

**Stratford
St Mary**

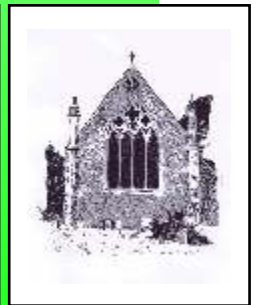
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



July 2017

Issue 347

**Sony Bravia 32 inch TV in
full working order**

£65.00

M/B 07583413996

BT 01473311225

j.j.bear@btinternet.com

**Do you have a cat who would be
prepared to be a guinea pig?**

I'm looking for willing cats to try out a new Cat Activity Centre, currently in the design stage. The Cardboard Cat Mountain is designed to be an easy to build fun environment for cats to play in and hide/sleep.

I need a couple of volunteers to try it out and see if they like it.

Contact Anne on 07941 781489

Many thanks

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

www.powercut105.com

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

I have good-quality, loamy topsoil free to anyone prepared to dig it out, and with their own bags. Collect from Sudbury Suffolk.
Email me

joan grange:
Lornfile@yahoo.co.uk

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 hope you enjoyed our feature article about Pat and Charlie Ablitt last

month. I plan to have one of these every so often and already have the next 'victim' in mind! Do feel free to suggest anyone from your village about whom you would like to hear a bit more.

This month the Church has moved into the season of Trinity, when we explore - for several months - the idea of God as three persons in one being. For some that may sound like an irrelevance or an abstraction that is only of interest to theologians. But for the rest of us it helps us to understand the different ways in which God acts in our lives.

There is God the Father, who is the ideal father that no human parent can possibly be. He is always with us, he will never let us down, and he loves us no matter what.

Then there is God the Son, Jesus, who came to live on earth for a period of about 30 years to show us, in human form, what God is like, and to teach us how God wants us to live our lives.

And finally there is God the Spirit, who teaches us about Jesus' message for us, and helps us to understand God's presence with us at every moment of every day. In the Bible the Holy Spirit is often called 'the Comforter'.

As we think of the terrible tragedies that our country has been experiencing over the last few months, let us bring all who are suffering to God - to the Father's love, to the Son's demands for justice and right action, and to the Holy Spirit's comfort and peace.

In amongst this sadness, there are moments of joy. We have one such here in our benefice: Richard Appleton and Nicola Tindall were licensed as Readers on 18 June at the Cathedral, meaning that, amongst other things, they can lead worship, preach, take funerals, visit the house-bound. Please come and share in a sparkling celebration of their licensing and their future ministry among us by joining us at the 10 a.m. service on 9 July at St Mary's, Higham.

God bless you all.

Rosalind Paul
Rector



The Quartet Diary

July

- 1 SESAW Summer Dance
- 1-2 Vintage Fair, Melford Hall
- 2 Raydon Homemade Teas
- 5 Stour Valley Probus Club
- 8 Tendring Show
- 9 Long Melford Street Fair
- 10 SSM Parish Council Meeting
- 12 Stour Valley U3A Meeting
- 15 HSM Social Club Barn Dance
- 17 SSM Defib training
- 18 Raydon Parish Council Meeting
Raydon Fair Trade Coffee Morning
- 19 Stour Valley Probus Club
- 21 HSM Social Club Golf Day
- 27 R&DGC Local Garden Visit
- 28 HSM Social Club Whist
- 30 SESAW Open Day & Fun Dog Show
- 31 SSM Defib training

August

- 4 Stour Valley U3A Summer Dinner
- 6 Raydon Homemade Teas
- 15 Raydon Fair Trade Coffee Morning
- 19 R & DGC Summer Show
- 31 SSM Defib training

September

- 3 Raydon Homemade Teas
- 6 Stour Valley Probus Club
- 9 Suffolk Churches Bike Ride
- 11 SSM Parish Council Meeting
- 12 Raydon Fair Trade Coffee Morning
- 13 Stour Valley U3A Meeting
- 16 Village Life Quintuple Challenge
- 19 Raydon Parish Council Meeting
- 20 Stour Valley Probus Club
- 28 R & DGC indoor meeting
- 29 Fashion Show, Raydon

Editors Corner

Looking through the pages of the July Quartet now it's ready to go to press, I think it has a particular flavour this month. Although pleas do appear from time to time, I can't remember putting in quite so many requests for volunteers as we have this month.

Volunteering is a really good thing to do for lots of folk, it will add to your CV and show eagerness to work for younger people, or for those already retired, it can be a great outlet for your talents, a meeting place for new friends, and something to focus on other than the colour of the lounge carpet.

In Stratford the Community Speedwatch, First Responders and Book of Memories all need more people to participate. On page 8 the Sudbury CAB have an advert for numerous jobs they need people to do. On page 9, the Constable Country Medical Practice Patient Participation Group is looking for volunteers, and in Raydon the century club need a new administrator. The annual sponsored cycle ride is looking for riders from all four villages (see page 7 and page 16 for who is organising closest to you). Dedham Community Farm, Riding for the Disabled and the Constable singers are all asking for more help.

