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July 2026
Issue 455

Quartet

The Parish Magazine

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

SSM CHURCH & CHURCHYARD CLEAN - UP MORNING

SATURDAY 18th July From 9.00 am - 12 noon



Please join us for the next Church and Churchyard clean-up day - '*many hands make light work*' and we would love to see as many as can make it, help us to keep our church and churchyard in good shape.

We will be starting from around 9 am, but any time you can spare, during the day would be hugely appreciated.

Refreshments provided to help sustain the workforce!



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!**

July

- 1 SSM Mums and Tots
Stitch Sewcial SSM
Raydon Social Club
- 3 SSM Youth Clubs
Holton Social Club
FFOTMLC - Holton
- 4 Green Gym - Holton
- 5 Raydon Afternoon Tea
- 7 Chapel Coffee morning - SSM
Community Garden Holton
- 8 HSM Parish Council Meeting
SSM Mums and Tots
Stitch Sewcial SSM
Raydon Social Club
- 10 SSM Youth Clubs
Holton Social Club
- 13 SSM Parish Council Meeting, Village
Institute
- 14 Chapel Coffee morning - SSM
Community Garden Holton
- 15 SSM Mums and Tots
Stitch Sewcial SSM
Raydon Social Club
- 16 Slow Stitch - Holton
- 17 SSM Youth Clubs

Holton Social Club

- 18 Summer Cafe - Holton
SSM - Churchyard Clean up
- 21 Chapel Coffee morning - SSM
Community Garden Holton
- 22 SSM Mums and Tots
Stitch Sewcial SSM
Raydon Social Club
- 24 SSM Youth Clubs
Holton Social Club
- 25 Summer Cafe - Holton
- 28 Chapel Coffee morning - SSM
Community Garden Holton
- 29 SSM Mums and Tots
Stitch Sewcial SSM
Raydon Social Club
- 31 SSM Youth Clubs
Holton Social Club

August

- 1 Green Gym - Holton
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

Editors Corner

It's time to gear up for Summer! The footies on, the sun is shining and it's not long until the kids break up. I hope you are all ready.

Interestingly from a Quartet perspective, July seems to be a quieter month than June. Last month we saw quite a few events happening, but this month there's not so much to report on. Saying that, there's Afternoon tea in Raydon (page 15) and a new venture for the Well Piece Community Garden in Holton as it opens on a Saturday morning for coffee and a children's activity throughout the summer (see page 17)

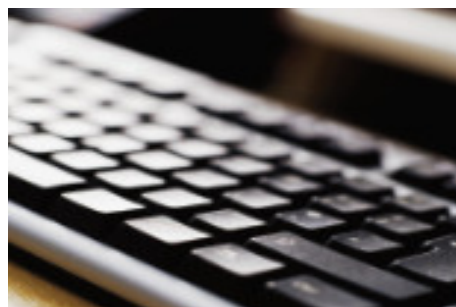
We went for a local walk a few weeks ago, taking a flask of coffee with us. We had a mission - go and try out the new seating area on Sulleys Hill. I'm pleased to report it's very good, and just what you need if you approach it from the bottom of the hill! See the article and lovely photo on page 11.

So whatever you end up doing, we do hope you enjoy the start of the 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

With Rev Manette's retirement from parish ministry, our four churches have now entered a period known as a Vacancy, sometimes also called an Interregnum. The word "interregnum" literally means "between reigns," whether of a monarch, a government, or indeed a priest. For us, it simply means a period without a resident rector while we go through the process of appointing a new one. It may be helpful to explain a little about what that involves. But first, a brief historical digression.

The most famous interregnum in this country is, of course, that between Charles I and Charles II, during the time of Oliver Cromwell. It was a period of considerable upheaval and division—perhaps not entirely unfamiliar to modern ears. Cromwell took a strongly critical view of many aspects of the Church of England as it then was. Among other measures, he appointed a Suffolk man, William ('Basher') Dowsing, the iconoclast, to tour churches and remove what he regarded as "superstitious" or idolatrous features.

