAFER

It is a matter of extreme concern to your Parish Council that speeding traffic in the village is becoming more prevalent by the day - and statistics show an alarming picture.

Your Parish Council is determined to try to alleviate this problem and is considering a number of speed detection devices suitable for our road conditions and effective as deterrents.

Research has involved a lengthy consultation with neighbouring parishes who have already acquired such equipment and operated it for some time. We can report that the most effective means of curbing speeding, based on our consultation, appears to be Community Speedwatch. Some parishes say that the results have been conclusive - speeding has been noticeably reduced.

However, this would require volunteers to operate the equipment. Please contact me if you would be prepared to participate, should the PC decide to go ahead with this initiative – full training would be given.

You can find out more about Community Speedwatch by visiting:

<http://www.suffolk.police.uk/safetyadvice/roadsafety/knowthelaw/speeding/communityspeedwatch.aspx>

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

If you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact Jane Cryer, Parish Clerk on 07920 713940, or email her at raydonpc@gmail.com.

Raydon Village Hall Market.

A sale of plants, cakes gifts and sundries will take place on the 14th of May at 10am.

There will also be a raffle, teas and coffees and a tombola.

If you wish to have a table to sell your wares at this event for £5, then please contact Mrs Betty Cooper on 01473 310088.

Raydon Century Club Draws:

MARCH

£25	21 Mrs J Hyland
£15	43 Mrs J Newby
£10	6 Nadia Hajaig
£5	31 Leah Banyard
£5	129 Mr G Horrex
£5	88 Mrs G Mason
£5	96 Mr & Mrs Girling

BOOK BONANZA

And sale of other items

Inside Raydon Church
10am-1pm April 23rd

Refreshments available

In aid of fabric fund

Weather Watchers

We have just experienced one of the mildest winters I have records for in the area where we live. A few facts and figures follows: The average maximum temperature for the months, December, January and February was 10.0C and the average minimum was 5.6C These compare to the normal values of 6.8C and 2.2C for these months. December was exceptionally warm, the mean maximum and minimum temperature being 12.6C and 9.2C. There were no frosts and not a single flake of snow. January and February were less mild but temperatures remained above normal, February being the coldest month of the winter with 13 frosts including 6 air frosts. Surprisingly the winter was comparatively dry. The total rainfall I measured for the 3 winter months was 110.6 millimetres(4.35 inches), the normal amount one would expect being 145 millimetres(5.71inches) On the late evening of February 8th, there were some loud claps of thunder accompanied by heavy rain(10 millimetres) and I half expected the lights to go off, wondering if any structure nearby had been struck by lightning. Fortunately, it didn't happen but it reminded me of the weather adage that thunder in Spring, cold will bring although February can hardly be called a Spring month but the weather afterwards did change to a colder theme. We have been extremely lucky this winter by not experiencing the floods that occurred in the northern parts of the country, a total of 343 millimetres of rain falling in the Lake District in December and similar amounts in Aberdeenshire during January. Having said this, we do live in the driest part of the country. However, Stratford St Mary, Dedham and Flatford are in the flood plain of the river Stour and the adjacent meadows are likely to become flooded if rainfall exceeds 100 millimetres (4 inches) in any one winter month. The river Stour was dredged some 15 years ago at Stratford to reduce the flooding risks in Lower Street and Higham road. Exceptionally, flooding will occur but few properties are at risk now.

As the evaporation rate is 60 times more in Summer compared to the winter months due to the strength of the sun, flooding is unusual this time of the year apart from flash floods from thunderstorms and underlines the necessity to keep drains free of debris. The occurrence of thunder in Summer has noticeably decreased in recent years with power cuts due to lightning strikes happening less frequently. Is global warming anything to do with this? I leave this thought with you.

Robin Jackson

RAYDON PARISH COUNCIL NEEDS YOU!

Raydon Parish Council should have nine Parish Councillors - at the moment we have only five. We wish to fill the four vacancies in order to be able to represent you as effectively as possible. In particular, we are keen to recruit people from Lower Raydon as the existing Councillors are all from the upper part of the village.

