



August 2026
Issue 456

Quartet

The Parish Magazine

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

SUMMER Cafe

The Summer holidays are here so we're opening up the Well Piece Community Garden in Holton for longer!

Every Saturday Morning all through August

you can come and meet your friends and enjoy coffee, tea and cake from 10 until 12 noon There will be a special activity for children too, so come along and see what we're up to. We can't look after children for you, but please do come down and join in!



Help us with our campaign!

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



Small Ads Pin Board

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

Quartet Diary

Details of events can be found within the magazine. **It would be advisable to check with organisers if regular events are happening. We may not have been informed of last minute changes!**

August

- 1 Summer Cafe - Holton
- 2 Raydon Afternoon Tea
- 4 Chapel Coffee morning - SSM Community Garden Holton
- 5 SSM Mums and Tots Stitch Sewcial SSM Raydon Social Club
- 7 SSM Youth Clubs Holton Social Club
- 8 Summer Cafe - Holton
- 11 Chapel Coffee morning - SSM Community Garden Holton
- 12 SSM Mums and Tots Stitch Sewcial SSM Raydon Social Club
- 14 SSM Youth Clubs Holton Social Club
- 15 R&GDC Summer Show Summer Cafe - Holton
- 18 Chapel Coffee morning - SSM Community Garden Holton
- 19 SSM Mums and Tots Stitch Sewcial SSM Raydon Social Club

- 20 Slow Stitch - Holton
- 21 SSM Youth Clubs Holton Social Club
- 22 Summer Cafe - Holton
- 23 Raydon Annual Car Event
- 25 Chapel Coffee morning - SSM Community Garden Holton
- 26 SSM Mums and Tots Stitch Sewcial SSM Raydon Social Club
- 28 SSM Youth Clubs Holton Social Club
- 29 Summer Cafe - Holton

September

- 1 Raydon Parish Council Meeting Chapel Coffee morning - SSM Community Garden Holton
- 2 SSM Mums and Tots Stitch Sewcial SSM Raydon Social Club
- 4 SSM Youth Clubs Holton Social Club FFOTMLC - Holton
- 5 Summer Cafe - Holton HSM Green Gym
- 6 Raydon Afternoon Tea
- 9 HSM Parish Council Meeting
- 12 Suffolk Churches Trust Ride and Stride

Editors Corner

Did I detect a slight change in weather conditions the day the schools broke up? As I write this, we don't seem to have any significant rain in the forecast, but at least the temperature has gone down a notch or two. Hopefully this will mean everyone is more able to get out and enjoy themselves!

Raydon at least, seems to have planned a busy month for August. There's Afternoon Tea at the Church on 2nd August (page 16) The Garden Club have their annual Summer Show on the 15th with lots to go and see (poster on page 11) and the Sports and Social Club have organised Raydon Wheels on the 23rd (see page 15 for more details).

You can catch a cup of coffee and a chat in Holton every Saturday morning this month if you pop down to the Well Piece (page 18) too.

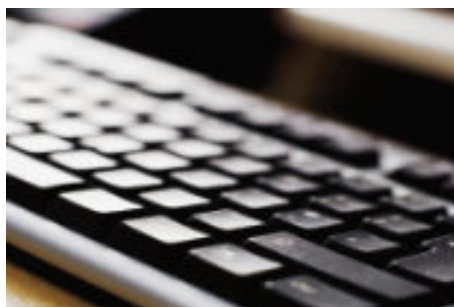
It's the time of year for getting ready for the Historic Churches 'Ride and Stride' event that is so helpful in keeping our local churches open. Do take part if you can - even if it's only to sponsor someone. You'll see various adverts in each section.

Hope you have a good summer!

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.



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Church Writes

As we bask in the vertiginous temperatures that we have "enjoyed" at times over the last 2 months or so, some of us will be escaping to the seaside where cooler offshore breezes provide some respite from the heat, while others will be looking forward to cooler temperatures in September. Church services will be continuing throughout the summer in our 4 churches thanks to the commitment and kindness of the volunteer or retired clergy who are supporting us during our interregnum.

Thinking of September, some of us will already be in training for the annual Suffolk Historic Churches Trust (SHCT) bike ride, or "ride and stride" as it is now called, which takes place on Saturday 12th September around the county, and indeed the country, where enthusiastic cyclists and walkers can spend their day visiting some of Suffolk's 506 mainly medieval parish churches and 200 non-conformist chapels. Why? To raise much needed cash, through sponsorship, for the SHCT which was launched in 1973 for precisely that cause. Half of the sponsorship raised goes directly to your nominated church, the other half to the Trust, which then distributes the money to churches around the county to help fund the repair and upkeep of their crumbling fabric. As so many churches date from at least 500 years ago, the need is always great! All 4 of our churches have benefited from grants in the past. Typically, around £200,000 is raised each year by the SHCT ride and stride.

