

**Stratford
St Mary**

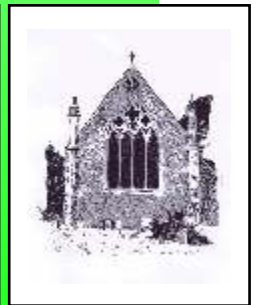
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



September 2016

Issue 337

EMIGRATING

Need to dispose of Victorian side tables, pedestal leather-topped desk, 2 Scandinavian leather desk chairs, chest-of-drawers, etc. Very reasonable. 01206 337368.



IGNITION Youth Club Stratford Chapel Every Friday night 7.30 to 9.30

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

Wanted

Does anyone have an old wooden cabinet (TV cabinet or the like) that they no longer want?

We are looking for an old small cabinet to make into a child's play kitchen area as a diy project

Phone Anne 07941 781489

Are you recycling your old clothes and textiles?

If you need a council textile bag ring:

0845 603 9412

or email:
textiles@suffolk.gov.uk

or collect from
council offices
and libraries

Seal the bag
and put **INSIDE**
your recycling bin!



Please continue to donate to charity
shops and textile banks



www.suffolkrecycling.org.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,

We have had a very peculiar summer in terms of weather, but I have been fascinated

to watch the harvest being gathered in by huge, monster-like machines in the fields behind my house and around our villages. As we celebrate God's good gifts to us in our Harvest Services this month, please continue to think of all who work on the land as 'Brexit' continues to create uncertainties about subsidies and about how the UK will produce food for its own people in future.

I trust that you have all had some time to relax and be with your families, and to prepare for going back to work or school, or starting at school, college, university or a new job. I shall look forward to meeting the new children in the school at Stratford St Mary. I've met quite a few more children on the streets of our villages in recent weeks thanks to the Pokémon Go! craze that has hit us, with churches apparently being targeted as sites for discovery of the various kinds of Pokémon location. If Pokémon had only warned us in advance, I'm sure we could have provided something a bit more interesting for adventurous children to enjoy!

This year, we would very much like to start having children more involved in our church services. The sort of thing that children currently do is to take up the Communion bread and wine, or take the collection. They also occasionally read lessons and lead the prayers. But in future our PCCs have also voted that children could be trained to help give Communion in our services, alongside

me. It would be wonderful to see children taking up this possibility, so if your children would like to get involved in taking some real responsibilities in our services, they would be very welcome. Please do just let me know if this is something that would interest you and your children (of any age upwards of 5, I should think).

This month we continue our Prayer Walks once a week, walking round the parishes and praying for those whose houses we pass. I hope you have felt prayed for! From October we shall be reverting to a pattern of Morning Prayer in the four churches, so look out for next month's centrefold, which will have the details.

Please keep your eye on our website, as well - www.4marys.org.uk It has the latest details about the services each week as well as other activities going on. It also contains the histories of each of our churches, and I would be happy to add any other pages that you might feel would be appropriate.

Meanwhile, I wish you all a very happy September as life gets back to 'normal' after the summer.

With very best wishes to you all,

Rosalind Paul
Rector

The Quartet Diary



September

- 3 Bring and Buy Raydon
- 4 Homemade Teas, Raydon
- 7 Stour Valley Men's Probus Club
- 10 Suffolk Churches Historic Bike ride
- 11 Harvest Festival, Higha,
- 12 SSM Parish Council Meeting
- 13 Raydon Fair Trade Coffee Morning
- 14 Stour Valley U3A Meeting
- 16-18 SSM Beer Festival
- 21 Stour Valley Men's Probus Club
- 22 R&DGC meeting
Raydon Parish Council Meeting
- 24 Free First Aid Event and Coffee Morning, East Bergholt
- 25 SSM Family Hour
- 30 Macmillan Coffee Morning, Holton
- 6 Autumn Fair, Great Bromley
- 8 Devillish quiz Raydon
- 11 Raydon Fair Trade Coffee Morning
- 12 Stour Valley U3A Meeting
- 13 Raydon Parish Council Meeting
- 15 HSM Social Club Quiz Night
- 19 World Famous Psychiatrist to Visit Essex
Stour Valley Men's Probus Club
- 27 R&DGC Open Charity Night

October

- 5 Stour Valley Men's Probus Club

November

- 8 Raydon Fair Trade Coffee Morning
- 14 SSM Parish Council Meeting
- 15 Raydon Parish Council Meeting
- 19 SSM 2nd St Edmunds Pie Dance
- 24 R&DGC AGM/Social Evening

December

- 6 Raydon Fair Trade Coffee Morning
- 15 Raydon Parish Council Meeting

Editors Corner

With the deadline for the September edition of the Quartet on 19th August, and many people still away on holiday, the September copy always seems a little 'quiet' to me. Mind you, there are still things going on and many people have thought to email us with articles before heading for a bit of peace and quiet somewhere.