The job of a Parish Councillor is to represent the interest of the village as a whole. As a Parish Councillor you will represent the electors of Raydon in raising and discussing those issues on which the Parish Council is empowered to act. You will be expected to attend the regular Council meetings, which are held monthly on a Thursday. Membership of the Council is open to electors whose residence is in Raydon or within 3 miles of Raydon, or whose principal place of work is Raydon. Training is available through SALC (Suffolk Association of Local Councils).

If you wish to support your village and are interested in becoming a Parish Councillor, please contact me

Jane Cryer

Clerk to Raydon Parish Council

01473 824287 / 07920 713940

raydonpc@gmail.com



Holton St Mary

Holton St Mary Social Club

Whist – last Friday of the month

Beacon lit on Millennium Green for
Queen's Birthday – 21st April

Golf Day – Date & Venue TBA

AGM – 15th April @ 8.30pm

First Friday of the Month



Every first Friday of the month, a lunch club is held in the Village Hall for residents of Holton St Mary.

A light lunch is served between 12.30 and 2.00 pm at a cost of £2.50 each.

The First Friday of the Month Lunch Club is a collaboration between some of the organised groups in the village, and is non-profit making!

Any surplus funds are reinvested.

To reserve a place, please contact Frances Torrington (01473 312046/ familytorrington@btinternet.com), Sally Thurlow (01473 312080 / salthurlow@gmail.com) or

Jinny Hay (07717 867583 / jinnyhay200@icloud.com)

at least a week beforehand for catering purposes.

Holton St Mary Millennium Green

The Annual General Meeting of the Millennium Green Trust will be held on Wednesday 20th April 2016 at 7.45pm in the Village Hall. This is just ahead of the Annual Parish Meeting.

Subscriptions for the Century Club are now almost complete but if you would like to take part and have not been approached by a Trustee please let me know. The cost is £12 per year and the monthly prizes are £25, £15, £10 and 2 x £5. The income generated by the Century Club pays for the upkeep of the Green and the Public Liability Insurance.

Marjorie Haste, Secretary

01473 311615

Holton St Mary Village Hall

can be hired at very reasonable rates!

Available during the day and most evenings (not Friday) from £17.00
Saturdays from £35.00

For further information and booking please contact Rachel Eagle on
01473 310550

Holton St Mary Open Gardens Sunday 22nd May 2016: 11 am to 5 pm Proceeds to Holton St Mary Church Fabric Fund



The Holton St Mary Open Gardens, established 20 years ago in 1996, will take place for the sixth time on Sunday 22nd May 2016.

All proceeds will go towards the Holton St Mary Fabric Fund.

Would you be interested in helping out in one of the following ways?

Opening Your Garden?

Setting up?

Car parking in the Church Square?

Preparing and serving refreshments?

Tidying Up?

Please contact Frances Torrington (312046) or Sally Thurlow (312080) if you are interested in any of the above. Thank you!

The Annual Parochial Church Meeting of the parish of Holton St. Mary

Will be held on: **Wednesday, April 27th**

In: the Village Hall

At: 7.45p.m.

The meeting will include the Annual Meeting of Parishioners to elect two churchwardens and is open to all residents and those on the Church Electoral Roll followed by the Annual Parochial Church Meeting open to all on the Church Electoral Roll.

Jean Styles and Paul Torrington
(Churchwardens)

Help required to develop outdoor activities project

4 Season, 40 Reasons' is an exciting new project which is hoping to build on the success of the National Trusts '50 Things to Do Before you are 11 ¾'

Our work so far has shown that there are real barriers (perceived and actual) to people spending time outdoors, so we really want this project to help unlock some of these barriers by being an inspirational list of things to do for the whole family, linked to suitable and fun rewards.

Through this project we want to encourage those that are not engaged with the outdoors and find out what would encourage them to get outside on a wintry day, or to switch off Saturday morning television and go exploring.

This project will be delivered out across Suffolk later this Spring, and as such we would really appreciate you sharing this survey to as people and from all ages to ensure we get our activities right for our target group.