On Tuesday 14th July, several of us met at

St Mary's Church, Holton, to honour Rosalind Field, not just a Holton resident, but one of the unsung heroes of the "ride and stride" event. Rosalind has taken part in the bike ride almost every year since she arrived in Holton 26 years ago. In her 60s and 70s, she cycled enthusiastically around the county totting up churches and sponsorship as she went. Now at the age of 88, she tends to "stride" and on more than one occasion, she has visited London's City churches which open their doors to enthusiasts like Rosalind. By conservative estimates, she has raised around £20,000 in that time and Rosalind is already planning her 2026 route!

Rosalind received a special certificate from Ride and Stride chairman Simon Ronan to mark her achievement and the event was also attended by Martin Favell, former chair of the SHCT, Caroline Favell, area organiser, Rachel Sloane, SHCT trustee and many other supporters from the village.

Rosalind, we salute you!



Stratford St Mary

SHOP
LOCAL

In Stratford

Hall Farm Shop Cafe and Restaurant
www.hallfarmshop.com

Anchor Inn www.stratford.pub 01206 322143

The mobile pizza co - 07982 427483

Kate Baines, Virtual Assistant - 07799 391343

Andy Smith Roofing - 01206 322882

Jackson Plumbing and Heating - 01206 322063

Nigel Bruce Electrician - 01206 322751

John Burrell Bespoke Bedrooms - 07734700507

Print, Marketing, Design - gill@nexuscpp.co.uk

tim germain - furniture designer-maker. www.germain.co.uk

Gary Moye, plasterer - 07807 314911

Katrina Wade, Physiotherapist 07968 964826

Pampered Village Paws - Tel 07747482313

KSB Home Improvements - Tel 07736 944 474

R.Crick & Co Ltd, roofing and scaffolding servs Tel 07759714854

Alexander Painting and Decorating - 07729178182

Kevin. Pet and House Sitting services 07753 539393

Bright Stars Nursery - 07498 185916

Effie Burrell, Executive Coach - effie@synergea.co.uk

Nikki Davis - Play Therapy and Creative Supervision - 07970 626499

Stratford St Mary Parish Room

Our comfortable, well-equipped hall in the centre of the village is open and available for hire. Please contact our new bookings clerk for more information or to make your booking by emailing ssmparishroom.bookings@gmail.com or contact Paul Ranson on 01206 322156 or 07870 388184



On Friday 26th June 2026 the JRSOs attended the Junior Road Safety Awards Event at Endeavour House in Ipswich. The JRSOs listened to presentations from other JRSOs and participated in a question and answer session. The JRSOs were awarded a gold award for their scrapbook which informs others of what they had done to encourage and promote road safety within school. Great work JRSOs - we are very proud of your work and the gold award.

We are also pleased to announce that the road signs which were designed by pupils from Stratford St Mary Primary School to slow the traffic down have been used in the neighbouring villages.

DEFIBRILLATORS

For your information, there are now two defibrillators in Stratford St Mary. One is located at Hall Farm and the other on the side of The Chapel on Upper Street.

WHAT'S ON

WHEN	ALL WELCOME
every MONDAY 2.00pm	SILVER SWANS ADULT BALLET £9.00 itschoolofdance23@gmail.com
*TUESDAY 6.00pm	DANCE MOVEMENT £8.00 barefootascalmovement@gmail.com
TUESDAY 10.00-11.30am	*NEW* LINE DANCING FOR BEGINNERS £6 linedanceevents@gmail.com
*TUESDAY 8.00pm	BODY BALANCE £10.00 Becky@bcalm.co.uk
every WEDNESDAY 10.30am	STITCH SEWCIAL MINDFUL CRAFTING £2.00 stitchsewcial@gmail.com
WEDNESDAY 7.30pm	DANCE TO 50'S/60S MUSIC £7.00 esthersewing@gmail.com
*THURSDAY 7.15pm	HYGGE COMMUNITY CHOIR £6.00 jaquie.choir@btinternet.com
FRIDAY 19th 7.00pm	PAINT 'N SIP £30 info@sunflowereartistry.co.uk 07468 522463

Classes marked * operate term time only
TO HIRE email: ssminstitute.bookings@gmail.com

Stratford Chapel

Upper Street, Stratford St. Mary

Leaders: Phil Wyncoll & Bill Richardson

Youth Leaders: Jamie & Beckie Wyncoll

We are an Independent Evangelical Church encompassing and providing for all age groups. We particularly specialise in the areas of Children's and Youth work, Bible teaching and Evangelism. All are welcome, and we look forward to seeing you!