This month I will draw your attention to the Bike ride again. It is now nearly upon us and not yet too late to take part. There are articles in the Stratford, Raydon and Holton sections about this, and perhaps it's worth asking the organiser near you if there is anything that still needs doing - you don't have to cycle, there are cakes to be made and 'church sitting' duties to perform!

Talking of cakes, I note there are a few chances of trying your neighbours cuisine coming up. Look on page 17 for details of coffee and Cake in Holton and page 11 for home made teas in Raydon (and of course the Fair trade Coffee morning!) If Coffee and cake are not your thing, then there's always the Village Life Beer Festival - see page 6 for more details of this epic three day event!

Here's hoping Summer will last a few more weeks for us to enjoy what our villages have to offer

Happy reading

Anne and Jane,

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



Copy deadline for next edition:
19th September 2016

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

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

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

Distribution: Dave Leach
07930390517

Invoicing: Jenny Leach
quartet.advertising@gmail.com

Stratford St Mary

Are you interested in local History?

Stratford St Mary is looking for a new Archivist. This will be someone who is responsible for collecting and ensuring the care of historic journals, letters, photographs and other works relating to Stratford St Mary. The Parish Council currently have the present information stored, but if the right person is able to keep to documents safely and securely at home this would be an advantage but not absolutely necessary. Also if anyone is interested or has experience in converting documents to electronic format this would also be a bonus. Please contact a member of the Parish Council or the Clerk on parishcouncil@stratfordstmary.org.uk.

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

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.



SUFFOLK HISTORIC CHURCHES TRUST CYCLE RIDE/WALK

10 SEPTEMBER 2016

Sponsorship forms for the ride on **Sat 10 Sep** have been distributed to those who have cycled in previous years. If you have not received a form or would like to cycle, walk or run to support a church of your choice, please contact me on 322259, call into Rosebank, Lower Street, or pick up a form from the Post Office.

Judi Isaac

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 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

Please note the following dates for the Parish Council meetings:

September 12th 7.30pm

November 14th 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



Beer Festival 2016

Friday 16th to Sunday 18th September

Festival begins 6.pm Friday

Enquiries to: info@stratfordswan.com

INCLUDING

VillageLife

Quintuple (pub games) Challenge

Saturday 17th September 4pm to 8pm

A team competition across five traditional pub games

Boules; Darts; Suffolk Quoits; Skittles &

Nine Men's Morris

Teams of five, all ages and genders

Enquiries and team entries to

villagelife@stratford-st-mary.org

Telephone 01206 323 091

Can't raise a team but still want to play?

Scratch teams will be formed on the day.

**For the more energetic, there will also be opportunity to
play the new team game**

EXTERMINATE



Annual Electoral Register Canvass 2016

From the 25th August 2016 we will be sending every household in your area an annual canvass form to collect information about residents who are eligible to vote.

Have you responded?

It's quick and easy to respond:

If there are no changes to the information pre-printed on your form you can respond by:

- Going online to the web address on the form

- Signing your form and sending it back to us in the envelope provided

If you need to make some changes you can respond by:

- Going online to the web address on the form

- Writing the changes on the form, signing it and sending it back to us in the envelope provided

If you don't respond:

- You could be fined

- You may not be able to vote in future elections

- Your credit rating could be affected

Don't delay, respond today! If you would like further information then go to

www.gov.uk/register-to-vote Email: **canvass@baberghmidsuffolk.gov.uk**

Mid Suffolk DC
131 High Street
Needham Market
IP6 8DL



Babergh DC
Corks Lane
Hadleigh
IP7 6SJ

Quick Quartet Quiz

SURNAMES THAT MEAN
SOMETHING.

Decypher each clue to a well-known person.

Example: An orange vegetable? =
Jasper Carrott.

01. Get this from an ATM?
02. Just a fastener?
03. What you are with nothing to do?
04. A Royal castle?
05. A noisy canine?
06. Found in a book, & maybe at a wedding?
07. A month that has 31 days?
08. The relationship of sibling's siblings?
09. They were known as Gauls?
10. Modest and subserviant?

Thank you all

Fran Poppe and family thank the many friends and neighbours for their messages and support after the loss of our dear husband and father Tony; we found great comfort from them. It was lovely seeing people at the celebration of his life and we thank Jane at 'The Swan' for arranging welcome refreshments.

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:

Tuesdays 9.30 am – 11.30 am - Mums &
Tots (during term time)

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>

ANSWERS.
1. Johnny Cash. 2. Jenson Button. 3.
Eric Idle. 4. Barbara Windsor. 5. Ronnie
Barker.
6. Elaine Page. 7. Theresa May. 8.
Robin Cousins. 9. Dawn French. 10.
Kate Humble.



Family Hour @ The Parish Room

Every 4th 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



Next one is Sunday 25th September... Come and join us!

Stratford St Mary 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.