<https://www.surveymonkey.co.uk/r/Suffolk40>

Thank you in advance of your help



Babergh Business Evening - 20 April 2016

'Better for Business: Networking, Skills and Growth'

We are delighted to host an 'Open for Business' evening, providing you with the opportunity to talk to a range of business support, regulatory and skills services and agencies about the things that matter to you and your business.

Where? The Delphi Centre, Newton Road, SUDBURY CO10 2RR

When? Wednesday 20th April 2016 (5-7pm)

Who's there? Key organisations and services who facilitate support for local businesses will be on hand to discuss skills, business support, funding, regulatory matters, energy and waste management, economic development, tourism, safety, health and wellbeing and employment law advice.

Why come?

- Fantastic networking and relationship building opportunities
- New ideas, possibilities and opportunities to help your business – now and for the future
- For us and our partners to better understand your business needs and aspirations, and how we might support you to achieve your goals
- Compliance advice – helping us to help you with regulatory and other business critical signposting and advice (including on recent changes such as workplace pensions, HMRC changes and workplace wellbeing)
- Skills, funding, premises, supply and infrastructure information - See what is available to you

To book your attendance:

Please email: neil.lennon@baberghmidsuffolk.gov.uk phone 01449 778623
or write to us Better for Business Event, Babergh and Mid Suffolk District Councils,
Creeping Road West, Stowmarket, Suffolk IP14 5AT

By Friday 15th April 2016

Nayland Church Fete

**Bank Holiday Monday 30th May
2pm to 4.30pm**

Village Hall, Church Lane, Nayland

Music by Victory Jazz Band,
Classic Vehicle Display
Home Made Cakes and Teas
Ice creams and Hot dogs
Children's Sport and Adult Novelty
Races, Tug of war, Raffle

Sideshows including Splat the rat,
China Smash, lucky dip, Face Painting,
Nayland's Roler Coaster, Stalls
including Plants, Books, Toys, Vintage,
China and Glass

Free Parking

Entry: Adults £2, Conc £1, Children

New evening and weekend hours at Joseph's Court!

For people with multiple sclerosis, finding the right exercise is important. MS affects people differently, and the specialised equipment at Joseph's Court enables people with limited mobility to take part in exercise. Above all, Joseph's Court is a community hub, offering a positive atmosphere to connect with other people and really make the most of today.

MS-UK supports people through their Wellness Centre, Joseph's Court. Based in Hythe Quay, Colchester, the centre opened in 2012 to support local people affected by multiple sclerosis. Since then, the centre has grown and developed new services for people experiencing a range of neurological conditions.

To keep up with rising demand and to ensure MS-UK can meet the needs of all people in the community affected by MS, they have extended their opening hours.

The Wellness Centre is now open 10am to 8pm Monday to Thursday, 10am to 5pm on Fridays and 10am to 4pm on Saturdays.

By extending services to include evenings and weekends, Joseph's Court is able to support more people affected by MS, including those that may be in full-time employment or that would prefer to come along later in the day.

Mike Kinton
Centre Manager
MS-UK Josephs Court
01206 867222
michael@ms-uk.org

Constable Singers

Constable singers have had some very good pre Christmas concerts/ events at Flatford, Wivenhoe, Hare and Hounds E. Bergholt and at Claydon and Capel .

We meet at East Bergholt Lamb School each Thursday at 7pm apart from the second Thursday when we are at Holton Village Hall to sing from the musicals and popular music. We would welcome new members so come and have a free session .No need to be able to read music and we sing along to cd's or guitar.

For further details contact Yvonne 01206298428 or Mel 01206298628

Dedham Community Farm urgently seeks volunteers

Do you love ANIMALS and have a few hours a week to spare.

If so, we urgently need help with Animal Welfare, Maintenance and Land Management. We are a not for profit community farm which stands on 14 acres in the beautiful Dedham Countryside. Run by Volunteers and Occupational Therapists we aim to bring the pleasure and therapeutic value of the human-animal bond to people with disabilities and learning difficulties.

Please contact either Cath on 07825 952 560 or Debbie on 07788 718 817 for more information.

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or Tel 03336663366 (booking
fee) or online at
www.dedhamplayers.org.uk**



Ken's News

I was feeling a bit sorry for myself after the vet removed four of my teeth but a walk in the garden put me right. The birds were singing, the flowers looked

bright and cheerful in the Spring sunshine and Mum had her first fledgling casualty of the season.

