

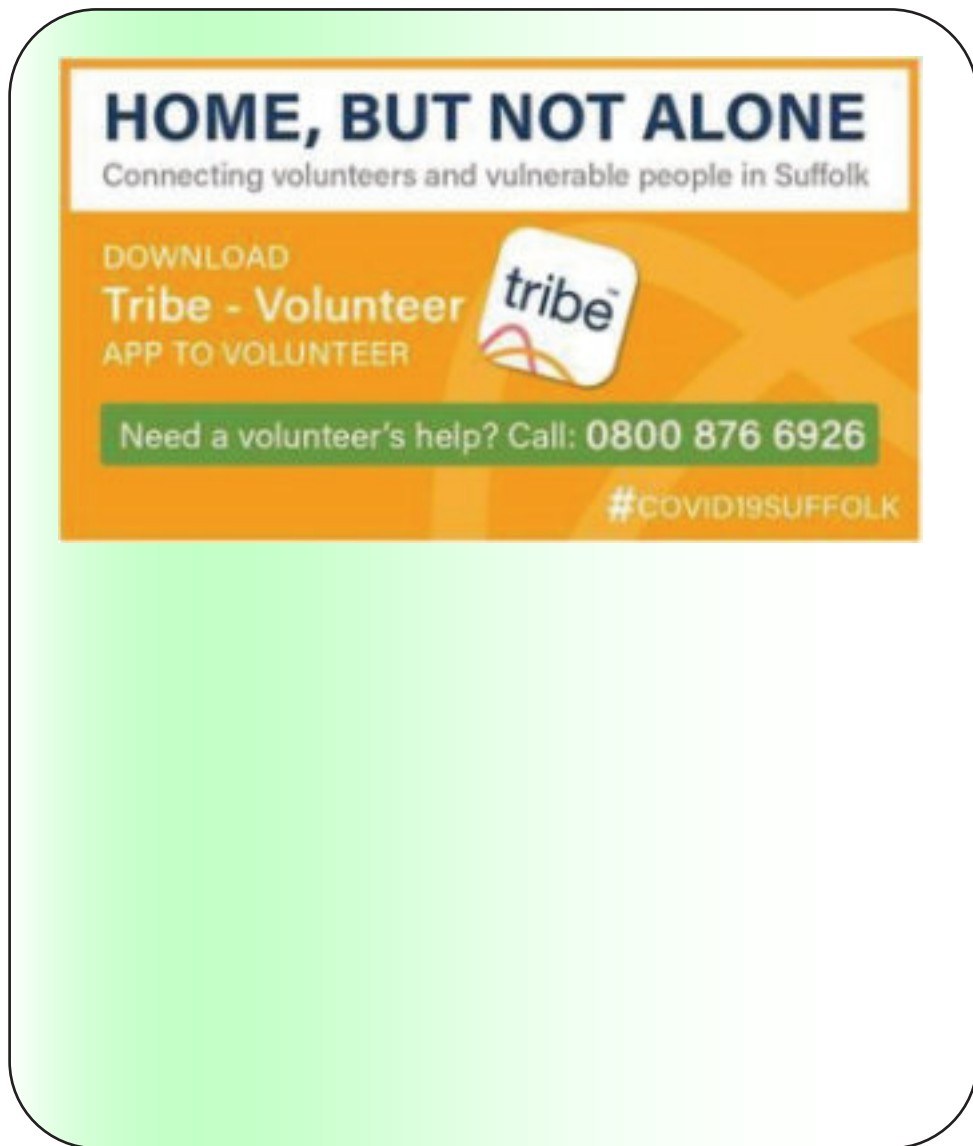
**Higham
Raydon
Holton St Mary
Stratford St Mary**

Quartet

The Parish Magazine



July 2020
Issue 383



Small Ads Pin Board

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

Quartet Diary

July

- 3 HSM Social Club Golf Day
- 8 HSM Parish Council Meeting
- 13 Stratford Parish Council Meeting
- 14 Raydon Parish Council Meeting
Raydon Fair Trade Coffee Morning

August

- 11 Raydon Fair Trade Coffee Morning

September

- 2 Suffolk Historic Churches Bike Ride
- 8 Raydon Parish Council Meeting
Raydon Fair Trade Coffee Morning
- 9 HSM Parish Council Meeting
- 12 40th Ride and Stride
- 14 Stratford Parish Council Meeting

October

- 6 Raydon Fair Trade Coffee Morning

- 13 Raydon Parish Council Meeting

November

- 3 Raydon Fair Trade Coffee Morning
- 9 Stratford Parish Council Meeting
- 10 Raydon Parish Council Meeting
- 11 HSM Parish Council Meeting

December

- 1 Raydon Fair Trade Coffee Morning

Editors Corner

And the winners are...

Ah! The big pregnant pause....

Go and see on P26 and 27!

Thank you to all who took part in our competitions, we've really appreciated knowing that so many of you have responded.

A few more specials for you this month as it's quite hard to know when we will be able to bring events back into our lives - Janet has written an article on 'mindfulness' and given us a new way to wash our hands! See page 22 for more details.

Getting out for a stroll is always a good idea and never more so than now. Richard has detailed a local walk for you on page 20 - why don't you give it a go?

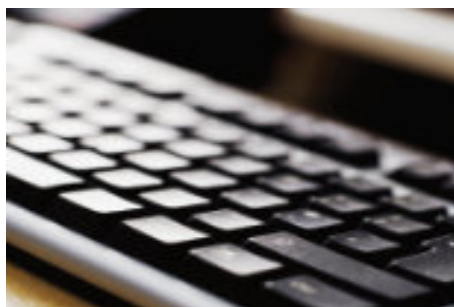
We wanted to highlight a new venture in Raydon this month too - Crafted by Greenwood is such a good idea - find out more on page 12.

Finally, thanks to Geoff who has been spending those lockdown hours remembering the past and writing it down for us! Find out what he got up to all those years ago on page 10!

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:
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Stratford St Mary

ABC Preschool

We are immensely proud to have been open during the Covid-19 outbreak, serving our community, supporting our key workers. The team and I have enjoyed welcoming our older children back to abc Preschool, at the beginning of June. We have had a very busy and productive end to the summer term, we have been learning about summer, discovering what lives under the sea, deciding what our favourite animal is at the zoo and learning how to recycle. If you are looking for a Preschool place from September then do get in touch with us, we have spaces from September onwards, you can phone Kirsty Robinson on 01206 322466 or Email your enquiry to admin@abcpreschoolstratford.co.uk. Visitors are always welcome.