That's quite a range of activities, and surely something for everybody? So come on, get volunteering, it's good for you!

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 July 2017

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Stratford St Mary

PARISH COUNCIL MEETINGS AT THE INSTITUTE

10th July
11th September
13th November

7.30pm till 10.30pm

Strickmere Estate Pavements

Following the re-surfacing of the pavements, a number of deficiencies in the workmanship is very much in evidence. As a result, parish council representatives recently met officials from Suffolk County Council and Keir, the contractors, to walk round the estate and identify areas where further attention is needed to bring the work up to the required standard, especially where weeds are already protruding through the newly laid surfaces. It was agreed that remedial work will be undertaken in the autumn once the growing season is over so we will continue to liaise with SCC to ensure this is done to a satisfactory standard. If any resident has particular concerns please contact us or attend our next council meeting on Monday 10th July at the Institute Hall, Higham Road commencing at 7.30pm.

STRATFORD ST MARY PARISH
COUNCIL

COLD CALLERS

A village resident recently answered the door to a man purporting to be a roofing contractor who said the roof of the house was in need of attention. He had no means of identity and the resident knew there was nothing wrong with the roof so he was told to leave the premises. Whilst many cold callers are genuine, everyone should take great care before admitting strangers onto their property and ensure their identity is verified before they are employed to undertake work on site. If they behave suspiciously or you have any doubt as to their authenticity, don't be afraid to inform the Police on 101.

STRATFORD ST MARY
NEIGHBOURHOOD WATCH

De fib training

This time all at the Institute.

Mon 17th July
Mon 31st July
Thurs 31st Aug

All 19:00-21:00 drop in sessions.

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.

Tel : 322 626.



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

The Institute hall

can be hired at reasonable rates for a wide range of social activities. For more information please contact our booking secretary, Norman Woodard on 01206

323015, his email is

ssminstitute.bookings@gmail.com and his

home address is 12 Swaynes, Stratford St Mary.

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 Norman

Woodward (address and phone number as above) if you wish to join.

Stratford St Mary Institute Committee



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.

Junior Road Safety Officers At Stratford St Mary Primary School



The JRSOs asked the children to participate in 'Bike Week 12th – 16th June 2017'. They encouraged the children to cycle or scooter to school during that week. The JRSOs reminded the children if they were cycling or scootering to school during that week they needed to:

- wear a helmet.
- keep close to an adult and not to go too far ahead.
- slow down near other people using the footpath.
- to always stop at the kerb.
- get off their bike or scooter and walk it across the road.

Thank you to all the children and parents for participating in 'Bike Week'.

Miss R Jones

With immediate effect, the new e-mail address for Stratford St Mary Parish Council will be parishcouncil@stratfordstmary.org.uk All other details remain the same.



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.

Family Hour @ The Parish Room	
	Every 4 th Sunday families and friends come together for breakfast followed by a 30 minute interactive church service.
	- Breakfast is from 9.30 Includes coffee, tea, juice, bacon rolls
	- Followed by a short modern service - A relaxed cafe style - Everyone welcome - No charge
Come and join us!	

BOOK OF MEMORIES

Research continues into items for the book of memories which will document life in Stratford St Mary from quirky history to today's stories and characters. We still want to hear your stories because it will be your book! So dig out your old photographs or tales that you would like to share then send them to Julie@jj-associates.co.uk or call me on 07989639583.

We are also continuing to arrange a number of get-togethers in the Parish Room or the village pubs etc to get the old memory cogs working to help identify information for the book. These might be coffee mornings, cheese and wine evening and so on, where we can chat and perhaps get some of the old photographs out. They will be for everyone, all ages and old and new to the village so we can share stories and ensure they continue into our history so keep your eyes open for posters around the village and in the Quartet.

HISTORIC CHURCHES TRUST CYCLE RIDE/WALK – SATURDAY 9 SEPTEMBER 2017

9 Sep - a date for your diaries.

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

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

Judi Isaac

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

SSM Rambling Club

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



**IGNITION Youth Club
Stratford Chapel
Every Friday night**

7.30 to 9.30

Age 11 - 16

contact Beckie.w@live.com



PARKED CARS

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

Thank you!

Stratford 100 Club Winners

10	P.Fitzpatrick	£40.00
7	David Pooley	£ 10.00
58	E.Pring	£ 5.00



Sudbury Citizens Advice Bureau

WE URGENTLY NEED VOLUNTEERS

Advisers

(To help provide an effective and efficient advice service to members of the public)

Digital Assistants

(Supporting clients with using self-help services including kiosks, PC's and tablets)

Administrators in the Money Team

(To help ensure the smooth running and organisation of the Centre)

Gardeners

(To take care of Centre's grassless backyard)

If you are interested, please contact
Sudbury Citizens Advice
01787 321400
recruitment@sudburycab.org.uk



STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

(known also as "Stratford Chapel")
Upper Street, Stratford St. Mary CO7 6JH
We are an evangelical/charismatic and community based Church attended by all age groups

Sunday Services:

10 a.m. Morning Praise & Worship followed by refreshments

10.15 a.m. - 11.15 a.m. "Sparks on Sunday" for children aged 5 – 11 years and Youth Group for ages 12-16 years.