Remember that as from 6th April, all us dogs over 8 weeks old must wear a collar and tag when in a public place in England, with the owner's name and address. We must also be microchipped and the details kept up to date. Apart from risking a £500 fine, non-compliance could cause you much heartache if your pooch was lost. I'm so glad I was "chipped" when I went missing a few years ago or I might never have returned home.

Barbara is ready with lots to sell at her Bonanza Sale at the Parish Rooms Stratford St. Mary on 2nd April, starting at 10am. Our Spring Sale at The Old School in Long Melford, 10-3pm on 10th April will offer blue/white and yellow/green goodies, travel, pet and disability items, crafts, collectables - even the Teddy Bears picnic! After that, test your General Knowledge at a Quiz Evening on 14th May in Leavenheath Village Hall. There will be a licensed bar and big raffle, tickets £8 per person including a hot supper. Phone 01206 263269 to book up to eight team members.

I'm back on form now but Mum wants me to chew on sensible things to keep my teeth clean. Little does she know about her missing specs waiting under the desk for me, Kenny the Boss, Chihuahua.

Suffolk and Essex Small Animal Welfare, Reg.Charity No:1124029, Open 10-1pm Thurs-Sun, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888. www.sesaw.co.uk
email: info@sesaw.co.uk

Waste & Recycling Collection Schedule 2016

April 2016						
Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Recycling this week

Rubbish collected this week

Bank Holiday week, everybodys collection will be a day later



Dedham Tennis Club is now taking membership for 2016. Playing opportunities for all standards and ages. We have a range of junior and adult coaching programmes in addition to regular club play sessions and competitions, match play and much more. Visit www.dedhamtennis.org.uk or contact our Membership Secretary, Caroline Weston on 01206 323726 for further information.

In addition we are delighted to announce the appointment of a new coach at the club, Paul Newman. If you would like to book coaching please email coaching@dedhamtennis.org.uk

Babergh East Safer Neighbourhood team

Sadly, my time in Hadleigh has been brought to an end with an official and chosen move to the Control Room at Headquarters from 21st March. This decision has been made based on the efficiency savings enforced on the Police by the Government, which has meant a cut in numbers for the Safer Neighbourhood Team based at Hadleigh. Hadleigh SNT have had to reduce its numbers from 2 PC's and 6 PCSO's to 2 PC's and 4 PCSO's, (force wide the numbers were 166 PCSO's down to 107 PCSO's).

I have totally enjoyed my time covering the villages over the past nine years and will miss being out and about, meeting and chatting to people. I would like to thank you all for your support and help over the years. Hopefully you found some of my articles useful? I'm sure once the team is in place they will make themselves known to you all and help out as best they can.

Should you need to contact anyone from the SNT then please do so via the team email account:-

BaberghEast.snt@suffolk.pnn.police.uk

So for the last time PCSO 3108 Mandy Coleman 'So long, Farewell, Auf Wiedersehen....Goodbye'





For more information or request a fundraising pack call Elizabeth Wright on 0845 071 4350 or email

Constable Country Patient Participation Group (PPG)

Thanks once again to everyone who has contacted us personally by phone, email or using the comments cards in the waiting rooms. Our email address is constablecountryppg@gmail.com

Contact details for PPG members are on display in both waiting rooms and on parish council noticeboards. We always do our best to deal with your queries and complaints. Minutes of our meetings are available on the practice website: www.constablecountrymedicalpractice.co.uk/ppg.aspx

We have a number of issues which have been raised with us recently:

Text message reminders – we are aware that people are getting these sometimes weeks in advance of their appointment instead of the day before. This is a computer software issue and the practice has raised this with the software suppliers.

Difficulty with booking online appointments - this issue has been logged with the practice manager, Pete Keeble, who is trying to sort it out.

Ongoing problems with getting local phlebotomy appointments due to long term staff sickness. As mentioned previously other staff are taking blood samples, but some patients are having to go to the Riverside clinic in Ipswich for urgent blood tests. We will give you an update when we have any more news.