Parish Council

Our next meeting will be held on the **13th July at 7.30** via Zoom

Please contact the clerk on

01473 311191 or

parishcouncil@stratfordstmary.org.uk for login details

Stratford St Mary Parish Council Emergency Team

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

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

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

Steve Kite
42 Strickmere 01206 322482
07958 515573

Bill Davies
3 Spanbies 01206 322990
billdav@hotmail.com

The Village Emergency Telephone

The Stratford St Mary Village Emergency Telephone System (VETS) is now up and running.

If you are with a person who you suspect has had a cardiac arrest, immediately call 999 as normal. An ambulance will be dispatched as soon as possible, however due to the location of Stratford St Mary, this may take a while.

You will probably be alone with the patient and cannot leave them to go and get the village defibrillator, so we have a group of 10 volunteers who will respond to a telephone call from you. All the volunteers are on the same number and if a volunteer is available you give them your location, they will collect the defibrillator and come to your location, they will then assist in CPR and using the defibrillator until the ambulance or medics arrive.

The number to call these volunteers is :-

01206 700919

Colchester Food Bank Donations

Following the example of many other local villages, Stratford St Mary has started collecting for the food bank in Colchester. Our two collection points are at 13 Strickmere and Gatemans (next to the chapel).

We are accepting all non perishable foods, i.e. Pasta, rice and tins etc, and also toiletries and pet food. Our donations are taken once a week and the donation boxes are out seven days a week.

Thank you in advance for your support.
Sarah Brass and Lynn Palmer.

Virtual Open Gardens



Chelsea eat your heart out – we have SSM Open Gardens!

As we remain in lockdown many of our gardens have been getting extra attention. So why not film or photograph your garden in June and help us create an online experience for all to see. We aim to release this on 20th June so if you would like to get involved please let me know and I will co-ordinate our efforts.

If there is anyone out there who is a whizz with social media presentations I NEED YOU!! It may be a good project for some of our young social media buffs or indeed anyone else one so again do get in touch.

Julie@jj-associates.co.uk or 07989639583

Keep those green fingers moving!

Julie

SSM 100 Club Winners

June

86	P.Ablitt	£ 40.00
68	S.Johnson	£10.00
97	S.Kite	£ 5.00

Raydon

Fair Trade coffee morning.



Well, again no Fair Trade coffee morning on June 16th and it would have been a lovely sunny do for it as well. However, I

have a plan for July 14th the date of our next Fair Trade coffee morning. As we haven't been able to meet since February I think we could have an "open air" social distance gathering in the Churchyard. I can bring the coffee pot outside, some tables and chairs and hey presto! A new style Fair Trade coffee morning! Look out for the sign by the Church gate and I'll stay in touch by telephone, just hope it doesn't rain!!

It's also time to think about signing up for the Suffolk Historic Churches Trust Ride and Stride. This is the 40th year of this fundraising sponsored event and more than ever we need to raise as much money as we can. As well as cyclists and walkers we need volunteers to check people in and sign their forms. It's still in the planning stage at the moment as it might have to be organised in a different way, but save the date, it's September 12th

Looking forward to seeing everyone again soon

Many thanks Wendy Mumford

01473 312123

Community Speed Watch



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

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

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

Raydon Parish Council

Schedule of meetings 2020

All at 7.30pm in the KGF Pavillion

TO BE CONFIRMED

Tuesday 14 July

Tuesday 8 September

Tuesday 13 October

Tuesday 10 November

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

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

07920 713940 / raydonpc@gmail.com

Your Raydon Parish Councillors

Sue Newton (Chair)
07808 818847

Keith Lovering
07939 075143

Howard (Jim) Lowe
01473 313094

Amanda Pyall (Vice Chair)
01473 310050

Sigi Steer
07591 875267

Jayne Tann
01473 828283

Faith Backhouse
07999 018049

Stephen Coe
07947211802

Trevor Sayer
07747 610317

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



Raydon and District Garden Club

Another month has passed us by and June certainly was a glorious month for both sunshine and much needed rain showers (not enough for the farmers crops) and of course the wonderful display of roses. The hot dry weather is certainly a challenge for us gardeners once again which looks like it's going to continue for some time. I bet the most used items in the gardens at present are watering cans and/or water hoses. At least we had enough rain to fill up the water butts so should be ok for the next two weeks. The things I have had most problems with apart from the usual black fly on broad beans and white fly on cabbage/sprout plants and on my apple trees has been the erratic germination of some seeds. Being on clay ground and due to the dry weather throughout the end of March & all April it was difficult to produce fine tilth (it's normally broken down by frosts over winter but not this year) so small seeds struggled get through the clods especially parsnips and early carrots & beetroot so have rows of uneven plants but they will get to harvest eventually. We have had more time to watch nature in the garden this year with birds (some feeding young) so far we have seen Blue tit, Gt Tit, Goldfinch, Blackbird, Greenfinch, Starling, Wren, Dunnock, Robin, Song Thrush, Chaffinch, Sparrow, Collard dove, Wood Pigeon, Pheasant, Partridge, Black cap, Chiff chaff, with most of these using our pond to drink & bathe. Other animals also seen Grass snake, common lizard, Newts in pond till grass snake turned up, Rabbits on lawn, several Damsel fly and now getting Dragon fly, butterfly seen Orange tip, Brimstone, Holy blue, Small White, Green veined White, Comma, Small tortoise shell & Peacock but mostly only in single numbers. As a matter of interest seen more hornets this year but as yet (15th June) no Stag beetles

but they should soon be on the wing. By the way have you all seen the increasing number of Red Kite flying overhead along with Buzzard and have you heard or seen a Cuckoo yet?? Great to see the Swallows, House Martins and those fantastic Swifts back again.

Now garden club news is virtually non-existent at this moment in time with all meetings suspended, no Spring show or outings to have either enjoyed or to look forward to as yet. Your committee will be meeting soon to discuss and look at what we can do for August !!! (Flower & produce show), Could we stage it in September ?? but perhaps being more realistic it might be just a normal meeting end September or more likely October as long as things keep improving. Will keep you all updated as soon as we know what's possible and hopefully in the August edition we will all have a better idea of how the situation is. What a year to contend with.