Dowsing became an energetic agent of Puritan reform. In 1641 he moved to Dedham, then a centre of Puritanism, and later to Stratford St Mary. Some sources suggest he may have lived either at Lowe Hill House (the timber-framed house at the crossroads of School Lane, Higham Road and Green Lane) or in the beamed house opposite the former Black Horse in Stratford. From there, he set out with his assistants across East Anglia, leaving a trail of destruction recorded in his diary.

His entries include:

· "Houghton [Holton St Mary], Jan. 20. We brake down 6 superstitious inscriptions."

· "Rayden [Raydon St Mary], Jan. 20. We brake down a crucifix, and 12 superstitious pictures; and a popish inscription, Ora pro nobis."

· "Higham [Higham St Mary], Feb. 2. We brake down 15 superstitious pictures in the chancel; and 16 in the church ... and gave order to level the steps in 14 days."

Interestingly, as one historian notes, Dowsing appears to have left Stratford St Mary church untouched. One can only speculate why. In any event, we may be thankful that our own interregnum in 2026 is likely to be rather less dramatic.

So, what happens next? The Church of England's process for appointing a new rector is somewhat bureaucratic and can take some time (surprise, surprise!). In outline, the steps are as follows.

First, representatives are chosen from each of the four parishes to lead the process—this has now been completed. The group then prepares a Benefice Profile, which is both a description of our churches and communities and, in effect, a job specification setting out what we are seeking in a new rector.

Following this, there is a meeting with the Bishop and Archdeacon at which the profile is reviewed and formally approved. We hope this will take place in the autumn, after which the post can be advertised and applications invited.

Given the size of our benefice, the post is part-time (equivalent to Sundays plus three days per week). While this means a lower stipend, it does come with a good-sized

Continued on page 7

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

Hugo continues from page 5

rectory. This combination may not suit everyone, but it can be attractive to those wishing to combine ministry with other responsibilities, or where there is a second household income.

Successful candidates will be invited to visit, meet parishioners, and take part in a formal interview process involving parish representatives, the Bishop, and the Archdeacon. Once an appointment is made, there is usually a further period of several months before the new rector can take up the post.

It is difficult to predict how long our whole process will take. As a point of comparison, Rev Manette arrived just over two years after Rev Rosalind Paul's departure—though that period was, of course, affected by the disruption of Covid. We hope that this time the vacancy may be somewhat shorter, but we must be prepared for it to take time.

In the meantime, the life of our churches continues, assisted by visiting clergy and we look forward with hope to welcoming the right person to lead us in due course. If you would like to know more about the process or contribute any thoughts you may have on the sort of priest we should seek, please do not hesitate to contact any of the Churchwardens.

Hugo Parker
Churchwarden - Higham

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

INSTITUTE
HALL

WHEN	ALL WELCOME
every MONDAY 2.00pm	SILVER SWANS ADULT BALLET £9.00 itschoolofdance23@gmail.com
*TUESDAY 6.00pm	DANCE MOVEMENT £8.00 barefootrascalmovement@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@sunflowerartistry.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))



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 1ST FRIDAY 12.30PM	LUNCH CLUB £10 Christine Cousins cousinsc303@gmail.com

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



Stratford St Mary Parish Council

Future meeting dates:

Monday 13th July 2026 - Village Institute
Monday 14th Sept 2026 - Village Institute
Monday 12th October 2026 - Parish Room
Monday 9th Nov 2026 - Village Institute

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

Please find below some information from the Stratford St Mary Parish Council meeting held on the 8th of June 2026:

The Parish Council are pleased to confirm that full double yellow lines with no break on Dedham Road Suffolk side and double yellow lines outside the Swan have now been implemented. The Parish Council have raised enforcement with Babergh and District Councillor Ward has requested that more patrols are done by enforcement officers.

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.

Poorly tree on the Chase – District Councillor Ward has confirmed that Network Power are going to deal with this tree.

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. Please let us know your thoughts - see the Facebook page for more details or contact the Clerk

Field next to the Village Institute – the Parish Council are discussing with the owner if this could be turned into an open space or village green

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!