Services and Groups:

Every Sunday

10:30 - Morning Worship and Junior Church

18:30 - Church Pray Meeting (Currently on Zoom)

Mondays (Every two weeks)

20:00 – Bible Study on Zoom

Tuesdays (Every two weeks)

19:30 – Discipleship group at the Chapel

20:00 – Bible Study on Zoom

Every Tuesday

10:00 – Coffee Morning at the Chapel

Every Thursday (term time)

09:00 to 11:00 – 'Little Sparks' Stay and play group for under 5's

Every Friday (term time)

17:00 - 'Sparks' Youth group for Years 3 to 6 (Please register by contacting Beckie on the email below)

19:30 - 'Ignition' Youth group for Years 7 to 11

Website (currently under construction)
stratfordstmarychapel.com

General Enquiries: Margaret Chapman
(01473 311436 or
stratfordstmarychapel@gmail.com)

Youth and Children Ministry Enquiries:
Jamie and Beckie Wyncoll
(sparksandignition@gmail.com))

P A R I S H
R O O M

W H A T ' S
O N

EVERY MONDAY 10.00AM	MOBILITY FITNESS CLASS £5.00 Mark Thompson 07708 856925
EVERY MONDAY & WEDNESDAY	TABLE TENNIS COACHING £POA Rik James 07900 154579
EVERY 1ST MONDAY 7.00PM	CRAFT EVENING £3.50 Maddy Kaye maddykaye1@protonmail.com
EVERY TUESDAY & THURSDAY 2.00PM	CARPET BOWLS £2.00 Eileen Platford 01206 323463
EVERY TUESDAY 6.00PM	YOGA MIXED ABILITY £7.50 Sarah Brazington 07891290193
EVERY 1 ST FRIDAY 12.30PM	LUNCH CLUB £10 Christine Cousins cousinsc303@gmail.com

TO HIRE contact Paul Ranson
email: ssmparishroom.bookings@gmail.com

Stratford St Mary Community Trust Here to Help!

Do you live in Stratford St Mary? Could a little financial support make a difference in your life?

The Community Trust is available to help residents of all ages take part in and benefit from our community.

If you're facing financial hardship, need help with education costs, or support in finding new employment, we may be able to provide a one-off grant towards something that will make a real difference to you.

Don't miss out—funds are available!
Get in touch today to find out how we can help you.

All enquiries will be handled in the strictest confidence.

✉ rhbarrell@gmail.com

Let's make our community stronger, together!

Safety Advice – Pass it On

If you receive a suspicious call about your bank account or finances, hang up immediately and dial 159. This free service, now available to 27 UK banks and building societies covering over 99% of UK current accounts, connects you directly to your bank's fraud team, helping protect you from financial scams.

Fraudsters often create a sense of urgency, pressuring you to move money or share personal details quickly. Remember - your bank will never ask you to transfer money to a 'safe account' or pressure you into making immediate decisions.

If in doubt, always hang up and call 159 to verify whether the call was genuine. Since its launch in 2021, over one million calls have been made to 159 so taking a moment to check could save you from significant financial loss.



Stratford St Mary Parish Council

Future meeting dates:

Monday 12th October 2026 - Parish Room
Monday 9th Nov 2026 - Village Institute

Please find below some information from the Stratford St Mary Parish Council meeting held on the 13th of July 2026:

· All Expenditure was agreed and signed off.

· Neighbourhood Plan – the PC are looking into the option of creating a joint Neighbourhood Plan with the surrounding villages of Holton St Mary, Raydon and Higham. A meeting between the Parish Councils is taking place on the 30th of July.

· For various reasons, the PC is considering whether to continue maintaining the River Garden or handing it back to the owners or other interested parties.

· Millennium Avenue – creating a memorial board is being considered

The next meeting of Stratford St Mary Parish Council will be held on the 14th of September at the Village Institute.

The minutes of meetings can be found on the Stratford St Mary Parish Council website <https://stratfordstmary.onesuffolk.net/>.

**THE DEDHAM
EDUCATIONAL
FOUNDATION**
Charity number 310831

The Dedham Education Foundation provide grants to young people for educational purposes.

The Trustees invite applications from residents in the Parishes of Ardleigh, Bradfield, Dedham, Great Bromley and Stratford St. Mary for financial grants that are available in the following categories:

**Secondary Schools & Sixth Form
Colleges**

Applicants must be **at least 12 years old on the 1st August** in the year of application.

**Universities & Colleges of Further
Education**

Applicants must have lived in one, or more, of the five Parishes for **at least 2 years** prior to the application date.

Closing date for applications:

15 October 2026

How to apply for a Grant

Please read and complete our online application form:

↪ <https://forms.gle/rTXW3adWAQXNgvP7>

For a paper application form, or further details, please contact the Clerk to the Foundation:

□ dedhamefclerk@gmail.com

☎ 07989 579227

**SUFFOLK HISTORIC
CHURCHES TRUST (SHCT)
CYCLE RIDE/STRIDE/WALK
SATURDAY 12 SEPTEMBER
2026**

12 Sep - a date for your diaries.

SHCT, in its normal format, will take place 09:00-17:00 hours on 12 Sep 26. You can walk or cycle, to raise money for the fabric of the church/chapel of your choice.

When I receive sponsorship forms, I will pass them to those who have taken part in previous years. If you would like to take part, you can contact me on 01206-322259 and I will deliver a sponsorship form to you, you can visit Rosebank, Lower Street, or you can collect a form from the Post Office.

David Isaac



**Community
First Responders**

**Have you ever thought about becoming
a Community First Responder?**

Why not find out what it is about? Look at the CFR link on the East of England Ambulance Services website. You can even apply on line! If you watch the training video - do not be alarmed - you are never expected to do mouth to mouth.