6.30 p.m. Prayer and Praise

Mid-Week Groups:

Tuesday 7.30 am - 9.30 am - Men's

Recreational Evening (2nd Tues every month)

Wednesday 7.30 pm – 9.30 pm - Bible Discussion and Fellowship Evening

Friday 5 pm – 6.30pm – "Sparks on Friday" for Children ages 7 – 11 years

Friday 7.30pm – 9.30pm - "Ignition" Youth Club for teens ages 11 – 16 yrs

For further information:

Telephone: Phil (01473) 310728

Email : philipwyncoll@btinternet.com

<http://www.stratfordstmarychapel.com>

The Constable Country Medical Practice Patient Participation Group



**NEEDS
YOU!**

We currently have 3 vacancies which we need to fill.
Application forms available at Capel and East Bergholt
surgeries

Closing date is 14th July 2017

Raydon



Fair Trade Coffee Morning

It was just about the hottest day of the year and the longest day as well for our June Fair Trade coffee morning, but the Church was lovely and cool! We had lots of visitors today, including our usual regulars and some new faces. Our thanks to our Frinton friends again for the lovely Scoffins and coffee cake, enjoyed by all. It was very nice to have lots of help today as well, it gave me a chance to launch a couple of ideas, one for our "September Surprise" and one for "twinning our toilet" Sewing lots of buttons onto a waistcoat was the plan for the "September Surprise" then having a competition to guess the amount. That has taken off very well, with several people offering to do some sewing, so watch out for it at the event.

I heard of this Tear Fund scheme from our new Reader in the Benefice and was inspired to try and "Twin" our toilet here in the Church. This means raising £60, choose which community we want to receive our Loo and Tear Fund do the rest. We get a photograph and a certificate of our "Twin" to put in our Loo and have the satisfaction of knowing that we are helping some of the poorest communities on the planet. So, with thanks to our Fair Trade event today we already have over a quarter of our total. So, if you would like to help then there is a dish and some more information in the Church, or call me and I'll be happy to put you in the picture.

With many thanks to everyone for today and hope to see you at the next event on July 18th.

Wendy Mumford 312123

Homemade



At St Mary's Church, Raydon
Sunday 2 July 2017
Sunday 6 August 2017
Sunday 3 September 2017

**Teas served from 3.00 to
5.00 pm**

Raydon Parish Council Schedule of Meetings All at 7.30pm in the KGF Pavilion

Tuesday 18 July
Tuesday 19 September
Tuesday 17 October
Tuesday 21 November
Tuesday 19 December

NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact
Jane Cryer, Parish Clerk
Sunnyside Cottage, Overbury Hall Road,
Layham IP7 5NA
07920 713940 / raydonpc@gmail.com

September Surprise

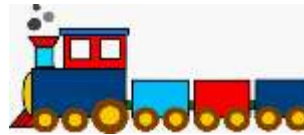
(Cos it's not the August Afayre)



Raydon Church

Sat. 2nd September 10.30 to 3pm

Stalls



Model Trains

Vintage Vehicles



& more

Renowned B-B-Q 12-2pm

Refreshments all day

(In aid of St Mary's Fabric Fund)

Raydon and District Gardening Club

As I write these notes it's only 3 days away from the longest day (21st June) once again, and we are enjoying high temperatures which is great for some especially if on holidays, however it does mean the continuing constant watering of plants as they dry out quickly. This is when you perhaps realize just how many pots & hanging baskets you have scattered around the garden as well that need daily watering. Have you noticed how few butterflies are about at present (similar to last year) which is a great shame, but in our garden we seem to have more bees and hover flies so at least that's good news. If like us you don't cut the grass too tight or not so often (only fortnightly) the white clover pops up and flowers, which then provides lots of nectar for the bees. We need them so it's great to help them over the next few weeks.

Our May meeting was a woodland garden walk in Higham and our grateful thanks to Major Carol & Mrs Elizabeth Gurney who led us around Higham Lodge woodland & garden and then provided liquid refreshment & nibbles. A most enjoyable evening was enjoyed by many members and the weather was kind.

By the time you read these notes we as a club will have had our annual summer coach outing on 25th June (Leeds Castle in Kent) this year so more on this next month.

Now on 27th July our meeting outdoors once again will consist of a very local garden visit as we travel up Woodlands Road from School Corner Raydon towards and beyond Raydon Old Railway

Station stopping off at No 2 Hadleigh Farm Cottages (just passed Clay Lane) by kind permission of Daren & Rachel who have filled the gap by previous garden visit planned, but it had to be canceled. Help with light refreshments on the night would be much appreciated so please contact 01473 822987. Note, no raffle on the night. A small charge of £2.00 to be made for a charity (host's choice). Enjoy the summer and I look forward as always to meeting you all at any of our club events.