**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/rRTXW3adWAQXNgvP7>

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



**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).

Higham

**Sulleys Hill meeting and picnic
area for all to share.**

Two new King Charles benches and a picnic table are in place for cyclists, walkers and all. You are invited to sit and enjoy the views over the valley looking towards Higham. We have made a wild flower garden with daisies, poppies, cornflowers and other all season natural flowers. Earlier in the year there were snowdrops and bluebells. We have planted some young trees, apple, pear, cherry and plum for you to pick and enjoy alongside the birds and wildlife in this area of outstanding natural beauty.



In Higham



Karl Chisnal - mower repairs.
07557771721

Brett Valley Installations
07896 054439



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

The year is moving forward in what ever seems a faster pace for us busy gardeners (but of course it's not really) as we enter the month of July. I often think of July as a time of reflection and look backwards to the beginning of "Springtime". Was it a successful time, did we do all that's possible to make our garden as beautiful as our eager anticipation waiting from January for it all to arrive, then before you know it, it has passed us by. Were the daffodil and tulip display spectacular as previous years, I think they were although of course our Spring show was sadly lacking in quantity of daffodils (but not quality) due to earlier Springtime and later show date due partly because of Easter. This later date meant for greater number of tulips which was a bonus. Nature of course moves onward and the nesting has almost finished with a few fledging chicks still around waiting for food, and the pond has its usual damselflies, newts, & one frog but as yet lack of pond skaters and water boatman, however the one thing we have noticed (or not) has been the distinct lack of butterflies in our garden !!! with only one Brimstone, a few Holy blue and Orange tip but not much else. At least we had a fairly wet June at times with the old saying of "A dripping June keeps things in tune" which is good for all the growing plants, and of course us gardeners as it means less time spent watering. No doubt we will get more hot, dry summer days when watering will become a necessity once again. Watering in early morning although not always possible, is better, than late evenings as beware it tends to bring out the snails and slugs who just love damp soil to glide over ready to eat your precious plants.

So to club notes: On the 25th June we had our familiar guest speaker Jan Michalak giving us another interesting illustrated talk on Amos Perry, Plant Breeder on the subject "The man who made the world more beautiful" and hopefully the meeting was well attended as Jan is one of our long distance travellers each year assisted by his wife and we are almost guaranteed a great evening which deserves your support so thank you all.

NOTE; Because July is deemed a holiday month, we do not have a club meeting night so the next event will be on Saturday 15th August for the "Summer Show" once again. By the time you read this you will have just seven weeks to prepare for, and decide on your entries of which I hope will be many. Last year's summer show cup winners please remember to return your cups all polished up ready for presenting to this year's worthy winners to "High Elms" The Street in Raydon in good time especially if you're going away on holiday. As always your committee looks forward to meeting you all at any of our monthly evening meetings and of course at the flower shows where we can have time to discuss with like minded folk about anything gardening (and much more). Enjoy the Summer.

Geoff Horrex. 07810086143



Raydon Sports and Social Club

I find it unbelievable when I say welcome to July!

June has been a mixed month for us at The Pavilion. On one hand the gorgeously hot weather has enabled people to sit outside and soak up the sun. But on the other, because it has been so nice people are visiting family, friends and attending local fetes, so some days have been very quiet, others busy

Having said that we did enjoy a great evening with a "full" house when we were showing England's friendly game with Costa Rica. Then the following week saw England win their first game in the group against Croatia. Mick was in good form and did not disappoint with his unstoppable jumping up and down and shouting at the screen along with other members. I hope that by the time you read this you have been able to visit the Club to soak up the atmosphere, cheering along with other likeminded footie fans. Let's see if they can "Bring in Home"!

As I write this article in the middle of the month I have heard references to my "Mystic Meg" qualities. I cannot predict the future but can tell when an event is going to be a good one. Well, that's my line and I'm sticking with it. We will be posting on our Facebook page all future dates and timings of England's games. Depending on where we finish in our group will obviously dictate when our next games are. We will keep updating our page.

If you have not visited the Pavilion for some time do please pop in to chat with familiar faces along with newer residents.

One last thing, if you have a few spare hours and wish to become involved with

any of our events please do not hesitate to contact us on RaydonSSC@gmail.com or speak to us during our normal opening hours.