At this moment in time cannot see that we will be going anywhere by coach this year and the question to ask is "Would" anybody feel safe to go and of course how do you keep your distance on a coach ? If it means half the number of people able or wanting to go then it would not be a viable proposition to even consider. Here's hoping the 3 "C"s coach company (been in discussion with them a couple of times since March) can survive until next year !! so we can all look forward to a great outing to RHS Wisley with a full coach (of 53) members and friends.

Talking of next year and let's be positive, your committee will plan ahead as usual another full programme of guest speakers and arrange outings and shows, so if you

generosity n. pl. - ies

Two examples of how our small community has experienced outstanding generosity. Mr & Mrs Kevin Gregory have now supplied 22 dozen-plus eggs for distribution round Raydon; that amounted to 22 households receiving several deliveries of eggs over the last 12 weeks.

The Marquis have delivered 11 weeks worth of goodies around the village including specially baked fresh bread.

What outstanding generosity for which we are truly grateful - THANK YOU to them - and for all the other acts of kindness that have been getting us through the current crisis.

Geoff and Simon

members have suggestions of subject matter or places i.e local evening garden visits please let us. know soon as possible as we start planning from October onwards. Enjoy the summer, see you all soon hopefully. Geoff Horrex, 310422 / 07810086143



A few more memories of times past

Now at the age of 12 years old I was biking down from Higham to Billys lane (off School Lane) in Stratford to leave my bike at a cottage opposite entrance to Stratford Hills then walking ¼ mile to main A12 (now Dead End Road) to catch bus (has roadside transport café called The Pitstop) in the layby nowadays on Stratford Hill. I was off to Felixstowe grammar school so it was leaving Higham at 6.45am to catch 7.30am bus to Ipswich Old Cattle Market bus depot, then wait for Felixstowe bus which left at 8.10am then getting off near Garrison Lane Road, then walking another ¼ mile to the school arriving at 8.50am (if lucky) for 9.00am start. Many times the bus was late over the years so that was not good for me, also teachers not happy, but no earlier bus to make necessary connection, as next bus to Felixstowe was

8.45am !!!! It was a bit daunting leaving Stratford primary (about 45 children) going to larger school with over 1500 pupils mostly townies (I was the country bumpkin) and didn't know anybody as all my play mates going to East Bergholt. At the end of school at 4.00pm it was ¼ mile walk to bus stop, bus to Ipswich, catch 5.15 pm bus to Stratford, walk ¼ mile to get bike to get back to Higham. Fine in daylight but not so nice in dark arriving home about 6.30pm. Tea then 2 hours homework ouch!!!! Sometimes made to stay behind at school for detention (me being naughty !!! as if) whatever the reason was, then major problem as buses were few and far between after 5.00pm so sometimes it was 8.30pm before getting home. No mobile phones in those days so mum did not know where I was until I could find phone box on Ipswich Bus Station. Asked more than once if I could phone from school but the answer was always NO. (teachers not very kind). I did not enjoy those school days and was so glad when I was 15 years old and able to leave. Another thing was unable to go swimming or play tennis or other sports as these were done after school time mostly. Swimming takes me back too (1953/4 at Stratford, the teachers took us once a week to the mill race and pool on the Stour. A chain was put across the river so if we got into trouble we could put our arm up until it touched the chain, then we were told to wrap arm around chain so we could be pulled out !!!! Who needed health & safety !!! . To their credit nobody, and to teachers relief I guess no problems arose. Eventually we went down to Mistley to swim in riverside pool changing in old bus shelter. Only remains left now just before Mistley Towers. Another job for me on weekends was to walk to Stratford with bike and hanging on handle bars were two accumulators (heavy like car battery) to be re charged at local garage. These were used in days before electric for the wireless and one only 40 watt light bulb which we used to read by. How many of you can remember those ???

Now another story about PC Whiteside

and yours truly at Higham when I was 14 years old. Had been given a 16 bore gun by a uncle for my "twelfth birthday" and taught to shoot rabbits and pigeons and rats on the fields which I did mostly at weekends. On my fourteenth birthday it was upgraded with Dad's help to a 12 bore shotgun. Some time after this I was out shooting (September) and it was getting quite dark and as making my way back home I shot what I thought was a pigeon but on inspection it was a pheasant. Too good to waste took it home, put gun on kitchen table as normal ready to clean before storing away in cupboard, then took my bird into living room saying Look Dad what I got, then realised PC Whiteside in uniform was sitting in room as well. Oops I was under age and pheasant season not yet started. Dad just said get that bottle and 2 tumblers out of sideboard boy, and turned to PC Whiteside and said "say when," Tumblers duly drunk with a top up if I remember correctly, and nothing else was said as I left the room and I heard nothing else ever afterwards. (what a nice policeman). He did catch me and others scrumping peaches off wall of Mr Peter Welford's house on way home from school once but only a mild ticking off with the words "Don't let me catch you again" and we made sure he didn't. Those were the days. I said I was in the scouts and I loved Bob A Job week and from this picked up several gardening jobs around Higham which increased my pocket money which enabled me to buy things IE:- Ducks (I had 50 at one point) Chickens x 12, Rabbits between 20 and 50 at any one time, all bred to eat but not by us, except for eggs, taken to Colchester market and sold, great more money as I was saving up for a car. Dad suggested a van would be more useful so I purchased a rather rusty Ford Prefect and learnt to drive around the fields until old enough to go on the roads.. At 12 years old (1957) I was pumping the air organ in Higham Church (no Electric then) Dad became Church Warden and one of the tasks was to light firstly the coke boilers for heating the Church overnight on Saturday evenings for Sunday service either 8.00am or 11.00am. Then boilers

were replaced with paraffin/oil. They gave off more heat but a bit temperamental when it came to lighting, prone to back firing. I went over on my own once at 6.30pm (Dad had nasty cold) and first one lighted all ok but the second one went "BANG" and about a foot of flame came out of the hole where the lighting wick was put in. Just as I was having a second go a voice suddenly said What was that !! or words to that effect. I was ready for the bang but not a voice. In those days doors were not locked so unbeknown to me a tramp was sleeping on back pew and the BANG made him wake up and his voice made me jump a bit, I almost dropped my torch light. Told him what happened, he laid down again and I headed home. He was still asleep next morning at 8.00am but left soon after service started. My next job was to start reading lessons and also being sideman taking the collections. These were great times which I miss, but remember with fondness so now on days when I go to Higham Church to either a few services or more often to attend my parents grave as I look across the fields can see the family home and also my old bedroom window which when I was there I could always see the Church tower and the clock which brings back all these memories.