Overhead displays in waiting rooms – we are aware that people who have sight problems can't read their name on the overhead displays when they are being called for an appointment. Please tell the receptionist so that either the doctor can come and collect the patient or the receptionist can make them aware that they are being called.

Do you have trouble getting to appointments?

A reminder that if you live in East Bergholt or Brantham there is a voluntary car service. Please let the receptionist know at the time of booking if you need a lift to an appointment. A service will also be available soon in Capel St. Mary. Thanks to Chris Yule for organising this.

Healthwatch Suffolk survey
PPG members will once again be involved with patient surveys in March at the Capel and East Bergholt surgeries. These surveys are being organised by Healthwatch Suffolk. We are grateful to Healthwatch for their ongoing support to us as a group and especially to Gill Jones who has attended many of our meetings and has given us valuable advice.

Please get in touch – if you have any ideas for ways in which the PPG can better engage with patients in the practice. Members of the group continue to attend coffee mornings and other events in the practice area. If there is a particular meeting you would like us to attend please get in touch.

Kathy Pollard, Chair Constable Country Medical Practice. Tel: 01473 311384

Local Services

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

Stratford Village PO Opening times

SHOP:

Monday 9am to 1pm - 2pm to 5.30pm

Tues to Fri (inc) 8.30am to 1pm - 2pm to
5.30pm Saturday 8.30am to 1pm

POST OFFICE:

Tuesday to Saturday (inc) 9.00 am to 1pm

MOBILE LIBRARY

Stratford St Mary - Route 11

The bus stops every 4 weeks on
Wednesdays

20 April, 18 May, 15 June, 13 July, 10
August, 7 September, 5 October, 30
November, 28 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,

Holton St Mary

Church Square - 10.00 - 10.15am

Raydon

St Mary's Raydon - 10.20am - 11.05am

Lower Raydon

Sulleys Hill - 11.10 - 11.25am

Higham

The Green - 11.35 am to 11.50 am

26 April, 24 May, 21 June, 19 July, 16
August, 13 September, 11 October, 8
November, 6 December

The **customer service line 01473 283838**

is staffed 9am to 5pm from Monday to Friday
and can handle any library customer queries
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library queries. An answer phone is available
outside of operating hours and people can
also email help@suffolklibraries.co.uk .

Crime prevention

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

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

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Email: info@patrickcollinsgolf.com

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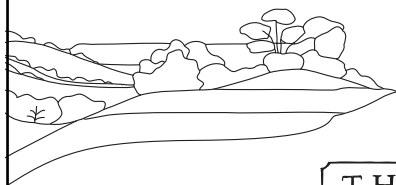
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



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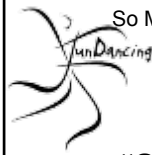
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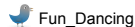
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A business card for John Parker's JP Handyman Services. The card has a wood-grain background. On the left, there is a partial image of a person's arm in a blue shirt holding a tool. The text on the card includes the name 'John Parker', the business name 'JP HANDYMAN SERVICES', a list of services: 'Bathroom/Kitchen Tiling', 'Painting/Decorating', 'Plastering', and 'Gardening', the slogan 'The fist is endless', the phone number '07804 632645', and the email 'jtp1001@hotmail.com'.

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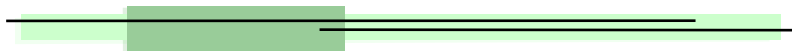