Hopefully see you soon



Afternoon Teas

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

Sunday 5TH JULY

3pm to 5pm



Other dates

2ND AUGUST and

6th SEPTEMBER

Put the dates in your diary.

Holton St Mary



In Holton

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



The First Friday of the Month Lunch runs 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 familytorrington@btinternet.com



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.



Things are getting busier with the approach of the summer. We've had our first 'Pop up' BBQ which was great fun, (you need to be on one of the Apps to know when these are happening) and Saturday morning Cafe with activities for children starts on 18th! We welcome any offers of cake over the summer, if you enjoy baking. If you pop down on a Tuesday morning, you can still get a cup of tea or coffee as well, and maybe take home some fresh produce!

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

(Scan with the camera in Whatsapp)



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

Every Saturday Morning, starting on 18th July

you can come and meet your friends and enjoy coffee, tea and cake from 10 til 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!



Holton St Mary Parish Council

The date for the next meetings are:

Parish Council Meetings - 8th July, 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.

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

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



Holton St. Mary Social Club

SUNDAY MUSIC

in the village hall

12TH JULY FROM 12 PM

On a Suffolk farm...

When tractors first came available, a local farmer borrowed a tractor for test drive and started to explain to his horseman how to drive it.

Farmer had to leave field suddenly so horseman jumped onto tractor to have a go.

Next thing when farmer came back was to see horseman crawling out of dyke from under the tractor. Thankfully unhurt. He said to farmer you doesn't have that one master she not broke in proper like. As we neared the dyke I yelled with all mi might "whoa gal" but she danged well kep a goin.

Geoff.



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. **01473 826242**

How much will it cost?

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

Discounts for 16-19 year olds through an Endeavour Card



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

St. Mark's, Hawthorn Drive, Ipswich IP2 0QQ
Holy Family Church, Ipswich Road, Brantham CO11 1TB

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

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

Living with hope for the future

The Christian message was revolutionary, and probably startling, to pagans in the early days of the church. They were

effectively slaves to their gods and had no hope of a life beyond their relatively short lives on this earth. Christianity introduced them to the resurrection of Jesus and the prospect of an afterlife with Him. It also introduced mercy, love and care for the poor – unknown in Roman society. In the Acts of the Apostles (4:32) we hear that "All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had." In these troubled times, when it's difficult to know what is true and what is not, and when life seems to be a struggle, we can return to Jesus' messages in the New Testament and be reassured that this earth, with all its problems, is not our final destination.

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

The 10-Minute Rule for Phone & Message Scams

Scammers often create a sense of urgency to pressure people into making quick decisions. The 10-Minute Rule is a simple but effective way to protect yourself.

How it works:

- ◆ Pause and don't act immediately

Scammers may claim your bank account has been compromised, you owe money, or immediate action is required. Their goal is to make you panic and respond without thinking.

- ◆ Wait at least 10 minutes

After ending the call, give yourself time before taking any action. This helps you think clearly and can also prevent certain scam tactics where fraudsters attempt to keep the phone line open after you hang up.

- ◆ Verify independently

If you're concerned, contact the organisation directly using a trusted phone number from their official website, bank card, or correspondence. Never use contact details provided by the caller or in a suspicious message.

- ◆ Report suspicious activity

If you receive a suspicious text, report it to your mobile network provider (in the UK, you can forward scam texts to 7726). If you believe you've been targeted by a scam, report it to Action Fraud.

Remember: Genuine organisations will understand if you take time to verify a request. When in doubt, stop, wait, and check.

Blood Pressure – You can get it checked without Visiting Your Local Surgery.

In many locations, it is difficult to get a GP Surgery appointment without waiting, often for a week or more. If however, you are worried about your blood pressure and you want to get it checked, you can do so without going to your surgery.

You can get a free blood pressure test in the UK without visiting a GP at most local community pharmacies, chain chemists such as Boots and Lloyds, and in addition, many large supermarkets offer this service.

If you Google: Find a pharmacy that offers free blood pressure checks, an NHS website will come up where you can put in your City or Town and your local pharmacy offering the service will come up.