I left Higham to go to agricultural college in 1961/2 leaving with many many happy memories never to be forgotten. By 1968 I was married and a new life with Daphne

was started firstly at East Bergholt in a small 2 bed bungalow, then after a few years just before our children needed school and separate bedrooms etc we moved to Raydon. It had a school, on a bus route, 2 shops, pub, post office / food store, local builders, shed maker to name a few (now all closed down) and of course a Church. Been here since 1975, was a school governor until 1984 when school closed and became part village hall/ family home, been on PCC for 45 years and Churchwarden for several years so have carried on family tradition which Dad & Mum would have been proud of. Over those years have worked with 7 different priests, how times have changed as we seem to have more and more RED TAPE to deal with and of course are hopeful to get our 8th priest (albeit part time) as soon as possible. As Churchwardens we do our best to carry the Church on but need a permanent spiritual leader at the helm (even if part time) to help guide us all along the winding road ahead. I wonder how many times others have said "If only we could go back to those easier times" I certainly have, but knowing we cannot it's a case of living up to the challenges ahead, keep a smile on your face, stay positive, and enjoy every minute if possible. Covid 19 seems to have made the journey that bit longer but if we are all sensible, and stay alert, and learn to live with it, life will get better. Missing the daily contact with you all but there is light at the end of the tunnel, we just have to see it.

Hope you have all enjoyed reading some of my boyhood story and perhaps it might have inspired some of you to look back and keep your memories to the fore or even put into print.

With best wishes, see you soon.
Geoff Horrex.

Crafted by Greenwood



Crafted by Greenwood is a new business based in Raydon that is recycling and upcycling things that would otherwise just be thrown away or onto a bonfire, turning them into beautiful items for the home and garden.

Its founder Stephen Coe says he has been able to turn a positive out of the lockdown by creating a business that combines his passion for making things with being environmentally conscious, one of our biggest challenges currently.



Stephen takes a lot of his creative inspiration from memories of growing up where his father would spend hours in the shed repairing anything that was broken or sometimes not, even fashioning a tool or device for that 'one off' need instead buying something.

The company has already made some great connections with local businesses helping them to reduce their carbon footprint for example by recycling used pallets destined for a skip and taking unwanted paints that would need to have been disposed of professionally.

Some of the items created so far include wine racks, shelving units, rustic tea trays, tea lights, planters, potting tables and even a piece of wall art in the shape of a great white shark.



Another benefit of lockdown is the surprising increased availability of empty wine, beer and tonic bottles, all perfect for upcycling into vases, candles and even bird feeders.



The company is also passionate about helping to evoke our memories by giving new life to forgotten or unwanted things collecting dust in the loft, garage or shed. Recently a customer asked if anything could be made from some old brown kitchen tiles left over from the 1970's as they stir up great childhood memories. Creating an upcycled serviette holder gives them a new practical use.

Every item is hand made and unique due to the materials being used. As the business grows more lines will be added and they also take on commissions however large or small.



We have become a throw away society, the possibilities of upcycling are only limited by our imagination, almost anything can be used for a different purpose, sometimes it will even put a smile on our faces, except maybe those of us scared of sharks.

Check out their new Facebook page or if you prefer a 'socially distanced' chat and browse they will soon be at Hadleigh market on Friday mornings along with other venues. Alternatively contact Stephen on 07947211802.

Higham

Psychologists offer vital support as schools return

A team of psychologists in Suffolk has created a "support pack" to help schools cope with an increase in mental health issues faced by both students and colleagues following the Covid 19 pandemic.

The pack, designed to help staff best respond to any emotional distress displayed by students or colleagues, has already been adopted by councils in Suffolk and Norfolk.

Created by the Norfolk and Suffolk NHS Foundation Trust (NSFT) Psychology in Schools Team, the resource focuses on five key priorities to help students and staff meet the physical and emotional demands of returning to school.

The priorities include acknowledging everyone's experiences and accepting it is normal to feel anxious in a crisis; recognising the need for routine, rules and structure in order to create calm; providing opportunities to allow students and staff to be able to listen to one another's experiences; embracing opportunities to enhance life skills through coping with difficult situations; and recognising that although coronavirus has affected us in different ways, we are all in this together. It even has a 'ready to go' assembly plan to welcome back students and staff.

The resource pack has already been shared with local schools and is attracting national attention as the Department of Education is using it to inform their

recovery plan.

The pack is adaptable to the specific needs of each individual school and can be integrated into any back-to-school plan. It provides clear and concise guidance based on the research evidence on best practice in responding to emergencies such as this coronavirus pandemic.

Dr Beth Mosley, Lead Clinical Psychologist, said: "It is only when children feel safe and comforted, they are then able to learn. Schools are familiar with this - a good school is responsive to a child's emotional needs, as well as their learning needs. The pack is very much designed to support schools with the task of containing their community's anxieties and helping support them to provide appropriate psychological safety and comfort.

"The pack gives school leaders the confidence that their approach to supporting staff, students and parents is built on the latest research as well as their experience and intuition as to what is best for them."

The Psychology in Schools team is commissioned by NHS Ipswich and East Suffolk and NHS West Suffolk clinical commissioning groups.

Holton St Mary

Suffolk Historic Churches Trust

Ride and Stride, 14th September 2019

A huge thank you to all those in Holton St Mary who made the day such a success - the cyclists, their generous sponsors and our enthusiastic team of recorders who made the visiting cyclists so welcome. The total raised in Suffolk was very nearly £140,000 of which our team of cyclists from Holton St Mary raised £1,460.

We are very lucky to have so many supporters in the village and I know that everyone involved with the Suffolk Historic Churches Trust is grateful for your help.