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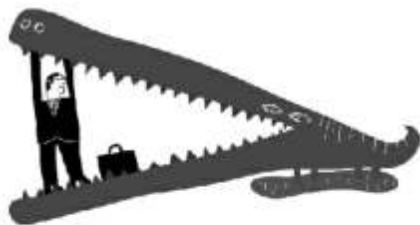
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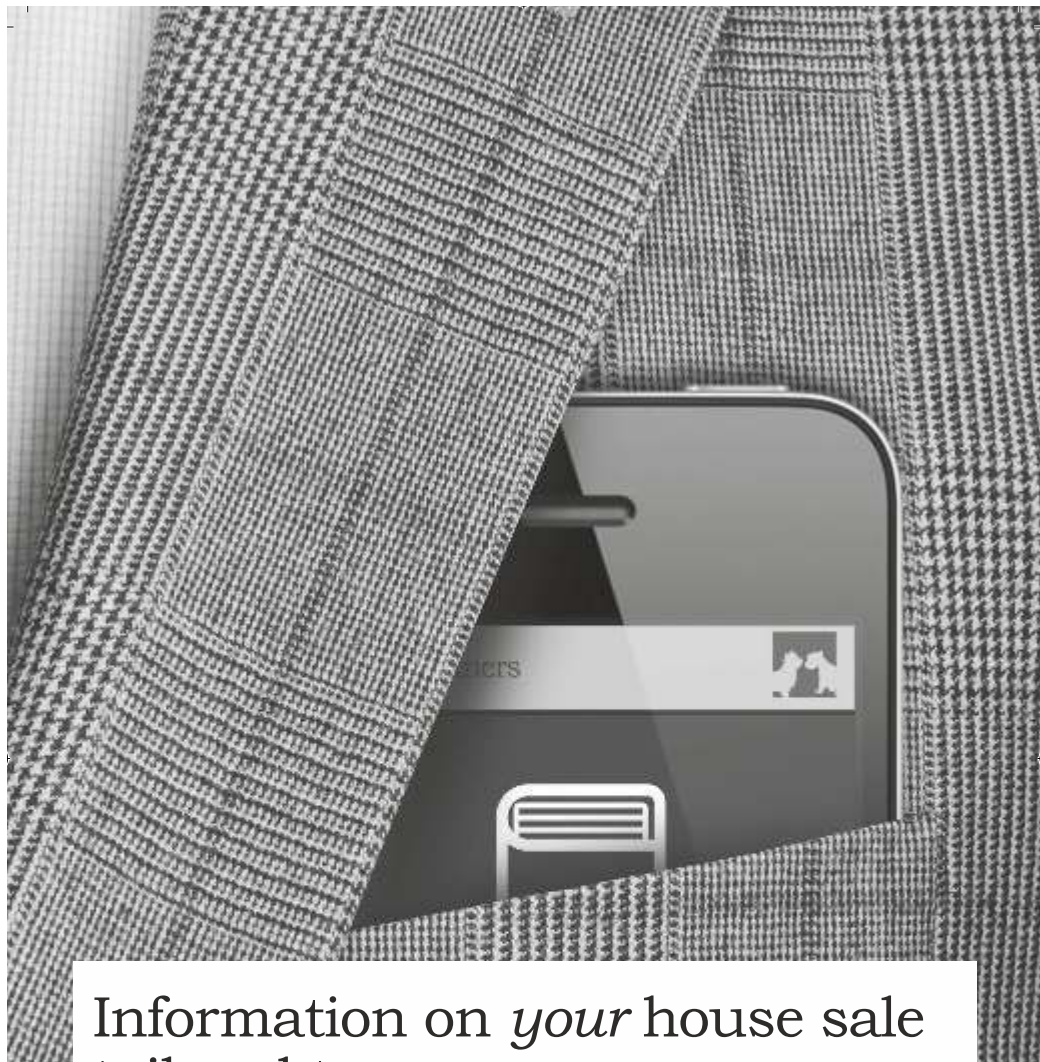
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Email: rosalind.paul@yahoo.co.uk Benefice website: www.4marys.org.uk

Please contact the Rector direct to talk about baptisms, confirmations, weddings, funerals, or for home visits. **Please note that her normal day off is Friday.**

Churchwardens

Higham	Nicola Tindall 01787 212340 (Elder) Martyn Carr 01206 337325 (Elder)
Holton	Paul Torrington 01473 312046 Jean Styles 01473 828532 (Elder)
Raydon	Geoff Horrex 01473 310422 Simon Tennent 01473 310320
Stratford	Christine Cousins 01206 322530 (Elder) Jonathan and Janet Dewey (Elder) (01206 322148)

Morning Prayer in April

This month Morning Prayer will be said at 9.45 a.m. around the Benefice as follows:

6 th	Holton
13 th	SSM
21 st	Higham
26 th	Raydon

Please note that this month we are using some different days of the week.