Dave George 01206 322297

100 Club winners in July

M. Wood	£40.00
R. Bodsworth	£10.00
E. Platford	£5.00

We're looking for people like YOU to become School Governors

**Do you have an interest in education?
Are you concerned about young people's
development?**

**Then why not become a school governor? No prior
knowledge is required; a comprehensive range of
training and support is provided. It's an exciting
opportunity for you to:**

- ✓ **acquire new skills**
- ✓ **participate in teamwork**
- ✓ **contribute to the community**
- ✓ **make a difference to children's lives**

**For more information call 01206 323236
or email gov@stratfordstmaryprimary.co.uk**



**STRATFORD ST MARY
PRIMARY SCHOOL**



Fair Trade Coffee Morning

A lovely day for our
Fair Trade coffee
morning here on

August 16th. The date was a bit of a clue though as to the fact that we were missing a lot of our regulars, but a very select band made up the numbers today.

We were all treated to a very lovely "Frinton patisserie" Victoria sponge, so light it nearly floated away, but of course we all had other ideas.

Blankets and squares for blankets were a hot topic, a couple of weeks ago I took 360 squares to the "Sewer uppers" who were delighted. Today we received many more squares and even some ready made blankets. The Haiti babies will be kept safe, snug and warm in all our knitted efforts. We also had the garden club summer show and the Suffolk Historic Churches Trust sponsored cycle ride on our list of things to get ready for, and a bit later in the year is our fund raising quiz. Keep an eye out for more information and I hope you can support some of our activities. As usual a very big thank you for supporting our Fair Trade coffee mornings, we'll be open for coffee again on September 13th and hope we might see you there.

Have a very happy holiday season and see you again in September.

Thanks from Wendy Mumford 312123

A note for Everyone

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

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

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

Thursday 22 September
Thursday 13 October
Tuesday 15 November
Thursday 15 December
Thursday 19 January 2017

NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact Jane Cryer, Parish Clerk (details below)

**Jane Cryer
Clerk to the Council
Sunnyside Cottage, Overbury Hall
Road, Layham IP7 5NA**

07920 713940 / raydonpc@gmail.com

Suffolk Historic Churches Trust Bike Ride and Stride

Calling all Raydon Riders:
Saturday, September 10th 2016 is
the day for the 35th year of this
event. This sponsored ride helps
maintain our lovely church, as half
of the monies raised goes directly
to Raydon for the church
maintenance fund. By their very
nature, old churches cost such a lot
for their upkeep and all donations
are so greatly received. It usually is
a glorious day with much fun
cycling or walking between
churches. Come along and get
some exercise at the same time as
helping a great cause!

Please collect your sponsor forms
from the back of the church from
August 1st.



Raydon Club is open to residents of
this parish and will in future be held on
Wednesday evenings each week from
8.30 till 11 pm.

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

Homemade Teas

***at
St Mary's Church, Raydon***

Sunday 4 September 2016

***Teas served from 3.00 to
5.00 pm***



In aid of our Fabric Fund.

A BRING AND BUY SALE

WILL BE HELD AT
RAYDON VILLAGE HALL
ON
SEPTEMBER 3RD
AT 10AM,

STALLS WILL INCLUDE
CAKES, TOMBOLA, BOOKS, PLANTS
etc. REFRESHMENTS AND
RAFFLE,

IN AID OF EAST SUFFOLK
ASSOCIATION FOR THE BLIND

PLEASE CONTACT BETTY
COOPER IF YOU WOULD LIKE TO
DONATE ANYTHING ON 01473
310088

Raydon and District Gardening Club

August 20th 2016 was another great Summer Flower & Produce Show event with increase of show entries on last year and again several new exhibitors taking part. According to the judges our standards yet again are good, and compare favourably with a lot of much larger village shows. This is of course most encouraging, and shows that all the hard work put in by the committee in "putting on" the show event, plus all the keenness to succeed along with hard work put in by all the exhibitors in your gardens, also in your preparations for the show bench speaks volumes. But do you know the best part, it's the joining in and having enjoyment with your fellow members and neighbours with plenty of chat and enjoying a nice cup of tea. Once again it's been a difficult gardening year at times but a challenge to you all to produce such a fantastic array of flowers and veggies for all of us to enjoy. This was backed up by the wonderful baking, bread, preserves, handicraft and not forgetting all the photos displaying such varied subjects which all go towards making the garden club highlight event of the year such a "Great Day". From your committee a heartfelt Thank You all for your continued support and hope you enjoyed the day. Congratulations to all the worthy prize winners and of course to our President for presenting all the cups. Thanks also to all who gave such generous raffle prizes, all who helped

in the Kitchen, all who purchased raffle tickets which added greatly to club funds. So Autumn is coming our way and our next meeting will be Thursday 22nd September in the village hall.

Shrublands Garden Centre and Plants are coming so should be a interesting evening. Advance notice:- October 27th Open Charity Night this year raising funds for "The Suffolk Air Ambulance". Guest speaker on "A Thai Odyssey" so bring along lots of friends and guests and anybody who would like to join the club.