Please put Saturday 12th September 2020 in your diary when the 40th Ride and Stride will take place, government restrictions permitting.

Caroline Favell

Holton St Mary Social Club

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

Kind regards, Peter

quaywallslongmate1@btinternet.com

mobile:- 07957 910608
home:- 01473 314150

Covid 19 One Liners

The Suffolk Local History Council are anxious to record the way the Coronavirus has affected local communities. Since we are all pretty much housebound it is not easy to gauge the feeling in the Village. When I have been out and about I have had brief conversations with others and their comments have led me to think that the best way to record this is by a series of 'One Liners'. Can you sum up in a few words how the pandemic has affected you personally? e.g. 'I've never worked so hard in the garden,' or 'It's like a self catering holiday without going away'.

Please send your comments to marjorie.haste01@btinternet.com or phone 01473 311615.

All comments will be recorded anonymously.

Marjorie Haste, Village History Recorder

Holton St Mary Parish Council

Our next meeting will be on 8th July at 8pm and like the meeting in May, it will be held online Via Zoom.

Please email Anne if you would like to join the meeting.

hsmparishclerk@yahoo.co.uk



Village History Recording

As many of you know, I have been the Village History Recorder for Holton St Mary for some years. The purpose of this voluntary role is to record significant events, changes and community activities so that this information is available to future historians. So far I have only recorded current changes without delving into the past. You may have seen me taking photos around the village as the changing street scene is one of my interests.

Jeanette Appleton approached me to say that she was interested in recording oral history of the village. Whilst many people have a lifetime of memories in their heads, they very rarely get around to writing them down. Recording the spoken word is an easy and enjoyable way to ensure these recollections are not lost forever. We would therefore like some volunteers to come forward and agree to being 'interviewed' about their life in Holton St Mary. The recording can either be just to a digital voice recorder or Jeanette is prepared to use a video camera. You don't have to have lived here for years, recent memories are just as important!

The recording would be made by spending an hour or so in the comfort of your own home and the resultant information will then be stored at the Suffolk Records office. This would then be available for the public to listen to, view, or see a transcript. Public access can be immediate, or delayed until a future date to be agreed if that is what you prefer.

Obviously the Coronavirus situation has affected this project, we will be guided by Government advice and recording will not

begin until it is safe to do so but you may like to start making a few notes about the memories you would like to share.

If you are happy to spend a little time talking about your Holton St Mary memories we would love to hear from you.

Marjorie Haste 01473 311615
Jeanette Appleton 07768 418942

Holton St Mary Millennium Green Trust

Winners of the Century Club Draws are as follows:

April: £30 No 68 Sally Thurlow, £15 No 95 Peter Butcher, £10 No 130 Kate Reddington, £5 each Pat & Linda Hawes and No 113 Kevin Last

May: £30 No 26 Bob Holmes, £15 No 125 Rowena Baldry, £10 No 58 Bob Holmes, £5 each No 111 Joe Wells and No 110 Steve Carr

June: £30 No 117 Ron Stedman, £15 No 46 Anne Priestley, £10 No 97 David Morgans, £5 each No 32 Don McWatt and No 124 Russ Baker

There have recently been incidents of fly tipping of garden waste under the hedges belonging to the Green and we would like to ask whoever is responsible not to do this and to respect the Green. This wonderful open space has been created and maintained over the past 20 years by hard working volunteers from the village and it is not fair to them to use the Green in this way.

Marjorie Haste

Secretary

B1070 Holton St Mary to the Underpass: Lockdown Diary

3rd week of March: The start of lockdown. One large black bag containing fast food outlet rubbish, lager bottles, soft drinks cans, coffee cups, cigarette packets, chocolate wrappers, crisp packets, blue workman's paper wipes etc etc.

3rd week of April: After a month of lockdown. Small plastic bag of sweet wrappers, latex gloves.

3rd week of May: Slight easing of restrictions, some fast food outlets open, no facilities. Small bag of coffee cups, sweet and chocolate wrappers, filthy tissue.

3rd week of June: Further easing, more food outlets open, some people back to work, still no facilities open. Half a large black plastic bag of fast food and sandwich wrappers, cigarette packets, lager bottles, soft drinks cans, workman's blue paper wipes, two heaps of human excrement with associated tissues.

On the bright side, I looked up and saw a red kite and 3 swifts!

Ho hum

A litter picker



We'll be back soon. In the meantime, visit our website <https://u3asites.org.uk/stourvalley>

Stour Valley U3A has set up a number of support systems for members during the coronavirus pandemic. These include dedicated helplines for those self-isolating in East Bergholt/Manningtree/Mistley/Lawford to help with basic needs such as food shopping and prescription collection. A general support group for members is also available for those living in East Bergholt.

Lectures for July August and September are cancelled. We are awaiting details of how permitted "small group" activities may allow some of our interest groups to resume.

Curry group members enjoyed a spicy takeaway in June courtesy of members able to undertake the task instead of the usual monthly outing.

Zoom is taking off with a number of groups including science, french conversation and philosophy continuing their activities using the video-conferencing platform. Never too old to learn!

Newsletter circulated each month to all members keeping them informed of news and updates.

For further information contact chairman Graham Manuel gandamauel@gmail.com or secretary Sue Basted susanbasted10@gmail.com

Mothers' Union- More than just a monthly meeting.

If you had to describe Mothers' Union how would you start? Perhaps you know Mothers' Union as the group of ladies who make the tea, or that they have monthly meetings.

Mothers' Union is a movement of over 4 million Christians in 84 countries round the world. Mothers' Union members volunteer in local communities putting their faith into action by acts great and small, giving individuals a helping hand and enabling communities of all faiths and none to have the confidence and skills to transform their lives in a sustainable way.

The Mothers' Union members are not all mothers or even all women. Married or single, male or female, young or old there is a place for anyone who has been baptised in Mothers' Union. Liverpool diocese even has a group called Mini Mums, who are all school children who wanted to have their own group within Mothers' Union.