You can get a free blood pressure check if you: are aged 40 or over and live in England

You cannot get a free blood pressure check if you: already have high blood pressure or have had your blood pressure checked by a healthcare professional in the past 6 months.

In Wales and Scotland, you can get free blood pressure checks without visiting a GP surgery at community pharmacies, which offer walk-in NHS checks. Other options include workplace occupational health, specialized gym/leisure center health checks, or community health events.

Posted by Able Community Care, a nationwide live-in care provider established in 1980.

Raydon & District Garden Club Summer Show (46th Year)



Saturday 15th August 2026
2:30 pm

to be held at:
King George Pavilion
Raydon



Bin collections

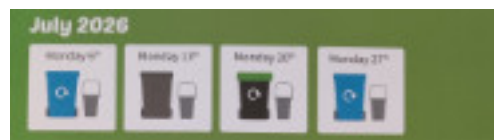
Collector	Week 1	Week 2	Week 3
Food Waste			
Refuse (general rubbish)			
Paper and Card			
Recycling (glass, plastic, metal and cartons)			

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



Here's the new schedule for July showing which bins to put out each week, commencing on the Monday indicated. (It's the green lidded bin on W/C 20th)

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.

Cake and Crumbs Cake Shed
35 Snowcroft, Capel St Mary.
Delicious cakes, cookies, all home baked.
Friday and Saturday 10am to 7pm

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

Local Services

MOBILE LIBRARY

Stratford St Mary - Route 11

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

July 1, 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

July 7, 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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Telephone...101

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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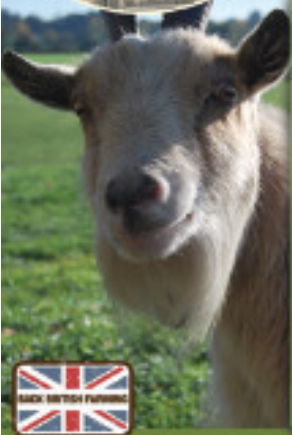
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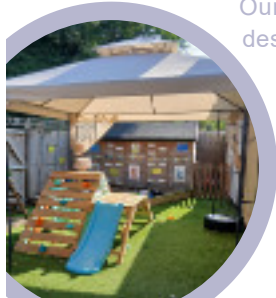
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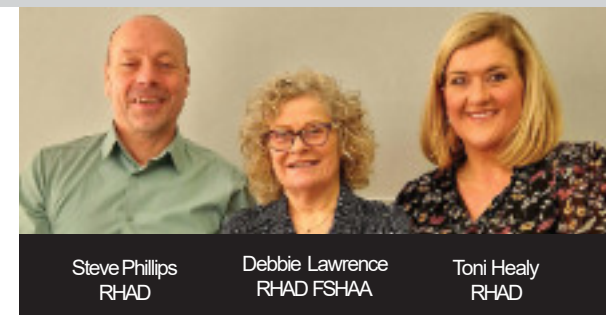
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BENEFICE CONTACTS, SERVICES AND EVENTS

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 Assistant warden Christine Cousins 01206 322530

Benefice Safeguarding Officer:

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

Church Services for July

Sunday, 5th July: 10am Stratford SM Parish Communion
(5th Sunday after Trinity)

Sunday, 12th July: 10am Higham Parish Communion
(6th Sunday after Trinity)

Sunday, 19th July : 10am Holton SM Parish Communion
(7th Sunday after Trinity)
9.30am Stratford St Mary Café Church in the Parish Room

Sunday, 26th July: 10am Raydon Parish Communion
(8th Sunday after Trinity)

Looking ahead to August

Sunday, 2nd August: 10am Stratford SM Parish Communion
(5th 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 be meeting in the Parish Room,
On 19th July 2026, beginning with breakfast at 9.30am.

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, 23rd July at 2.30pm.

These are the dates of subsequent meetings for your diaries:

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 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 and Vivienne Wilkinson, 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 Growing in God Prayer

O Lord, our God, giver of life and growth,
grow in us a longing for you,
that we might deepen our faith;
grow in us a compassion for your world,
that we might serve our neighbours;
grow in us a vision for your kingdom,
that we might proclaim your love.

By the power of your Spirit, and in Jesus' name. 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.