Geoff Horrex (01473 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 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

Advance notice

Devilish Quiz



Raydon Village Hall

8th October

7.30

Apply for tables 310320 or
310422

Bring own drinks

Nibbles provided

**Learn more about NHS
Continuing Healthcare and
personal health budgets**



An event to raise awareness of NHS Continuing Healthcare and personal health budgets is being held in Woodbridge on Thursday 1 September.

The event will give local people the opportunity to find out more about continuing healthcare, the NHS funded care package for people with complex on-going healthcare needs. A personal health budget is the amount of money spent on meeting a person's long term health and wellbeing needs together with a support plan which sets out health outcome goals.

Anyone interested in learning more is invited to attend this awareness event on Thursday 1 September at Framfield Medical Centre, Ipswich Road, Woodbridge IP12 4DF from 6 - 8 p.m.

Experts from the NHS Ipswich and East Suffolk Clinical Commissioning Group will be on hand to answer any questions.

Raydon Century Club Draws:

JULY

£25	110	Mr M Burls
£15	106	Mrs W Isley
£10	2	Mrs Bridget Tricker
£5	41	Mr P Cousins
£5	82	Mrs I Brown
£5	63	Archie Cook
£5	86	Jane Bridgewater

:

AUGUST

£25	42	Mrs P Palfreyman
£15	24	Y Hajaig
£10	30	Mrs W Mumford
£5	40	Mrs Elford
£5	98	Mr & Mrs Johnson
£5	34	Mr M Mumford
£5	8	Mrs Sonia White

New Electricity National Phone number

On 6th September a new national phone number “105” will be launched by electricity network operators for customers to call should they need to report or get information about a power cut in their area.

Key points to note about this service are:

- Dialling 105 will put customers through to their local electricity network operator – the company that manages the cables, power lines and substations that deliver electricity into homes and businesses in their area.
- 105 is just one of the ways that customers can contact their electricity network operator. They can also contact them by phone or via their website, and most network operators are on social media too.
- 105 is a free service for people in England, Scotland and Wales.
- Customers can call 105 no matter who they choose to buy electricity from.
- Customers can also call 105 if they spot damage to electricity power lines and substations that could put anyone in danger. If there's a serious immediate risk, they should call the emergency services too.

Vulnerable customers who would like to sign up to our Priority Services Register can still call 0800 169 9970, email psr@ukpowernetworks.co.uk or apply online at www.ukpowernetworks.co.uk/priority.

St MARY'S HIGHAM

All are welcome to the



HARVEST FESTIVAL

SUNDAY 11th SEPTEMBER

5pm

followed by refreshments

Donations of dried and tinned goods

will be gratefully received at the service

and donated to a local

Food Bank

Holton St Mary

**COME FOR
COFFEE AND
CAKE**

**Macmillan Coffee Morning –
Friday 30th September –
10.30am**

Holton Village Hall

Paula Partridge & Janet Cracknell are holding a Macmillan Coffee Morning

Come and join us for homemade cakes, coffee/tea, raffle and a natter.

Holton St Mary Social Club

Whist – Last Friday of the Month

Quiz Night – 15th October

The First Friday of the Month Lunch Club!



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) or Sally Pearce 01473 311572 / pearces8@hotmail.com at least a week beforehand for catering purposes.

**SUFFOLK HISTORIC CHURCHES
TRUST**

**Sponsored Bike Ride and
Walk**

Saturday 10th Sept 2016, 9am – 5pm

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

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:

avell@mayfields99.freemove.co.uk

**Holton St Mary Village
Hall**

can be hired at very reasonable
rates!

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

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



**Stour Valley
Men's Probuss
Club**

No speaker meetings take place in August but our popular Summer Lunch was held at the Venture Centre on Sunday 17 July and was enjoyed by members and their friends who attended.

Our September speakers are:

7th - Tom Hodgson "What the Papers Say"

21st - Francis Boardman "The Battle of Waterloo"

Our October speakers are:

5th – Anne & Dennis Kell "Natural History of Bats"

9th – David Ablewhite "Wallace & Edward"

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB. 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 Probuss Club, we meet on the first and third Wednesday of each month in Manningtree at 10.30am. Please contact Secretary Brian Rolfe on 01206 393665 for further details.

Kenny's SESAW News

After a hectic July preparing for the SESAW Open Day and confusing holiday season in August, I'm looking forward to September when the equilibrium is restored. I don't think Ollie and his feline pals pay much attention but we dogs miss our human friends, including Barbara, when they go away.