For further information, please contact your local co-ordinator Peter Dawson on 01206 272605 (answer machine).



Raydon & District Garden Club



Raydon



In Raydon

Blackwell Barn Holiday Let - www.cottages.com

Phil Avery Electrician 01473 311261

Ashley Short Carpentry 01473 311226

SW Stiff Builders - 07811 005241

Earth&Turf Garden Services -
07922078241

DIY Livery - 07710 540926

Swift Garden Services - 07947 322429

Franklyn Nevard - Architect 07515
351894

Fresh Eggs - Roadside stall Fox Farm

MS Surveys Chartered Surveyors -
01473 249020

Lotus Bloom Yoga - 07788660893

RIDE+STRIDES



Suffolk Historic Churches Trust September 12th 2026

I do hope some more people will join in this healthy and enjoyable event, either walking, cycling or driving your vintage car. Churches all over Suffolk are open to welcome you and sign your sponsorship form, many offer refreshments, a loo stop and a friendly chat.

I will be driving to Hadleigh with a friend and then walk to all the Churches there, I have room for three more people in the car, so please give it a try.

Those with cycles can really challenge themselves, and see how many Churches they can visit during the time of 9am-5pm. Cars have a set route ending with a rally.

Half of the money raised in Raydon comes to St Mary's Church, the other half goes to Suffolk Historic Churches Trust who give grants to help with the cost of repairs etc within the Church.

Sponsorship forms will be available soon, but for more information contact Wendy Mumford 07703 498508

Raydon and District Garden Club

Writing these notes to meet July Quartet deadline on another glorious hot summer's day, just thinking of Saturday's hose pipe bans just come into force, reminds us all of how precious water is. Of course, it now means many hours watering either early mornings or late evenings by the watering can, such a useful object and one that was hardly used for many earlier years gone by. 1976 summer made us resort to it over a long period, then put back in shed forgotten about until the later eighties, then again over last 2 / 3 years and now it seems it will be a major player in the garden every year. Oh Dear !!! or will it ? Hope like us you have several water butts to help keep you and your plants going. We don't have bedding plants or hanging baskets so much nowadays which is a blessing. Looks like we will all have to give more time to consider what we plant, where, when, and is it suitable for extended dry conditions. Because of the (remember) very wet winter lasting through to April and our heavy clay soils not workable until end of April, then it dried out so quickly I thought I would try partly a "No Dig" area. It didn't work for me and my veggies suffered and now with all this prolonged heat/dryness continuing will really struggle to get worthwhile crops. Guess summer show coming up will give me a headache as to find anything of suitable quality, Hope some of you will have better results especially if on medium to lighter soils. Always one advantage to come out of hot & dry is the grass growing slows down and you don't need to use the lawn mower so much.

August and September are months to enjoy your garden and to relax and take things easier, perhaps take a holiday or go out to view some of the nation's National Trust gardens, then bring home some ideas for your gardens next year.

Club activities coming up: Saturday 15th August will be "Summer Show" day once again so please try and enter to keep this traditional village show on going and to the standard that we have achieved over many years. Just think if everybody put just one entry in, we would struggle to fit them all in !!!! but seriously please continue to support your committee by making the effort to enter something. Check out the schedule now, we hope there is something for everybody whether it be Flowers, Veggies, Pot Plants, Roses, or Baking, Preserves, Handicraft, Photography and much more, not forgetting Children's / Grandchildren entries as well. All entries prebooked, if at all possible, by Wednesday 12th (posted through letterbox including fees) of either High Elms, The Street or The Old Forge, Lower Raydon to help us ensure enough table space when setting up to allow you to display your entries properly. Remember: no late entries on the Saturday can be accepted unless table space available. Pavilion will open at 8.30am and entries can be brought in for staging up to 10.00am. Afternoon show open to visitors from 2.30pm – 4.30pm. Come along and join in the fun, have a chat and discuss entries perhaps over a cuppa, purchase raffle tickets, and join in the prize giving as worthy winners receive their awards by our Club President.

Your committee looks forward to meeting you all once again on show day and all

future events.
Next monthly
meeting will be
September.

Geoff Horrex.
07810086143



Raydon Sports and Social Club

"SOME LIKE IT HOT" Name the three actors in this film – answers on a postcard! Well one thing we are all in agreement with - July has been hot!

We have had a busy month in the Pavilion which is welcome because that means that England had until our latest match with Argentina had been successful. We have had several "full" houses and one very late evening watching England on the big screen. Needless to say this created a great party atmosphere and I believe everyone was on their feet cheering England on, especially in our last match. Well as we all know we sadly never made it to the final. However what we have experienced at the Pavilion is the joy of seeing so many residents and children with parents sharing the short lived uplifting moment. During these days we have also held BBQs and these were very welcome and successful and is an activity which could become a regular fixture if it was felt we had enough support from the residents of Raydon. In this same vein it was encouraging when we saw new faces at the Club to watch the football and as always we extended our welcome.