ADVANCE NOTICE

Make a date to join us for these great events.

September 29th, Fashion Show by Edinburgh Woollen Mill. Village hall.

October 14th Devilish Quiz in the Village Hall.

Watch out for more details nearer each event.

RAYDON PARISH COUNCIL

Your Parish Councillors are:

Nev Davenport: 01473 311548

Kathy Herbig: 01473 310024

Sue Newton - Chair: 07808 818847

Amanda Pyall: 07925 108373

Jayne Tann: 01473 828283

Jane Cryer - Parish Clerk: 07920 713940

Raydon PC would like to welcome two new Councillors:

Christine Hempstead (tel 07891 236245)

and Keith Lovering (tel 07939 075143)

With next month's Quartet, Raydon parishioners will be receiving a questionnaire from the Parish Council - we are very keen to hear your views. If you do not receive a questionnaire, or have any difficulty completing it, please contact Amanda Pyall or any other member of the Parish Council who will be happy to assist

Raydon Century Club Draws

APRIL 2017

£25 117 Michelle Hajaig

£15 2 Brigitte Tricker

£10 55 J Anderson

£5 113 Laura Smith

£5 67 Margaret Hammond

£5 36 Paul Banyard

£5 33 Alex Banyard

Raydon Village Hall Century Club.

**** Requires A Volunteer ****

Due to retirement of the current Century Club administrator we now need a person to take on this post. The Century Club makes a valuable contribution towards funding the maintenance of the Village Hall (old primary school).

The role would involve gathering ticket monies from current members around the village (fees due July), reminding members that payment is due and recruiting new members if possible. Records of funds received would obviously need to be kept.

It is not necessary to be on VH committee, but you would be expected to attend at least two meetings per year. The position would ideally suit someone trustworthy, living in the village (upper or lower Raydon) and over 18 years of age. If you can spare a few hours, and interested in helping a worthwhile cause please contact in the first instance, Geoff Horrex, High Elms, The Street, Raydon. Call 01473 310422 or mobile 07810086143.

Grand Draw

£100 134 J Meech

£50 110 M Burls

£50 32 Sharon Banyard

£50 53 K Gregory

Please note that the book and bric a brac sale raised £307 with thanks to all.

Holton St Mary



Ron and Sylvia send their love from Magazine Farm Way. The move went smoothly and they are settling in well. They would like to thank all their friends for the beautiful cards they received which were very welcome. Do pop in for a visit, they would love to see you. Their new number is 01206 560474

The First Friday of the Month Lunch Club



The First Friday of the Month Lunch Club has now been running for two years! Approximately 331 meals have been served during the last year (an average of 30 each month). A total of an extra 15 lunches up on the previous year. The most meals served were at the December lunch, where there were 38 guests!

Twenty four ladies and gentlemen have helped produce the lunches during the course of the year and special thanks go to:

Jeanette and Richard Appleton, Jan Cheung, Janet Cracknell, Rosemary Coe, Caroline Favell, Marion Gill, Greta and Gerry Godden, Marjorie and Chris Haste, Jinny and Mike Hay, Karen Jefferys, Gretel Maddison, Don and Lynn McWatt, Sally Pearce, Pam and Tudor Quare, Dot Steeds, Jean Styles, Sally Thurlow, Frances Torrington, Jacqueline Unwin and Barbara Yorke Edwards.

Over the course of the past year we have been able to purchase two large Thermos to hold the hot water for coffee and tea. These are available to be borrowed by other groups in the village - please contact Sally Thurlow.

We hope to continue to flourish, and we would welcome both new guests (current or ex residents of Holton St Mary) and new volunteers to help prepare and cook the lunches and to help on the day setting up the tables, clearing away, washing up etc. So if you would like to volunteer please contact Frances Torrington on 01473 312046.

If you would like to attend the lunch on June 2nd or 7th July please contact Frances Torrington, or Sally Thurlow - as reminder the cost is £2.50 a head, payable on the day.

There will be no lunch in August.

The Holton St Mary United Charities Trust has some funds available to those resident in the village of Holton St Mary who are in need.

If you feel you might want to make an application please contact: Paul Torrington on familytorrington@btinternet.com or 01473 312046.



The Arts Society Report

The Arts Society have been cataloguing all the artefacts in St Mary's Holton and have just finished their report. Rosalind was presented with a finished bound copy at the morning service on 18th June.

Thank you to all involved.

Holton St Mary Millennium Green Trust

Winners of the Century Club Draw are as follows:

April: £25 Eileen Starling, £15 Russell Thompson, £10 Keith Hyland, £5 each Brian & Joan Keen and David Maddison.

May: £25 Les Norman, £15 Keith & Karen Jeffreys, £10 Tom Faiers, £5 each Mark Anderson and Mary Powell.

June: £25 John Partridge, £15 Geoff White, £10 Eileen Starling, £5 each Ian Pearce and Gareth Morgan.