Thank you to all who visited or helped at our Open Day when £4073 was raised. Judging by the smiles, everyone enjoyed the event, even the weather was perfect. Local SESAW fundraiser, Andy Cooper, endured all kinds of weather during his grueling three month walk from Land's End to John 'O Groats. It's not too late to donate to Andy's Justgiving page at: www.justgiving.com/Andy-Cooper67

I hope Andy recovers in time for our Supper Dance, 7.30pm on 24th September in Assington Village Hall. Tickets are £12.50, available from Marian on 01206 263113. Don't miss our Book, vinyl and picture sale the following weekend, 10-1pm on 1st and 2nd October. If you want to go further afield, visit our Autumn Sale at Great Bentley Village Hall, 11-3pm on 18th September.



Many of the dogs have been rehomed but poor Lexi is still waiting to bowl you over with love and cuddles. She needs to be the only pet with a secure garden and loves

walks in the country. Mum says we also have lots of lovely cats and kittens that cannot help being black or black and white. Personally I don't understand what difference it makes. Surely everyone loves us animals whatever our appearance, especially little dogs that are mostly black like me, Kenny (the Boss) Chihuahua?

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

Suffolk's PCC, Tim Passmore and Chief Constable, Gareth Wilson are staging their next series of public meetings in the autumn. This year, rather than having one meeting in each district/borough area, meetings are linked to each of the 18 SNT areas (see details below)

There is no need to book, we are encouraging people to just turn up to hear a policing update for your area and ask questions if they wish.

All meetings start at 6.30pm.

PLEASE FIND FULL DETAILS ON THE WEBSITE: www.suffolk-pcc.gov.uk/public-meetings/public-meetings-2016

Hadleigh District

Mon 21st November

Hadleigh Town Hall, The Guildhall, Hadleigh IP7 5DN

Dedham Players Autumn Production - "Lend Me A Tenor"

This funny and highly entertaining farce will be staged at Dedham on 26th to 29th October. Keep your diaries free and look out for our main advert nearer the time (tickets when available from www.dedhamplayers.org or Shakespeare House Gallery, Dedham).

This production will be directed by acclaimed international actor and director Kelvin Hastings-Smith whose performance as "The Dresser" in April was unsurpassed. The play centres around a hotel suite where two scantily clad women both believe they are with Il Stupendo, a world famous tenor, after the man himself passes out temporarily and his place is taken by his assistant Max.

A sensation on Broadway, you'll fall about at this madcap, screwball 1930's set comedy. Book as soon as tickets become available. DON'T MISS IT!

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.

CONSTABLE SINGERS

NEW MEMBERS WELCOME . Would you like to come and join us ? We meet on a Thursday at the Lambe School at 7pm apart from 2nd Thursday when we meet at Holton Village Hall.

No Audition, you don't have to read music as we sing along to CD backing tracks. Words provided for popular and songs from the musicals and it is just an evening of fun and enjoyment. singing is a well known as a distressing activity. First session free.

We occasionally sing at sheltered and care homes also hope to have a charity concert later in the year.

Contact Yvonne 01206 298428 or Mel 01206 298628 for further details.

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Church Secretary – John Jeffreys
Tel 01206 298737
Email j.jeffreys.eb@btinternet.com

east bergholt



heartwatch

Community First Responders

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Saturday 24 September 2016, 10am – 12 noon

Benneworth Lounge, Gandish Road,
CO7 6TP

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Join us for coffee/tea and cake
Meet your local Heartwatch team

Any questions? Contact Val Ayton
01206 298692

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office@stmarksparish.org.uk

Hadleigh Locality Safer Neighbourhood Team

Hadleigh Locality SNT forms part of the Southern or Central area of Suffolk Constabulary along with 5 other SNT Localities Ipswich West, Ipswich Central, Ipswich East, Felixstowe and Woodbridge. The Hadleigh Locality team is currently led by Sgt. 1417 Gary Milbourne.

The team covers an area of 49 Parishes ranging from Hemingstone in the North to Brantham in the South and from Shotley and Pinewood in the East to Nayland-with-Wissington in the West.

The local police encourage members of the public to report minor crime or concerns as such information can often help to 'complete a jigsaw'.

Station opening times:

- Ipswich Police Station: Mon-Fri 9am - 5pm and Sat 10am-6pm
- Bury St Edmunds Police station: Mon-Fri 9am - 5pm and Sat 10am-6pm
- Lowestoft Police Station: Mon-Fri 9am - 5pm and Sat 10am-6pm

Contacting your SNT; -

Non-emergency telephone number **101**

E-mail Hadleigh.snt@suffolk.pnn.police.uk

For Facebook like the Suffolk Constabulary page to find out what has been happening across the whole force.

Like us on Facebook - Suffolk Constabulary

Did you know as well as liking us on 'Facebook' you can now follow us on 'Twitter'?

Our 'Twitter' account is now live.


Twitter @HadleighPolice

In an emergency dial 999. You should dial 999 when life is threatened or people are injured, or if there is a crime in progress or an immediate police response is necessary.

Waste & Recycling Collection Schedule 2016

September 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, everybody's
Collection will be a day later**

Autumn Fair

In aid of Seven Rivers Cheshire Home,
Great Bromley

Thursday 6th October
10am to 2.30pm.