Well moving on at such a pace that is necessary to be ready for our RAYDON WHEELS event on 23d August, we have been extremely busy, from purchasing a large new BBQ which I'm sure will be hot and fired up and arranging rotas for volunteers to act as parking marshals, sharing the load with our valued pint pullers, plus all of the organisation that a large event demands. If you think you would like to become involved as a Volunteer please come into the club to have a chat. I would also add that the effort we all put in can be very rewarding working together as a team.

And so moving forward, plans are already in hand for autumn events from our postponed music quiz and our general knowledge quiz to perhaps an autumn

bb,which leads me on to my thoughts about asking direct questions and requesting direct answers from you.

Perhaps you may think this is not the correct place to ask this question but it is however the best place to reach as many of Raydon's residents as I can. We presently have a core of residents from Raydon and Holton St. Mary who regularly attend the Pavilion to meet and catch up socially. However, I believe I am speaking on behalf of all the Volunteers of RSSC and KGF in saying that we want to engage with more residents so we can become a stronger cohesive community as we move towards construction of the new Community Hub, which is a huge job requiring a huge amount of work. The efforts we are making now may not directly affect you – our current residents -but we are and should be working for the future together.

The Pavilion is available to hire for the day, evening or by the hour for regular weekly events or special occasions. Just contact us by phone or on our email when we can discuss your requirements. Please speak to us! We hope to see you at our big event in August or even better at the Club.

Raydon Sports and Social Club
Your Community Club

Live Sporting Events Quiz & Party Nights

The Pavillion, King Georges Playing Field, Raydon

Sunday - 12:30 - 15:00
Wednesday - 19:00 - 22:00

Regular and guest ales
Wine & Cocktail Specials
Large selections of 0% drinks

We welcome all new members

Dogs Welcome
With well behaved owners

RAYDON WHEELS
THE COUNT DOWN HAS BEGUN

CLASSIC, VINTAGE AND RETRO
ANNUAL CAR EVENT
SUNDAY 23RD AUGUST 12 – 4.00
KING GEORGE'S PLAYING FIELD,
RAYDON IP7 5LT

COME AND JOIN US FOR A RELAXING AFTERNOON
JUST ADMIRING CARS YOU ONLY DREAM OF
FREE EVENT FOR EXHIBITORS AND SPECTATORS

TO COMPLETE YOUR DAY
WE ARE OFFERING

This Event has been organised by The Raydon Sports and Social Club

RAYDON PARISH COUNCIL

Chairman: Keith Lovering
Councillors: Jayne Tann, Lorraine May,
Chris Chambers, John Smith

website: <https://www.raydonparishcouncil.gov.uk/>

NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please visit www.raydonparishcouncil.gov.uk, or contact the Parish Clerk.

Raydon Council needs you.

Raydon Parish Council can have up to nine councillors and currently we have five. We would like at least two more residents to get involved in the running of the village affairs.

The councillors can get as involved as their time and commitment allows. The minimum set up for Raydon is to attend ten monthly meetings. There are lots of initiatives individuals can take working as part of the Council.

To be able to work on these and other great improvements to village life in both Raydon and Lower Raydon we need hands on support to make things happen.

Please either email the Parish clerk, Stacey Lowe on Clerk@raydonparishcouncil.gov.uk or phone on 07944968011
Or phone the chair 07939 075143 or email CLlr.keithlovering@raydonparishcouncil.gov.uk

We are happy to have a chat about the role and the great feeling of involvement and accomplishment it can bring you.

Remaining Raydon Parish Council Meeting Dates of 2026:

Meetings take place at 7.30pm in the KGF Pavilion.

1st September, 6th October, 3rd November.



Afternoon Teas

@ St Mary's Church Raydon
Home made Cakes and Savouries,
freshly made coffee and assorted teas

Sunday 2nd August
3pm to 5pm

Next tea
Sunday 6th SEPTEMBER



Holton St Mary

NB. No Green Gym in August - we'll give our aching backs a break in August. See you all in Church Square at 10.30 on 5th September!



The First Friday of the Month Lunch Club is closed for August and we look forward to seeing you all again on 4th September.

Normally running in the Village Hall of Holton St Mary on the first Friday of every month from 12:30 until 2ish. It is a community light lunch for £5 and is all about getting together, having a chat with others in our community, over a tasty lunch, prepared by a variety of wonderful volunteer cooks and supporters. Any profit made on the lunch will be split between the Church and the Village Hall Refurbishment fund. So we don't over or under cater, please let Sally or Frances know if you would like to attend. And if you have to pull out at the last minute we can often bring you a takeaway meal that will beat any ready-meal!

Sal Thurlow 07721 625313 or messenger via FB, WhatsApp or email salthurlow@gmail.com
Frances Torrington - via FB or email familytorryington@btinternet.com

In Holton



Hazelton Plumbing and Heating -
07448152693
Freshen up Decorating 07900 242 141



Produce is beginning to appear on the Well Piece stall. As in most years, some things do better than others, and it's the things that like it hot that are doing well this year.