The main aim of Mothers' Union is to support marriage and family life, especially through times of adversity. In Suffolk Mothers' Union branches run parenting programmes; these are very popular and offer parents of teenagers, as well as of young children, the opportunity to explore and reflect on issues such as active listening, so that parents can develop and maintain positive relationships with their children

Mothers' Union members make drain bags for the oncology unit, memory bags for the

neonatal units, hats for seafarers, fiddle muffs for people with dementia. You will find us collecting toiletry items for the Ipswich night shelter and Women's refuge or for emergency wash bags for the local hospitals. In the first weeks of lockdown we made 61 laundry bags for the staff of a local care home.

Mothers' Union members hold fund raising events to support the Away from It All project which provides a much-needed break for families who are going through stressful times.

All our outreach work is supported through prayer. We stop to pray at midday each day, and in July each year we join a wave of prayer made up of Mothers' Union members across the world. This year we are producing a Book of Comfort which includes prayer, poems and reflections specifically for the Covid19 pandemic.

There are 36 branches in our diocese including a branch here at St Mary's East Bergholt and also a number of Diocesan members who live in parishes where there is no branch nearby. Our website www.mothersunionsuffolk.org has more information about our organisation and we also have a Facebook page. Look us up and when we are able to meet again, perhaps you would like to be part of our fellowship and outreach.

Jeanette Appleton

Branch Secretary East Bergholt and
Brantham Mothers' Union

SESAW News

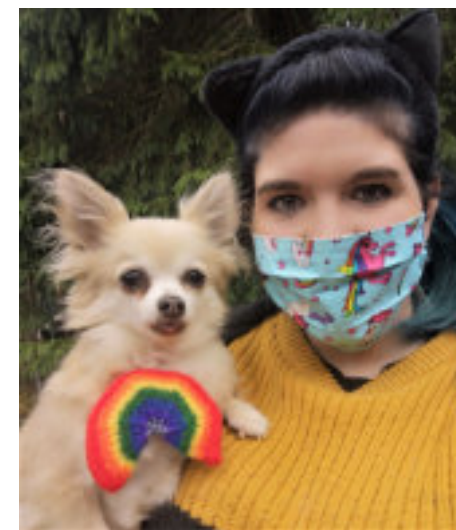
As we cannot hold our annual Open Day this July, join me on a socially distanced, virtual stroll around my estate. The garden looks lovely thanks to Jeanette, in fact here she comes with a wheelbarrow full of hedge clippings.

Some of the animals at SESA, like me, are permanent residents including Bob, the Kune Kune pig. Give his head a rub as you pass by. Next is the rabbit shed where some pretty bunnies munch hay and wait to be homed. Beyond the ducks on the pond, Michelle crosses the field with buckets of food, hotly pursued by the sheep and goats.

Can you hear Dicky Dove cooing? He's been with us for years. Although he cannot fly he is in lovely condition. Close the door of Ruggs Cottage quietly so we don't disturb a young mum suckling her little family. So that's why Mum said we need kitten food. Ollie is sunbathing on the roof, lord of all he surveys. How does that cat manage to look so superior all the time?

Don't leave without browsing the bookcase by the gate which Dawn replenishes regularly but wait a minute, people are here by prior appointment so keep you two metre distance. Our talented volunteers have been busy making Rainbow of Hope car hangings and excellent quality washable masks for adults and children which are selling like hot cakes. Jayne takes orders on 07720 079370 and collection slots are booked to keep everyone safe.

I hope you enjoyed the 'tour' and look forward to the day you can visit us in person and meet 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



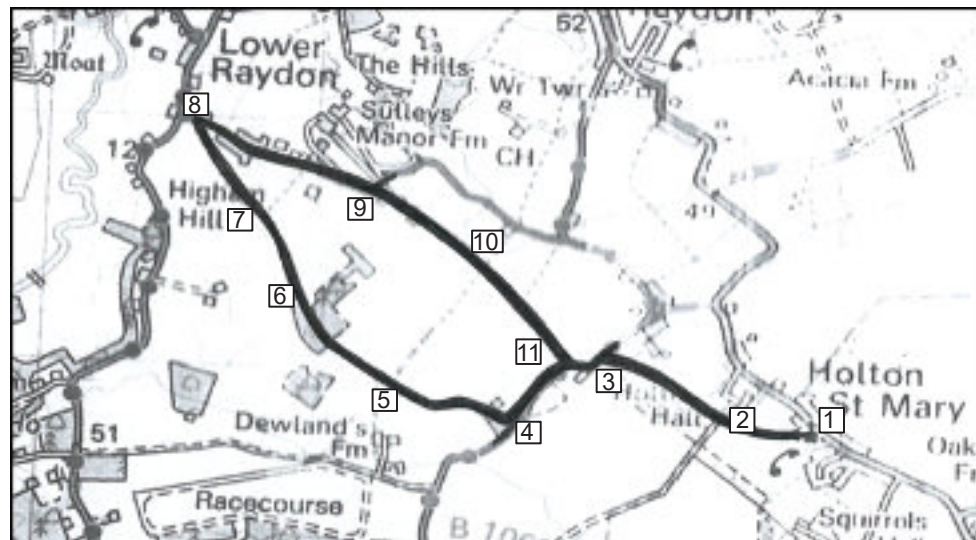
DEDHAM TENNIS CLUB

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

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

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

How do you fancy a stroll?



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

2. After 80 metres you emerge into the farmyard. With eyes and ears open for farm vehicles, keep straight ahead. Walk through a large gap between high hedges into a grassy field and alongside a line of young hedges, behind which are a row of 10 large caravans. Go through the narrow gap in the hedge and cross the next field which usually has a crop. Pass through another gap in a hedge and bear slightly left through a grass field towards a stile with a Footpath sign in the corner of the field

3. Cross the stile and turn left on to Sandpits Lane. Walk down this lane for approximately 480 metres passing 'Lark Hall' and 'Laits Barn' on the left. Ignore the Bridleway on the right immediately past 'Laits Barn'

4. After passing 'Pintins' on your right and negotiating a 90° blind bend turn right down a marked Bridleway (grassy track). Approximately 40 metres down the track and before reaching 'Tiffins', bear half left down the grassy track.

5. Keep walking on this track for approximately 500 metres. It opens out into a grassy area with a large pond to the left; ignore the Bridleway going up and to the right and the track to your left ('Private') and continue straight ahead. After approximately 280 metres the track bends to the left ('Private') but the way-marked footpath, now much narrower, continues straight ahead. This can become very overgrown in the summer with nettles; it may also be very boggy. The path meanders down and up, passes a rather ominous-looking pond on the left

and then crosses a long line of sleepers, positioned to allow progress when boggy. This area is known as 'Sodom and Gomorrah' reflecting poor soil rather than anything more evil. Approximately 50 metres after the sleepers the path dips gently down to a newly-built wooden bridge over a small stream.