Admission £3

Change of venue

Assembly Rooms,
High St Dedham CO7 6 HJ

Parking available at Mill Lane car park CO7 6DH

Stour Valley U3A



We didn't have a speaker meeting in August but held our popular Summer Dinner on Friday 5 August at the Constable Hall that was much enjoyed by members and their friends.

On Wednesday 14 September Dr John Ashdown-Hill FSA, FRHistS, historian, writer & lecturer will talk on "Mythology of Richard III". He will explore the traditional mythology & modern myths which have emerged since the discovery of his remains in 2012. Was he a usurper? How many did he kill? Who was really responsible for finding his remains?

On Wednesday 12 Oct Andrew Phillips OBE (Lord Phillips of Sudbury) will talk on "Life in The House of Lords". He will give his views on the House of Lords, that he knows inside out, as an institution and will add some reminiscences from his 17 years there.

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 ThirdAge 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.

Constable Country Patient Participation Group (PPG)

As previously reported, our first Public and Patient Engagement Meeting under the auspices of the PPG took place last month, on the topic of the Prevention of Diabetes and its Complications. The feedback we have had from that meeting has been very encouraging such that we firmly intend to hold further similar meetings on topics of general health interest. In response to the number of requests for a meeting on the Prevention of Heart Attacks and other related heart topics, we will be asking an eminent cardiologist to give the talk at our next meeting. More details of this event, which we intend to hold in Capel, will follow shortly. A range of different health related topics will be considered by the PPG for our subsequent events, but suggestions from patients or from members of the public on topics they would like to see covered – and to which they feel they would like to come – will be very welcome. Please use a comment card and drop it into one of our PPG comment boxes in the two waiting room areas, or let me or Kathy Pollard, PPG Chair, or, indeed, any member of the PPG, have your suggestions. Do, please, continue to use these comment cards on any issue within the practice that you feel we should know about – good or not so good. We pursue them all and our contact details are displayed in both surgeries.

A lot of the update article by Pete Keeble, the Practice Manager, this month refers to prescribing issues and the proper use of medicines is something which members of the PPG strongly support. Nationally, a huge amount of money is spent on drugs supplied within the NHS, many of which are required on a long-term basis. The repeat prescription facility is something we all need to give some thought to, as it is well recognised that some of us tend to stock pile medication that we don't really need – yet. Just look inside your bathroom cabinet,

or wherever you keep your medicines, and check that you really do need a routine repeat of everything that is on your repeat prescription request form this month. For all sorts of reasons, including (let's be honest) occasionally forgetting to take the medication, or because of a variation in pack sizes, you might find that you have more than enough of one or more of your drugs to last you another four weeks, so you really don't need to order any more. And it does matter for a number of reasons why over-ordering of medicines is not a good idea: for example, they may go out-of-date, your doctor may change your treatment, or you might unpredictably develop side effects. So it makes good practical sense, for repeat prescriptions, only to order what you need for the following four weeks and to submit or drop in your request form a clear 72 hours before you need to receive, or to pick up, the dispensed medicines.

Frank Wells

Vice Chair Constable Country Medical Practice Patient Participation Group
01473 730101 drfrankwells@gmail.com



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Saturday 8.30am to 1pm

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Wednesdays

10 August, 7 September, 5 October, 30
November, 28 December

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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

16 August, 13 September, 11 October, 8
November, 6 December

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and can handle any library customer queries
renewals and reservations to any general
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outside of operating hours and people can
also email help@suffolklibraries.co.uk .