Don't forget, the stall acts as a 'Crop Swap' venue too, so if you have an abundance of runner beans or tomatoes, please feel free to leave them on the stall for others to enjoy, rather than letting them go to waste.

Tuesday mornings are a relaxed affair over the summer, with even more inclination towards coffee and not so much gardening!

Why not get involved, or find out what's happening, by joining the Whatsapp group here:

(Scan with the camera in Whatsapp)



SUFFOLK HISTORIC CHURCHES TRUST

Annual Ride and Stride

Saturday 12 September 2026, 9am – 5pm

If you enjoy cycling or walking in our beautiful Suffolk countryside, why not take part in our Annual Ride and Stride and raise money for the maintenance of our church in Holton St Mary?

There will be almost 500 churches in Suffolk open throughout the day and you will be able to raise money for your local church by inviting your friends to sponsor you to visit as many churches as possible.

All are welcome to take part in the event – riders and striders, volunteers to welcome riders and striders on the day – there is no age limit, toddlers to OAPs!

Also, if you have a classic car, you are welcome to take part.

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

Caroline Favell

email: martinfavell99@gmail.com
tel: 01473 310268
07885 497044



Holton St Mary Village Hall

To book the Village Hall for your event or regular club or class, please contact.
Tanya Kunz on 01473 311570



The Summer holidays are here so we're opening up the Well Piece Community Garden for longer!

Every Saturday Morning all through August

you can come and meet your friends and enjoy coffee, tea and cake from 10 until 12 noon There will be a special activity for children too, so come along and see what we're up to. We can't look after children for you, but please do come down and join in!

Everyone welcome, whatever your age!

Activities include:

1st August - Paint your own Gnome

8th August - Teddy bears picnic and soft toy hospital

15th August - 'Magic Potion' making

22nd August - Diamond Painting

29th August - Seed Bombs

5th September - Bird feeders



Holton St Mary Parish Council

The date for the next meetings are:

Parish Council Meetings - 9th September, 11th November, 13th January 2027, 10th March 2027

Holton St Mary Parish Council still has 1 vacancy for a Councillor - if anyone is interested then please contact the Clerk for more information clerk@holtonstmary-pc.gov.uk.

Please find below some information from the Holton St Mary Annual Parish Council meeting held on the 8th of July 2026:

All Expenditure was agreed and signed off.

The Parish Council discussed its response to National Grid's proposed enabling works - a copy of the response can be found on the PC's website - www.holtonstmary-pc.gov.uk

Policies were reviewed and approved.

Neighbourhood plan - the PC are looking into developing a joint Neighbourhood plan with Higham, Raydon and Stratford St Mary and a meeting is being scheduled with these Parish Councils to discuss.

If anyone is interested in joining the Parish Council's communications list please email the Clerk.

The minutes of the meeting can be found on the Parish Councils website - <https://holtonstmary-pc.gov.uk/parish-council/>



SLOW STITCH

Slow Stitch group will be meeting as usual on the third Thursday of the month, from 2-4pm, in Well Piece Community Garden cabin.

Newcomers and beginners are always welcome.



Community Transport

Connecting Communities is a transport service provided by Suffolk County Council designed to help people travel around the county of Suffolk who might not have access to a regular bus service.

Do you find it difficult to get to college, to the shops, medical appointments, work or to visit your friends and family in the county?.

When you need to make a journey and there's no public transport available to you locally, we'll collect you and connect you to an appropriate bus route or train link for onward travel so you can reach your destination quickly and easily.

For journeys where connecting to other services is inappropriate, end to end journeys may be possible.

Call your local area operator **up to a week before** you'd like to travel – they'll be able to answer any questions you might have.
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How much will it cost?

Connecting Communities fares are based on average bus fare costs for journeys of the same or equivalent distance.

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- Latitude Festival Highlights

"Lovely stuff!"

- Dermot O'Leary, Radio 2



Manningtree & District Photographic Society

The club aims to provide a friendly environment for members to enjoy the development of their photographic skills through a variety of activities in the company of like-minded individuals.

If you have an interest in photography, at whatever level, you would be most welcome at M&DPS. We meet at Mistley Village Hall, on the 2nd, 4th and 5th Thursdays of the month between September and May at 7.30pm.

For further information please contact our Secretary Pat Ainger on 01206 231242 or email: madps@post.com
Website: <https://e-voice.org.uk/manningtreeanddistrictphotographicsociety/>

St. Mark's Roman Catholic Parish

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Holy Family Church, Ipswich Road,
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Parish Priest: Rev Fr Luke Goymour
The Presbytery, 180 Hawthorn Drive,
Ipswich IP2 0QQ
Tel: 01473 684963 revgoymour@gmail.com
website: stmarksparish.org.uk

**Father Luke's Sunday sermons are
available at anchor.fm/fr-luke-goymour**

**Is our Christian faith a badge or a way of
life?**

How do we behave as Christians?
Mahatma Ghandi once famously said "I
like your Christ, but I don't like your

Christians". Are we truly following the teachings of Jesus? Or do we pic'n'mix what we believe and how we behave? Cardinal John Henry Newman made this observation "Many boast that they are Christians.. but when we try to discover what their religion is, we shall find, I fear, that the great mass of people lay no stress on acts of faith, hope and charity or purity of motive". Jesus emphasized that love should be the defining mark of his followers, guiding actions, relationships, and moral decisions. This principle underpins many of his ethical instructions, including forgiveness, mercy, and reconciliation. Truly following these teachings is a continuing challenge to all of us who call ourselves Christians. Lord, help us to love others as You loved us, to follow Your teachings and to be Your shining lights in this secular world.