6. Cross the bridge, bear right and continue with fenced-off grassy fields to your left and the stream and woodland to your right. No more boggy bits... After 300 metres the path changes to a wide grassy verge that skirts a field (with crop). It takes a 90° turn to the right and 20 metres later, to the left.

7. After 50 metres at the beginning of a line of trees a small sign states: 'No public footpath or right of way after this point'. Turn right, aided by a yellow way-marked post. Cross the stream (briefly underground) and immediately turn half left on a diagonal path across the field (which usually has a crop).

8. When the path meets the road (Sulley's Hill), turn sharp right and walk up the hill. This is a quiet single-track road with little traffic. Walk up Sulley's Hill for approximately 1 km.

9. As the road bends 90° to the left there is a house ('Orchard Farm') on the right and on the left long drives to properties including 'Brett Vale Residential Home' and 'Sulley's Manor Farm'. Turn right at the Footpath sign; pass through / by a gate and down a grassy track. Passing a grey corrugated barn on the right keep straight ahead on a narrow grass verge with a field on your right and poplar trees which shield Brett Vale golf course on your left. You may find an 'out-of-bounds' golf ball. The path continues through a narrow tree/hedge-lined path for approximately 60 metres and then emerges on to fields, usually sown with a crop.

10. As Wordsworth reminds us, take a moment to 'stop and stare' at the wonderful and tranquil views spanning 180°... Walk straight ahead, the path parting the crop like the Red Sea and gently sloping down to merge into a wider grassy and then sandy track that gently

ascends to Sandpits Lane
11. Turn left at Sandpits Lane and walk approximately 150 metres to point 3 where you can retrace your steps back to Church Square.



**Stour Valley Men's
Probus Club**

Recent Meetings At our AGM Dave Carman was voted in again as President and Speaker Secretary, Graeme Forsyth as Secretary and Val Pretty as Treasurer.

Future Meetings The committee and those present at the AGM agreed that in the light of the Coronavirus outbreak all Club meetings would be cancelled for the next few months. We always take a break in August and we therefore hope and are planning to meet again on 2 September 2020, subject to government advice, when Jan Derbyshire will speak on all the good work of "The Shelley Centre For Therapeutic Riding".

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

New members are welcomed Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. New Members are always very welcome at all meetings of the Stour Valley Men's Probus Club, just join us at 10am on a meeting date. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. We meet on the first and third Wednesday of each month in Manningtree at 10 for 10.30am. Please contact President Dave Carman on 01255 880202 for further details

Award winning restaurant The Crown, at Stoke by Nayland, delivers free meals to local care workers



15 June 2020 – The team at The Crown in Stoke by Nayland, Suffolk, are volunteering to cook and deliver free meals to care workers in the local community.

The Good Food awarded Gastro Pub 2020 and Good Pub Guide's Best Pub in Suffolk had to close temporarily in line with lockdown restrictions, but since then have decided to use their kitchens to cook meals for local key workers. Over 1000 meals per week are now being provided to local hospices, care homes and a local food bank.

The Crown, recently acquired by Chestnut, is one of their eleven pubs and restaurants involved in the 'free meals' initiative. Funded entirely by the good-will of the local community and businesses, Chestnut launched 'The Giving Tree' which is dedicated entirely to supporting its local communities with 'not for profit' initiatives. The ambition is to raise over £50,000, which means 20,000 free meals for key workers across the East Region.

Nicole Barrett, General Manager at the Crown says "Being able to actively give back to our community has given us all a tremendous boost during this difficult time. Our chefs were eager to volunteer and cook, while our bar and hotel team have

been supporting by packaging, labelling and delivering."

"I've personally contacted local care providers and it's clear their staff desperately need a decent meal, while working a busy shift. They work long hours and can't get out to buy food because of lockdown. What they are dealing with is hard; so we are doing what we can to give them a lift when they need it most and we have received some lovely feedback. Every donation of £25 means ten free meals can be delivered to care workers, so we'd ask our loyal customers and suppliers to please support us where they can."

To donate please visit <https://www.chestnutgroup.co.uk/giving-tree>

The Crown plans to reopen early July, further details to be found in due course on our website www.crowninn.net and on our social media channels.

Mindfulness and movement

I am inspired to record what I experience watching the gentle murmur of water bubbling from my Buddha fountain. He sits, with a serene smile on his face, quietly still among the aliveness of the garden's vibrant colour and the fascinating activity of visiting insects.

I sense the peace as I find myself being transported to happy memories of my childhood, experiencing similar sounds, smells and images of the UK's beautiful landscapes on annual holidays with my late parents. It takes me to where I find my "inner being" and I sense my breath full but slow and nourishing, the quiet stillness within, my heart smiling and a calm feeling of safety and contentment.

All my senses are alive I feel spacious, timeless and totally connected with myself

and what is around me. My mind of to-do's, concerns, conversations had or should have been becomes still.

I find it fascinating that despite being bombarded by the external stimulants that make up modern life, I can drop into that sense of inner peace and I practice re-capturing it whenever I 'remember' brushing my teeth..... during my daily walk washing my hands the more I practice the sense of wellbeing becomes easier to attain.

Being ballet trained we were taught to move with breath, focus and feel, whether it was learning technique, movement, music or choreography; in essence we were being taught to keep our bodies fit, healthy and free of injury. However, being so young I simply accepted that this was how to dance and to be aesthetically pleasing.

Moving forward many years, movement with breath, focus and feel is still very much part of my life and is key to maintaining a healthy agile body and mind. It was only when attending teachers training for iRest® Yoga Nidra Meditation, (to add to my teaching of movement) when the "Ah Ha" moment arrived I was fundamentally re-learning the breath, body, mind connection but as mindfulness.

Developing mindfulness, improves wellbeing and connection to our own body and mind; we can learn how we react to life's situations and lifestyles and, knowing our body and mind, we can adjust our response harmoniously with our own sense of Being, therefore moving from dis-ease to ease and dis-comfort to comfort.