Crime prevention

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

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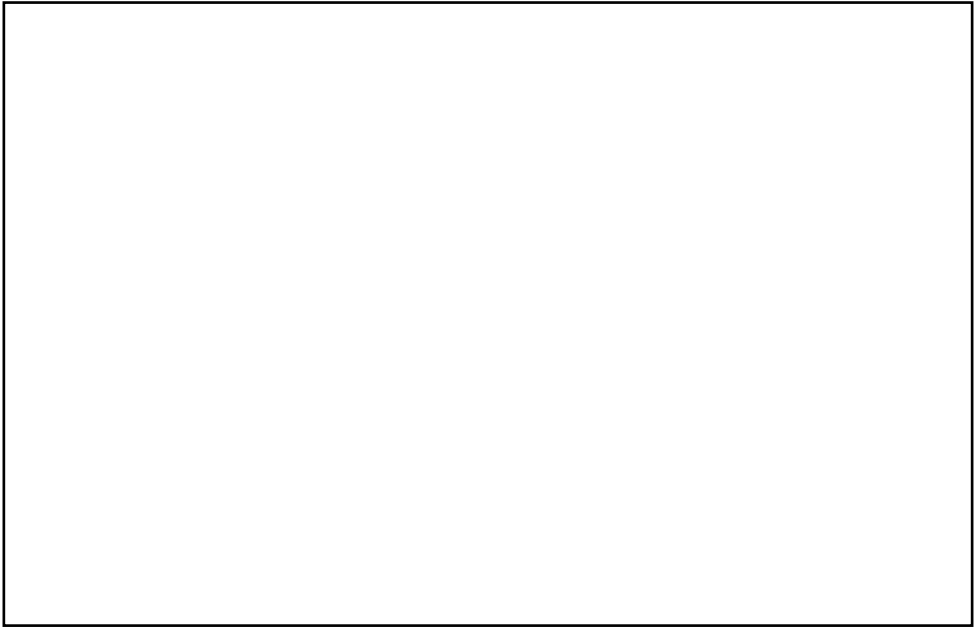
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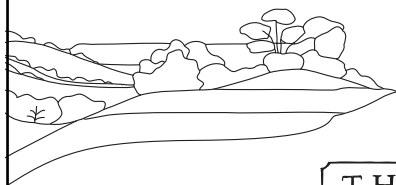
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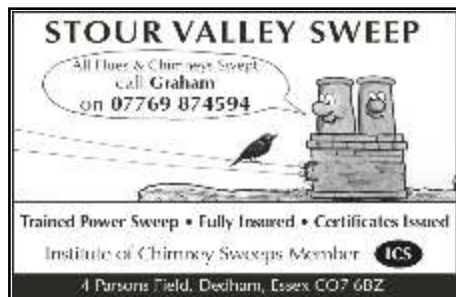
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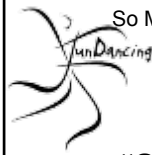
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A business card for John Parker's JP Handyman Services. The card has a wood-grain background. On the left, there is a partial image of a person's arm in a blue shirt holding a tool. The text on the card includes the name 'John Parker', the business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

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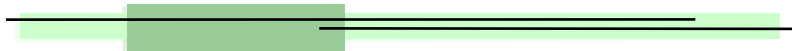
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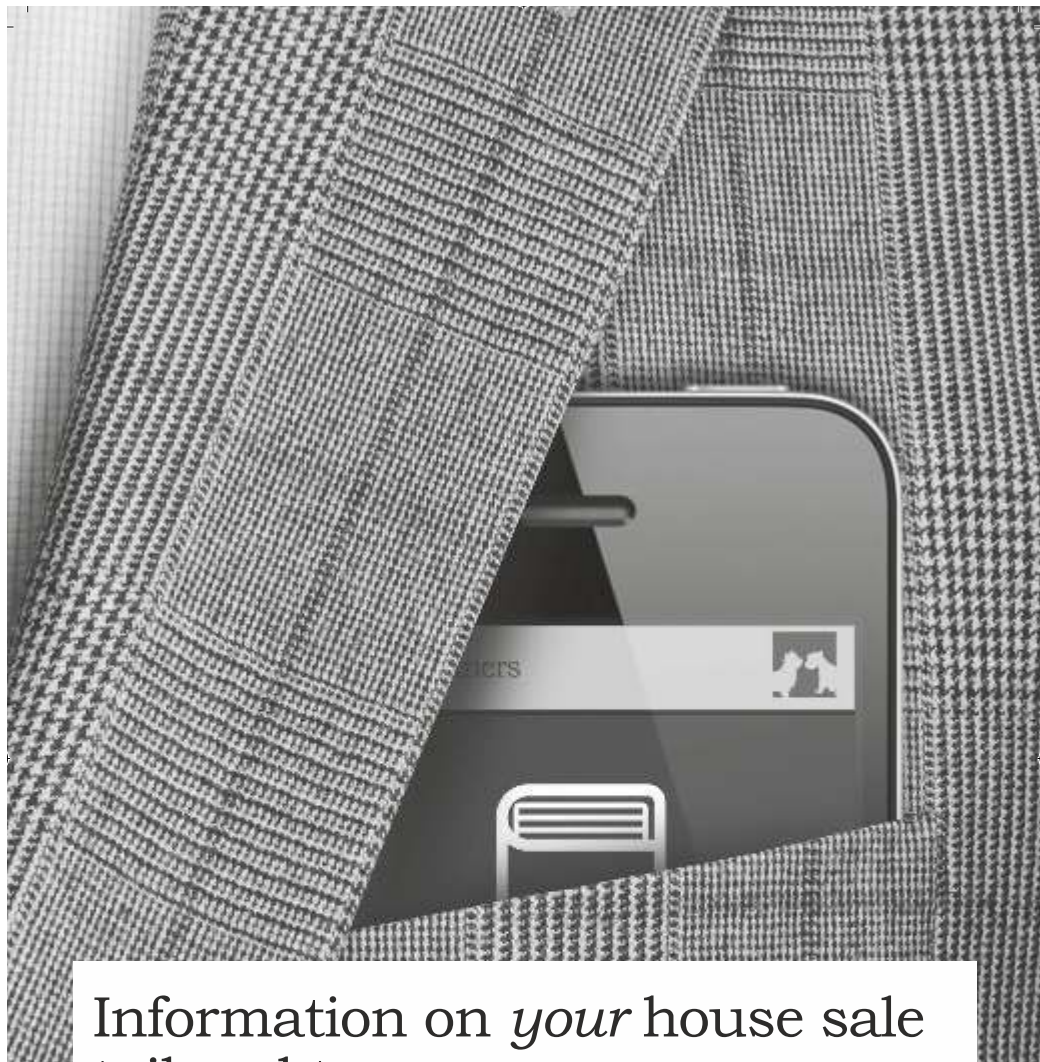
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Please contact the Rector direct to talk about baptisms, confirmations, weddings, funerals, or for home visits. **Please note that her normal day off is Friday.**