Marjorie Haste, Secretary

Holton St Mary Social Club

WHIST - last Friday of the Month Next
Date :- Friday 28th July

Barn Dance on the Millennium Field

Saturday 15th July

A Celebration of the 40th Anniversary of the Social Club, Dancing to "Haywire"

The evening commences at 7:30pm

Tickets :- Members £10 Non-Members £15 including food. Paella & Salad will be served from 8pm

Principle Contact:- Erik Ellis (07969 459944)

Quiz Night

Following on from the roaring success of April's Quiz we are planning to hold another in October. Date and details to be advised.

Progressive Dinner in May

This was again a resounding success, with everyone having a thoroughly great time. Many thanks to John Partridge for organising this. All the proceeds from the evening totalling £355 were donated to the Church Fabric Fund.

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

SUFFOLK HISTORIC CHURCHES TRUST

Sponsored Bike Ride and Stride

Saturday 9th Sept 2017, 9am – 5pm



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

If you enjoy cycling and/or walking, why not take part this year and cycle or walk around the Suffolk countryside and raise money for Holton St Mary Church?

Apart from discovering the beauty of our countryside, churches and chapels, you will find it is a challenge and a good day out.

If you do not wish to cycle or walk, you can still take part by being one of those who welcome and sign in visiting cyclists.

For more details and sponsor forms please contact:

Caroline Favell Tel: 01473 310268
email: favell@mayfields99.freemove.co.uk



Kenny's S E S A W News

Thank goodness for a bit of peace and quiet in the kitchen, now all the wildlife has returned to its natural habitat. Mind you, it's

hectic outside with people running around in all directions, preparing for our Open Day and Fun Dog Show 12-4pm on Sunday 30th July. Mum says the theme should be silver as we are celebrating twenty five years of animal rescue at Leavenheath. I've heard talk of games, competitions, face painting, a vintage corner, cakes, bbq, music and an ice cream van for the humans. Meanwhile there are fifteen dog show classes plus specials and a fun scurry all afternoon and don't forget to meet the animals awaiting new loving homes too. As Mum has lots of enquiries to follow up after Open Day we will be closed during August, except by appointment or for emergencies.

Just a quick run down of our other events: 1st July, Summer Dance at Assington Village Hall, see us at the Vintage Rally, Melford Hall 1st and 2nd July, Shelley Fun Dog Show on 8th July and the Long Melford Street Fair on 9th July. Highlight of August will be Barbara's Bonanza Sale in Stratford St. Mary on the 19th but I'll remind you next month.

Must go now as one of my favourite humans has just arrived. Young Henry is ready to go out for a walk with my Lhasa pal Beau and me, Kenny (the Boss) Chihuahua.

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

Litter: an experience

Twelve months in Holton and fully-immersed in the litter-pick roster (if not the litter itself), I thought it might be interesting to share our experience, and particularly for the more bizarre items identified on our 'litter-walks'. Some walks may lie outside the traditional village boundary, but as we frequently walk them with our grandson, it seems appropriate to remove the litter en-route and not 'pass by on the other side'. These include the B1070 from the Western signage of the village up to (but definitely not including), Acacia Road, the lane leading from the T-junction with Brett Vale golf club to, and through Bacon's Green, Sandpits Lane, and the Higham road (B1068) leading from the end of Sandpits Lane to the A12. The circuit includes both slip-roads and the hairpin footpaths descending from the A12 to both sides of the underpass. All approaches into the village arguably say as much about the neatness of the village as the road through it.

Large gaps in the hedge, as at the right-angle bend 'twixt Holton and Raydon, passing places and the slip-roads, are attractive for mega litter-dumping, including entire bags that would meet the definition for fly-tipping. Presumably, their attraction is because of the ease and force with which the trash can be hurled. The problem is amplified in the summer with the grass verges and hedging in prime growth; the expression, 'to kick something into the long grass' can be interpreted both literally and metaphorically. Plastic water bottles, MacDonald's' packaging (often with half-eaten food), Red Bull and other 'energy' drinks, cigarette packets and blister-packs of common painkillers (ibuprofen, paracetamol) are ubiquitous throughout the rubbish-rich circuit, but particularly on the two slip roads. Foster lager seems to be paired with Sandpits Lane, whilst Stella Artois, Woodpecker cider and Coke/Pepsi are the domain of the B1068 and the lane leading up to Bacon's Green

Our previous litter-picking experience was largely confined to footpaths and woodland adjacent to a Grammar School; the litter was entirely predictable given the anticipated

habits of schoolchildren. Holton offers a whole new vista of litter and reflects a different league of what drivers (of all vehicles) jettison on their journeys. The following alphabetical list details the unusual, exotic and frankly bizarre items retrieved during the past 12 months; this may well be the 'norm' encountered by the much longer term residents of Holton:

- An Eastern European driving licence
- 'Barrier' contraceptives (condoms): dozens, unused, and still in their Tesco box
- Co-codamol (containing paracetamol and codeine): a more potent painkiller than ibuprofen and paracetamol and one that can rapidly lead to tolerance, such that the medication ceases to work, even with increasing doses. It also causes cramping constipation.
- Olanzapine: used to treat the symptoms of psychotic conditions including schizophrenia and bipolar disorder (manic depression) in adults. It is often used with other antipsychotic medications or antidepressants.
- Sildenafil, sold as the brand name Viagra, among others, is a medication used to treat erectile dysfunction and pulmonary arterial hypertension, the latter often associated with heart failure.
- Unopened cans: Stella Artois (two, one lying in a field five metres from the road, the other on a grass verge) and Woodpecker cider (two, lying in a recently-ploughed field) – all well within their 'sell-by-date' dates.

The stories behind these items, particularly the medications, would readily lend themselves to a series of, 'Who dunnit?' – and why?' on TV; the culprits' identities might also result in a keen interest by the local constabulary and health services.

There will always be litter and rubbish; keeping our village and its approaches as clean and as litter-free as possible, might, just possibly, reduce some drivers' trashing temptations.

Richard Appleton



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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Email j.jeffreys.eb@btinternet.com



Stour Valley Men's Probus Club

Tom Tyler returned on 7th June to talk about "When holidays were Fun" and on 21st June John Field spoke to us about "The Redevelopment of Ipswich Docks".

On 5 July Lewis Tyler presents "Daddy, what is TV" and on Wednesday 19 July we are holding our summer lunch to which we invite our Spouses and Probus Widows to join us. This year we have moved to The Haywain to enjoy the occasion. We do not hold a meeting in August and return after our break on Wednesday 6 September when Tom Williams presents "Everyone has a book in them" and on Wednesday 20 September Philip Roberts' talk is entitled "The Mary Rose".

Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed by Stour Valley Men's Probus Club, we meet on the first and third Wednesday of each month in Manningtree at 10.30am. Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.

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Communities share views to improve health and care services in Suffolk

We're Healthwatch. We listen to your views about local NHS and social care services so that we can make them better for everyone.

We have just launched our fourth annual report, which covers the year 2016/17. It tells you how we have been working and using people's experiences to shape, influence and improve local services throughout the year.

Five ways that health and care services have improved:

1. Maternity services increased support for birthing partners and changed policies so that birthing partners can stay with mum and baby overnight.
2. People will receive improved support and information to help them manage their risk of complications from foot disease caused by diabetes.
3. Residential and nursing homes have made changes that will improve the experience of some of Suffolk's most vulnerable people following visits by our volunteers.
4. We made safeguarding alerts that have led to immediate improvements to people's care.
5. We delivered patient feedback that helped to shape pathology services in Sudbury, including improvements to IT systems and access to appointments.

In our annual report, we highlight outcomes from our work that has included specific research projects, visits to local services and work across all levels of health and social care. Further examples include:

- Decisions to keep In Vitro Fertilisation (IVF) and Marginalised

and Vulnerable Adults services were strongly influenced by public feedback we obtained in partnership with NHS leaders.

- Prompted by calls from young people for more information, we developed a new poster and information card that will help young people to find support.
- We worked closely with new GP partnerships to shape their plans for developing services by engaging patients within surgeries.
- We were central to the launch of a new Dementia Forum for Suffolk that will aim to change the way dementia support is provided in Suffolk.

In addition, we have helped many people that contacted our free [Information and Signposting Service](#) to find support with their health and wellbeing needs

.Andy Yacoub (Chief Executive) said:

"People have a keen interest in their health and social care services and rightly so. Throughout the year, we have met many people; talking to them about their experiences and using them to influence decisions about our local services. We are proud of the impact we have made and, with increasing awareness of Healthwatch throughout the County, we know that our voice and influence can only increase with positive outcomes for patients, service users and carers throughout Suffolk."

More information is available within the Healthwatch Suffolk Annual Report 2016/17. Visit: www.healthwatchsuffolk.co.uk. You can also call 01449 703949 to find out more.

Waste & Recycling

Collection Schedule 2017

July 2017						
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
31						

 Recycling collected this week

 Rubbish collected this week

THE THIRD AGE TRUST



THE UNIVERSITY OF THE THIRD AGE

Alan Goldsmith's, talk on Wednesday 14th June was entitled "Giving It Both Barrels". It was an amusing and light hearted talk of Alan's 50 years in the Rock 'n' Roll and entertainment business, from growing up in the 40s & 50s & being at the beginning of the birth of Rock 'n' Roll, & then running early rock concerts, air and stunt shows.

On Wednesday 12th July Dr Stephen Ashworth, Senior Lecturer, UEA, will talk on "Kitchen Chemistry". A science show using readily available materials to illustrate some of the principles of

chemistry. Acids, bases, catalysts & indicators are all part of this exploration of some of the chemicals that are all around us.

We do not have a speaker meeting in August but our popular Summer Dinner takes place once again at the Constable Hall on 4 August.