Silent Prayer Group

This group continues at 11.30 a.m. on Mondays in the Rectory for 25 minutes of silent prayer, with fellowship. Do come and join us if you can.

Midweek Communion

This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **20 April**.

Meet the Rector at the Anchor in SSM

This month we meet for lunch together in the Anchor in SSM on **27 April**.

Services in April and May

	8.00 am	10.00 a.m.	6.30p.m.
3 rd		SSM	Holton
10 th		Higham	Raydon
17 th		Holton	SSM
24 th	Higham	Raydon SSM Family hour	
1 st May		SSM	Holton
8 th		Higham	Raydon
15 th		Holton	SSM
22 nd	Higham	Raydon	6pm Holton Songs of Praise for Open Gardens Sunday



New Testament Readings and Collects for weekdays in April

3 April: *Easter 2*. Risen Christ, for whom no door is locked, no entrance barred, open the doors of our hearts, that we may seek the good of others and walk in the joyful road of sacrifice and peace, to the praise of God the Father. Amen.

4th Luke 1.26-38. **THE ANNUNCIATION OF OUR LORD TO THE BLESSED VIRGIN MARY**

5th John 3.7-15

6th John 3.16-21

7th John 3.31-end

8th John 6.1-15

9th John 6.16-21

10 April: *Easter 3*. Risen Christ, you filled your disciples with boldness and fresh hope. Strengthen us also to proclaim your risen life and fill us with your peace, to the glory of God the Father. Amen.

11th John 6.22-29. George Augustus Selwyn, first Bishop of New Zealand, 1878

12th John 6.30-35

13th John 6.36-43

14th John 6.44-51

15th John 6.52-59

16th John 6.60-69

17 April: *Easter 4*. Risen Christ, faithful shepherd of your Father's sheep, teach us to hear your voice and to follow your command, that all your people may be gathered into one flock, to the glory of God the Father. Amen.

18th John 10.1-10

19th John 10.22-30. Alphege, Archbishop of Canterbury, Martyr, 1012

20th John 12.44-end

21st John 13.16-20. Anselm, Abbot of Le Bec, Archbishop of Canterbury, Teacher, 1109

22nd John 14.1-6

23rd John 15.18-21. George, Martyr, Patron of England, c. 304

24 April: *Easter 5*. Risen Christ, your wounds declare your love for the world and the wonder of your risen life. Give us compassion and courage to risk ourselves for those we serve, to the glory of God the Father. Amen.

25th Mark 13.5-13. **MARK THE EVANGELIST**

26th John 14.27-end

27th John 15.1-8. Christina Rossetti, Poet, 1894

28th John 15.9-11. Peter Chanel, Missionary in the South Pacific, Martyr, 1841

29th John 15.12-17. Catherine of Siena, Teacher, 1380

30th John 15.18-21. Pandita Mary Ramabai, Translator of the Scriptures, 1922



For your diaries

- 2 April 7.30 p.m. Suffolk Church Singers Concert, SSM
18 & 19 April John Bell of the Iona Community will be giving talks in St Mary's Hadleigh. If you have heard him on Radio 4, you will know what an Inspirational speaker he is. If you wish to buy tickets for his 2 sessions on the Saturday and 1 on the Sunday, please phone Revd David Atkins on: 01473 822535
23 April 6.30 p.m. Passover Seder, SSM Institute

ANNUAL PAROCHIAL CHURCH MEETINGS

- 19 April 7.30 p.m. SSM in the Parish Room
21 April 7.30 p.m. Higham in the church
25 April 7.30 p.m. Raydon in the church
27 April 7.30 p.m. Holton in the Village Hall



For your prayers

- For Nicola Tindall as she continues her studies to become a Reader
- Those who are ill or in need:

Holton: Ron and Sylvia Golding, Gerard Noel

Raydon: James and Rosemary Stocks, Ed Swift

SSM: Paul Alexander, Frank and Laura Kerry, Reg Price, Trina

Outside the Benefice: Sarah Bilton, Helen Gregory, Nick Middleton, Cécile O'Dell, Lynda Wells