Weekday and Sunday Masses and devotions

Please consult noticeboards and the parish website in case of weekday mass changes:

Saturday St. Mark's 17.30 vigil mass with confessions from 17.00

Sunday Holy Family, Brantham 8am and St. Mark's, Ipswich 11.15am.

Tuesday Holy Family 10.00 mass, with Adoration from 9.20

Wednesday St. Mark's 09.30 mass Friday St. Mark's 12.15 mass, with Adoration from 11.40.

The Sick & Housebound

Please let Fr Luke know of anyone who is ill at home, housebound or in hospital, so that they may receive appropriate pastoral care, he can be contacted on 01473 684963. If you or a family member is in hospital you can also contact the Catholic Lay Chaplain to Ipswich hospital: hospitalchaplain@stmarksparish.org.uk

Bin collections

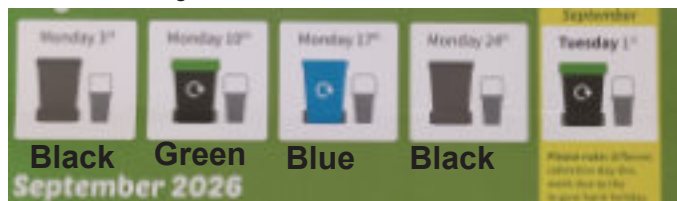
From June 2026, you will be able to put the following additional items into the blue-lidded recycling bin:

glass bottles and jars
cartons (Tetra Pak), such as milk and drink cartons
plastic carrier bags
plastic wrappings, including those used around multipacks
plastic films, for example those found on the top of fruit punnets and meat trays
food bags, such as ones used for cereal, pasta, mixed salad, frozen chips and frozen peas
bubble wrap

Scan here for more information



Week comencing:



**Green on Tuesday
1st September due
to August Bank
Holiday**

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

*Do you want a
recommendation?*



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

Chef Neil Does the best takeaways ever. Once a month from Brantham Leisure Centre. 07584 573474. Also does catering for events.

The Crown at Manningtree had breakfast there, could not fault anything. They are dog friendly as well.

Capel Garden centre tearoom lovely cakes. Also **Fields farm shop** edge of East Bergholt also lovely food. Both dog friendly and child friendly.

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The Layham Queen take out service on Fridays & Sunday Roasts - Steve and Tannith are very community minded and give a very good service
Simply Thai Manningtree - It was simply delicious! Freshly cooked, and arrived within the quoted time frame. 01206 396060. Delivers to Holton St Mary
Zaynab and **Mother Indian** at Capel. Really good and highly recommend. They don't deliver, but it's made quickly.
Brantham Bull 01473 328248
Lucca Enoteca Manningtree 01206 390044

Oranges & Lemons East Bergholt 01206 299000

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

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Stratford St Mary - Route 11

The bus stops every 4 weeks on Wednesdays, subject to current restrictions

July 29, Aug 26, Sep 23, Oct 21, Nov 18, Dec 16

Tally Ho! Corner - 10.15 am - 10.30 am
Strickmere (School Lane end) - 10.35 am - 10.50 am

Route 14

The bus stops every 4 weeks on Tuesdays

Aug 4, Sep 1, Sep 29, Oct 27, Nov 24, Dec 22

Holton St Mary

Church Square - 9.30-9.45 a.m.

Raydon

King George's Field car park - 9.50-10.30 a.m.

Lower Raydon

Sulleys Hill - 11.30 - 11.45 a.m.

Higham

The Green - 11.55 a.m. to 12.10 p.m.

The **customer service line 01473 283838** is staffed 9 a.m. to 5 p.m. from Monday to Friday and can handle any library customer queries renewals and reservations to any general library queries. An answer phone is available outside of operating hours and people can also email help@suffolklibraries.co.uk

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Your District and County Councillors

District Councillor: John Ward

Leader, Babergh District Council

Phone: 07802 414981

Email: john.ward@babergh.gov.uk

County Councillor: Darius Laws

Email: Darius.laws@suffolk.gov.uk

Phone: 07786 007560

Both have correspondence addresses at Endeavour House, 8 Russell Road Ipswich IP1 2BX.

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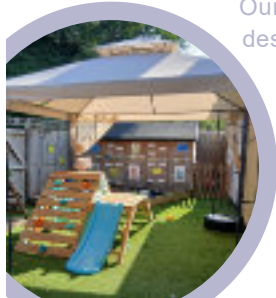
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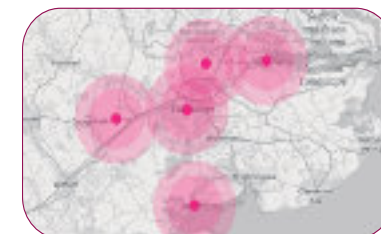
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BENEFICE CONTACTS, SERVICES AND EVENTS

Rector: The Benefice is currently in a vacancy - for any enquiries please contact the church wardens.