My gift to you is a simple practice of Mindful Movement by simply washing hands?

Before you begin, take a few full comfortable breaths, try to allow the inhale and exhale to be smooth and of the same

length, then notice

your hands fingers fingernails knuckles palms skin

slowly move your hands and fingers

notice how they move ... where else in the body is the movement felt

notice how the water with soap create such beautiful bubbles

see them appear and disappear ... change surface colours

... what in the body is responding to this image

notice the smells

you may notice a subtle change of taste too

how does the soap and water feel against your skin?

..... within your whole body?

continue the noticing as you rinse and dry then pause allow the body and mind to sense 'Washing Your Hands'

As you re-join your day, can you sense any subtle changes after mindfully washing and moving your hands. You may not notice anything but be patient and keep practising each time you wash your hands.

It may only be a mindful 20 seconds but many times a day can improve your wellbeing.

With love and gratitude

Janet - Body Mind As One
www.bodymindason.com

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Raydon

St Mary's Raydon - 9.50-10.30am

Lower Raydon

Sulleys Hill - 11.30 - 11.45am

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	12 th July	Recycling Week	
	19 th July	Refuse Week	
	26 th July	Recycling Week	
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Tell us your favourite local service - could be a pub or restaurant or takeaway, or other service you think would benefit getting a recommendation...If we agree, we'll print it here

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

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

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

Photo Competition



Congratulations!

We thought Georgie's picture best summed up the difference lockdown has made to many lives

We were impressed by the emotions in Flora's poem and real sense of the unusual time we are living through.

Congratulations to you both - and thank you everybody for your entries!

Writing Competition

THE BOX OF POSITIVITY

by Flora Coghill, age 11

As I opened the door I noticed a parcel.

I ripped open the packaging to reveal a small box.

Turning it round, I spotted the words 'For when you need it the most'

Deciding not to throw it away, I took it inside and placed it on the table.

And I stared at it.

Something about this box made me smile.

I wasn't going to look inside, oh no!

I was saving it for 'when I needed it the most'.

As I stood up, I was shocked to realise everybody had one!

A box.

Then I realised I was missing the government's speech.

I turned on the T.V to hear that it was still spreading.

It was time.

Time to open the box.

I suspected everybody was opening theirs too.

So, I did.

And it was beautiful.

An explosion of rainbow colours was inside, filling the room with happiness and joy.

Sentences such as 'we can get through this' and 'help each other'.

Love hearts drawn in felt tip pen surrounded the bottom.

It's strange how something so small can hold so much happiness.

So, that's why I'm going to keep it forever.

My box of positivity.

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Isolation Questions

When I heard on March 23rd that over 70s were asked to go into strict isolation, I was shocked. In my eighty eighth year I feel myself to be active physically and mentally and able to look after myself. "Yes, you must," said family and friends and showered me with phone calls, e-mails, Zoom quizzes and chocolate and flowers for Easter. I still feel frustrated but it has raised some questions which I'm sure some of you in the same situation can recognise. I have lived on my own for over thirty years but why after two or three weeks, did I long for someone to come in and share a meal and have a general conversation that didn't mention Virus? The cat's conversation is limited to when she is hungry so is not much of a substitute.

For the first weeks I thought this is the time to do all those tasks in house and garden that had been waiting for this day. I set about with enthusiasm so why has my energy seemed to drain away so that on some days I do little except read a bit and doze? Where has that drive gone?

The wonderful Hadleigh Cares group has more than responded to all my needs. I have met some lovely people who bring me shopping and any prescriptions as well as a hot Sunday lunch. They are cheerful and happy to chat over the gate offering to do anything I want. So why am I so reluctant to phone in a request, not wanting to bother them and often waiting to the last minute to do so?

An occasion which will last with me for ever I think, happened when I noticed the coats hanging downstairs. They were all winter coats. They will need to go away, I thought and as I held them I felt a sudden fear. Will these coats be worn by me again or will I end life, not peacefully with family at hand but choking in a hospital bed? Why did this flash through my mind out of nowhere? It passed as quickly as it came, leaving me cheerful again but slightly shocked.

What has helped me through this time of ups and downs? The inspiring consolation of Nicola's Daily Service and Janet's Prayer Warriors together with a quotation from Psalm 46 in the Ascension Day service.

"The world is in uproar but God shows his voice. The Lord of Hosts is with us."

To all over 70s - hold on for better days- keep safe- God's blessing is on you.

Jean Styles

Benefice Contacts



Reader:

Nicola Tindall: 01787 212340 nicolajtindall@btinternet.com

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

Benefice Administrator:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

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

Benefice website:

www.4marys.org.uk

Churchwardens:

Higham Hugo Parker 01206 337234

Holton Richard Noel 01206 298276
Paul Torrington 01473 312046

Raydon Geoff Horrex 01473 310422
Simon Tennent 01473 310320

Stratford Jonathan Dewey 01206 322148

Benefice Services and Events

Services in July

Please see the Benefice Website for updated information.

www.4marys.org.uk.

Please follow us on Facebook: **4 Marys Benefice**

where we hope to have our Zoom link to services available soon.

Private Prayer

We are delighted to announce that the churches in our Benefice will be open for Private Prayer from 10.00 am to 4.00 pm each day in rotation as follows:

Monday: Higham

Tuesday: Holton St Mary

Weds: Stratford St Mary

Thursday: Higham

Friday: Holton St Mary

Saturday: Stratford St Mary

Sunday: Raydon

Covid 19 social distancing rules will apply when visiting the churches, please read the notices.

House Group

There will be no House Group in July.

Elders

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

Christine Cousins 01206 322530

Janet Dewey 01206 322148

Sandy Ranson 01206 322156



For your Prayers

For your prayers:

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

Higham:	Nicholas Maxwell-Lawford, Gill Wilson & family, Val & Ian Boothman, Amanda Berry
Holton:	Angela & Ron Stedman, Sylvia Golding
Raydon:	Michael Mumford, May Peacock, Janie O'Brien,
SSM:	Nancy Ablitt, Laura Kerry,
Others:	Helen Gregory, Penny Watkins, Graham Brench

We pray for our Benefice during the vacancy and for any candidate who has applied or is thinking of applying to be our next incumbent.

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