Our speaker on 13 September is Sean Day who will update us on The Harwich Mayflower Project.

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except August and December.

We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the Third Age Trust, have over 230 members and 21 groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Val Pretty may be contacted.



CAN YOU HELP?



Do you have some spare time to help with leading the ponies or sidewalking the riders for Ipswich RDA?

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Strickmere (School Lane end) - 11.50am
- 12.10pm

Route 14

The bus stops every 4 weeks on
Tuesdays,
18 July, 15 August, 12 September, 10
October, 7 November, 5 December

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

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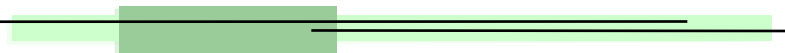


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

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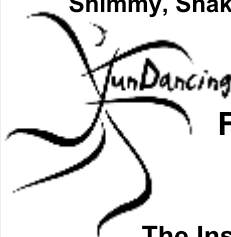
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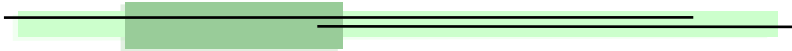
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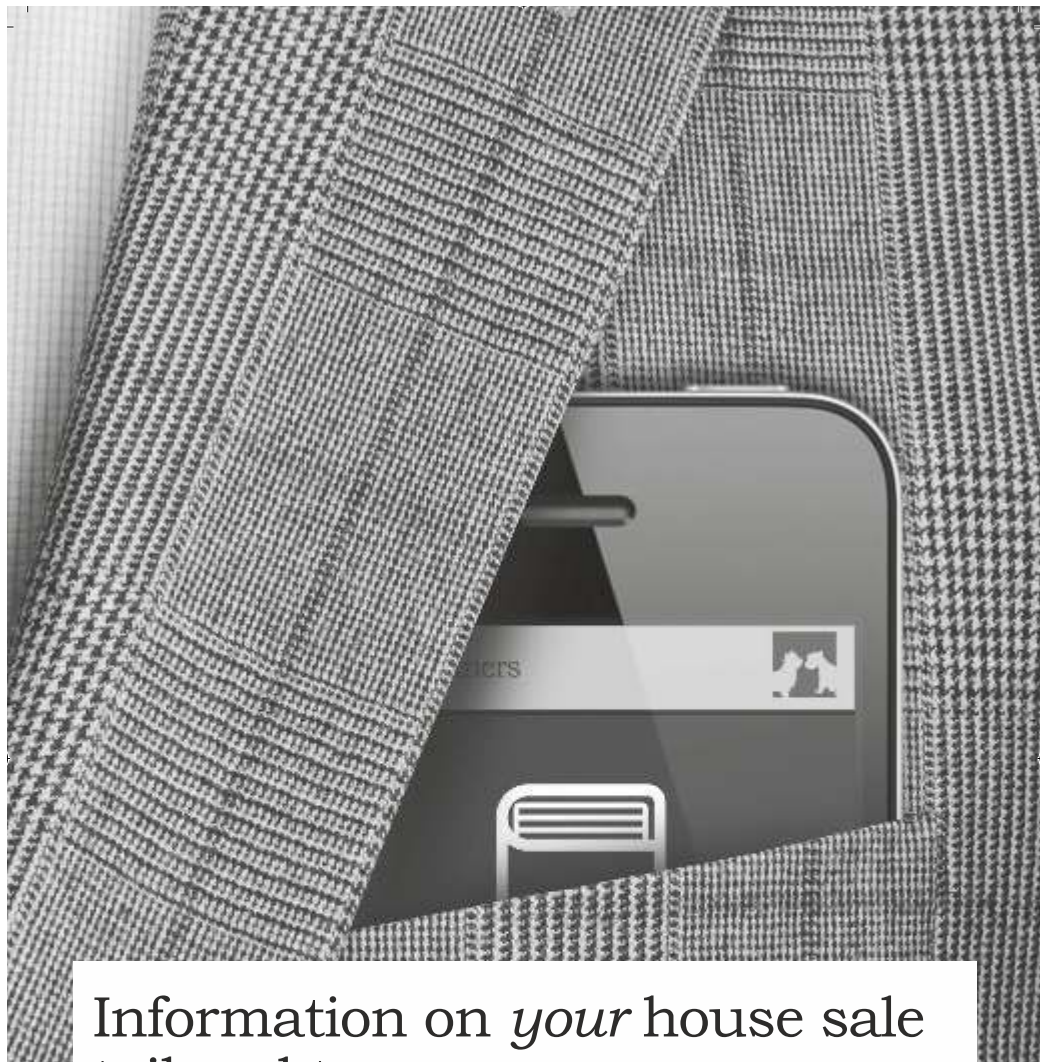


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Contact details

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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 Martyn Carr 01206 337325 (Elder)
Hugo Parker 01206 337234