Lay Elder: Currently pending.

Your Parish Churches are here for you. If you have recently moved into one of the villages, do get in touch. We would love to meet you, and it doesn't matter whether you are a regular or occasional churchgoer or don't really attend church. If you live in the benefice or have links to one of the villages, we are here to help you with Weddings, Baptisms or Funerals. Please get in touch with one of church wardens if you would like more information.

We have an active prayer ministry in our benefice. If you would like us to pray for you or for someone you know, or if you would like to add someone to our prayer list (do check with them first), please let Sandy Ranson know.

For Home Communion, please get in touch with Christine Cousins who will be happy to arrange this for you.



Regular updates about our parishes can be found on Facebook
<https://www.facebook.com/4-Marys-Benefice-111433503828636>

Benefice website: www.4marys.org.uk

Contact numbers for Churchwardens:

Higham	Churchwarden Hugo Parker 01206 337234 Assistant warden Martyn Carr 07768 012588
Holton	Churchwarden Richard Noel 01206 298276 Churchwarden Paul Torrington 01473 312046
Raydon	Churchwarden Geoff Horrex 07810 086143 Assistant warden – currently vacant
Stratford	Churchwarden Sandy Ranson 01206 322156 Churchwarden Christine Cousins 07791648806

Benefice Safeguarding Officer:

Martin O'Brien Tel. 07964 543718 - Email: martinobrien@orwellpark.org

Church Services for August

Sunday, 2nd August: 10am Stratford SM Parish Communion
(9th Sunday after Trinity)

Sunday, 9th August: 10am Higham Parish Communion
(10th Sunday after Trinity)

Sunday, 16th August: 10am Holton SM Parish Communion
(11th Sunday after Trinity)

Sunday 23rd August: 10am Raydon Parish Communion
(12th Sunday after Trinity)

Sunday, 30th August: 10am Raydon Benefice Fifth Sunday
Communion
(13th Sunday after Trinity)

Looking ahead to September

Sunday, 6th September: 10am Stratford SM Parish
Communion
(14th Sunday after Trinity)

*All our services are followed by coffee & cake/biscuits.
Do stay for fellowship and a chat. It's a good way to
meet people if you are new to one of the villages.*

*If you have any questions, please get in touch
with one of the churchwardens –
contact details in the Quartet and on the benefice website.*

Café Church every 3rd Sunday

Café Church will meet in the Parish Room,
No meeting in August. Next date Sept 20th

Join us for an informal breakfast of pastries, cafetière coffee / tea and
orange juice, and sometimes we have cake as well!

Café Church is an informal friendly gathering for all generations. If you
are on your own, come and enjoy breakfast in a family setting.
We look forward to seeing you!



Benefice Bible Study / House Group

The next House Group session will be on
Thursday, 24th September, at 2.30pm.

These are the dates of subsequent meetings for your diaries:
There will be no meeting in August.

Please get in touch with Judith, Sandy, Christine
if you would like to know more.

Sunday Services in the Benefice

Our regular Sunday service pattern usually looks as follows:

1st Sunday: Stratford - 2nd Sunday: Higham
3rd Sunday: Holton - 4th Sunday: Raydon

**5th Sunday services move around the benefice,
the remaining dates for 2026 are as follows:**

**30th August in Higham &
29th November in Holton St Mary**

Prayer pointers for the Benefice

Please continue to pray for our Churchwardens and PCCs as we move forward during the vacancy in post, and seek to appoint a new minister for our benefice.

Please pray for the couples who are preparing to get married in our churches this year.

We pray for all those who are ill, among them Peter Snelling, Nicky Bull, Vivienne Wilkinson, Martin Favell and any others who need God's healing and wholeness.

We remember all those who have recently died, may they rest in peace and rise in glory, and may those who mourn be held in God's love and comforted in their grief.

A Summer Prayer

Father, thank You for the warmth of the sun, the long days, and the opportunity to enjoy Your creation. May I walk on sandy beaches, rest under blue skies, and fully embrace the gifts of nature. Help me be present in each moment, appreciating the beauty around me and the people I share it with. Let my summer be filled with joy, love, peace, and meaningful connections Amen.

Our Churches and Churchyards - A few housekeeping rules

The four beautiful churches in our benefice are open for visiting every day during daylight hours. If you are visiting our churches and churchyards, please treat these ancient places with respect. Grave monuments belong to the families whose loved ones are buried there, don't allow your children to walk on graves or climb on gravestones.

If you would like to know more about burials, interments of ashes, grave reservations or permitted memorials, please contact one of the churchwardens.

Please look out for our church 'clean-up' days when we invite volunteers to give up a small amount of time to help keep our churchyards open and well cared for. Thank you.