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Prayer Walks in September

The walks this month - which are open to anyone (and dogs!) who would like to join us - will be as follows:

12 September: 11 a.m. starting from Raydon church

19 September: **2 p.m.** starting from Holton church

28 September: 11.30 a.m. starting from Stratford church and ending with a pub lunch

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 **21 September**.

Services in September and October

	8.00 am	10.00 a.m.	6.30p.m. To end Sept then 5pm
4th September		SSM Harvest (Revd Tim Jones)	Holton
11 th		Raydon Harvest + Baptism	Higham Harvest 5pm
18 th		Holton Harvest	
25 th	Higham	Raydon SSM Family Hour	
2 nd		SSM + Baptism	Holton
9 th		Higham Matins + HC	Raydon
16 th		Holton	SSM
23 rd		Raydon + SSM	Higham
30 th		11am Hadleigh Deanery Eucharist	



New Testament Readings and Collects for weekdays in September

4 September: *Trinity 15*. Lord God, defend your Church from all false teaching and give to your people knowledge of your truth, that we may enjoy eternal life in Jesus Christ our Lord. Amen.

- 5th Acts 16.6-24
- 6th Acts 16.25-end. Allen Gardiner, Missionary, Founder of the South American Missionary Society, 1851
- 7th Acts 17.1-15
- 8th Acts 17.16-end.
- 9th Acts 18.1-21. Charles Fuge Lowder, Priest, 1880
- 10th Acts 18.22-19.7

11 September: *Trinity 16*. Lord of creation, whose glory is around and within us, open our eyes to your wonders, that we may serve you with reverence and know your peace at our lives' end, through Jesus Christ our Lord. Amen.

- 12th Acts 19.8-20
- 13th Acts 19.21-end. John Chrysostom, Bishop of Constantinople, Teacher of the Faith, 407
- 14th John 12.27-36. **Holy Cross Day**
- 15th Acts 20.17-end. Cyprian, Bishop of Carthage, Martyr, 258
- 16th Acts 21.1-16. Ninian, Bishop of Galloway, Apostle of the Picts, c. 432
- 17th Acts 21.17-36. Hildegard, Abbess of Bingen, Visionary, 1179

18 September: *Trinity 17*. Gracious God, you call us to fullness of life, deliver us from unbelief and banish our anxieties with the liberating love of Jesus Christ our Lord. Amen.

- 19th Acts 21.37-22.21. Theodore of Tarsus, Archbishop of Canterbury, 690
- 20th Acts 22.22-23.11. John Coleridge Patteson, First Bishop of Melanesia and his Companions, Martyrs, 1871
- 21st 2 Timothy 3.14-end. **Matthew, Apostle and Evangelist**
- 22nd Acts 24.1-23
- 23rd Acts 24.24-25.12
- 24th Acts 25.13-end

25 September: *Trinity 18*. God our judge and saviour, teach us to be open to your truth and to trust in your love, that we may live each day with confidence in the salvation which is given through Jesus Christ our Lord. Amen.

- 26th Acts 26.1-23. Wilson Carlile, Founder of the Church Army, 1942
- 27th Acts 26.24-end. Vincent de Paul, Founder of the Congregation of the Mission (Lazarists), 1660
- 28th Acts 27.1-26
- 29th Acts 12.1-11. **Michael and all Angels**
- 30th Acts 28.1-16. Jerome, Translator of the Scriptures, Teacher of the Faith, 420
- 1st Acts 28.17-end. Remigius, Bishop of Rheims, Apostle of the Franks, 533



For your diaries

15 September 10.30 a.m. a weekly Healing Course is being offered at St Mary's Hadleigh, led by Revds Rosalind Paul and Martin Thrower. The last session will be on 3 November. All who are interested in the Christian ministry of healing are welcome to attend. Please let Rosalind know in advance if you would like to come, so that she can order a course book for you.

9 October 10 a.m. Higham: we shall be doing a full sung Matins for the first time in many years, and we are keen to recruit singers to help with leading the responses, psalms and canticles. If you are interested, please let Rosalind know.



For your prayers

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

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