Holton Paul Torrington 01473 312046
Jeanette Appleton 01473 311487

Raydon Geoff Horrex 01473 310422
Simon Tennent 01473 310320

Stratford Christine Cousins 01206 322530 (Elder)
Jonathan and Janet Dewey (Elder) (01206 322148)

Midweek Communion

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

Prayer Walks

We are going to resume our summer Prayer Walks (like we did last summer), on the following dates:

11 July Start from SSM at 11 a.m. and walk somewhere for lunch
17 July Start from Raydon church at 10 a.m. and walk for an hour

1 August	Start from Holton church at 11 a.m. and walk to East Bergholt for lunch
10 August	Start from Higham church at 11 a.m. and walk to SSM for lunch
14 August	Start from Raydon church at 10 a.m. for an hour
22 August	Start from SSM at 11 a.m.
31 August	Start from Holton church at 11 a.m.
7 September	Start from Higham church at 11 a.m.

A Prayer Walk is not a great religious event! It simply means that we start and finish with a prayer for our neighbours in all our parishes. So do come and join us, if only for the exercise and food! Children and dogs welcome.

Services in July and August

	8.00 a.m.	10.00 a.m.	NB. 6.30pm
2 nd		SSM (HC + Baptism)	Holton
9 th		Higham	Raydon
16 th		Holton	SSM
23 rd	Higham	Raydon	
30 th		SSM Family Hour	
		10.30	
6 th		Deanery Eucharist Bildeston	
		SSM (HC and Baptism)	
13 th		Higham	
20 th		Holton	
27 th		Raydon	



New Testament Readings and Collects for weekdays in July

2 July: *Trinity* 3. God our Saviour, look on this wounded world in pity and in power; hold fast to your promises of peace won for us by your Son, our Saviour Jesus Christ. Amen.

- 3rd John 11.1-16. **Thomas the Apostle**
- 4th Romans 12.1-8
- 5th Romans 12.9-end
- 6th Romans 13.1-7. Thomas More, Scholar, and John Fisher, Bishop of Rochester, Reformation Martyrs, 1535
- 7th Romans 13.8-end
- 8th Romans 14.1-12

9 July: *Trinity 4*. Gracious Father, by the obedience of Jesus you brought salvation to our wayward world; draw us into harmony with your will, that we may find all things restored in him, our Saviour, Jesus Christ. Amen.

- 10th Romans 14.13-end
- 11th Romans 15.1-13. Benedict of Nursia, Monk, c. 550
- 12th Romans 15.14-21
- 13th Romans 15.22-end
- 14th Romans 16.1-16. John Keble, Priest, Tractarian, Poet, 1866
- 15th Romans 16.17-end. Swithun, Bishop of Winchester, c. 862

16 July: *Trinity 5*. Almighty God, send down upon your Church the riches of your Spirit, and kindle in all who minister the gospel your countless gifts of grace, through Jesus Christ our Lord. Amen.

- 17th 2 Corinthians 1.1-14
- 18th 2 Corinthians 1.15-2.4. Elizabeth Ferard, First Deaconess of the Church of England, 1883
- 19th 2 Corinthians 2.5-end. Gregory, Bishop of Nyssa and his sister Macrina, Deaconess, c. 394 and c. 379
- 20th 2 Corinthians 3. Margaret of Antioch, Martyr, 4th century
- 21st 2 Corinthians 4
- 22nd Luke 8.1-3. **Mary Magdalene**

23 July: *Trinity 6*. Creator God, you made us all in your image; may we discern you in all that we see, and serve you in all that we do, through Jesus Christ our Lord. Amen.

- 24th 2 Corinthians 6.1-7.1
- 25th Luke 9.46-56. **James the Apostle**
- 26th 2 Corinthians 8.1-15
- 27th 2 Corinthians 8.16-9.5. B.F. Westcott, Bishop of Durham, 1901
- 28th 2 Corinthians 9.6-end
- 29th 2 Corinthians 10. Mary, Martha & Lazarus, Friends of our Lord



For your diaries

2 July	3-5 p.m. Tea in the Church at Raydon
6 August	3-5 p.m. Tea in the Church at Raydon
2 September	10-3.30 'September Surprise', Raydon



For your prayers

- For Nicola Tindall and for Richard Appleton as they begin their official ministry as Readers in our Benefice
- For the 4 couples getting married in our churches this month:
 - 1 July Lauren Shaw and Christopher Paxton in SSM
 - 14 July Georgina Wells and James Astor in Higham
 - 28 July Lauren Jones and Ashley Stoneman in SSM
 - 29 July Carrie Brown and Steven Rogers in SSM
- For the 2 babies to be baptized in SSM on 2 July and for their families:
 - Eliza Lee
 - Darcey Johnson
- For those who are ill or in need:
 - Holton:** Gerard and Ralphia Noel, David Yorke-Edwards
 - Raydon:** Cliff Cooper, Stella Hyland
 - SSM:** Nancy Ablitt, Laura Kerry, Trina
 - Outside the Benefice:** Tory Cook, Helen Gregory, Steve Kupfer, Cécile and Gail O'Dell