

The Messenger

The Magazine of the
villages of Great &
Little Bromley

June 2024



THE FIRST PAGE

Dear all,

There was much excitement across the UK on Friday 10th May with talk of the Aurora Borealis being visible for large parts of the country. I hadn't taken much notice of the news but Mr R was up and down at the window as soon as it got dark. It wasn't until just after half eleven that I thought I'd have a look before turning the light off for the night, and that's when it happened! I hope some of you got to experience this incredible natural phenomenon, and it was even better through a lens. This month's cover is a fabulous picture of the Northern Lights above St George's Church; thank you to Mark Evans for the image.

It was always on my list to go and see the lights via a cruise but now I've seen them, and saved hundreds!

Our garden is flourishing with all the rain and sunshine. Over the years it's taken on its own look and colour scheme; it seems that purple does very well, with the odd spot of yellow. Things that have red flowers have disappeared over the years, and there's not much pink either. But everything that is purple looks very

happy, so I guess that's the colour scheme that works for our us.

If anyone has any garden advice that they'd like to pop into an article, please do send it in to the email address below.

Awareness days for June include:

- 1st - World Milk Day
- 4th - Hug your Cat Day
- 13th - Sewing Machine Day
- 15th - National Beer Day
- 16th - Father's Day

Enjoy flaming June - but cover up and use sun protection.

**Take care,
Lizzie**

*A big thank you to all our authors and contributors, our Treasurer, delivery team, and advertisers. If anyone wants to have a go at writing an article or a short story, please send it in - don't be shy. Any interesting or unusual hobbies, recipes to share or short stories, it's all welcome. As long as it follows the guidelines below, you really can't go wrong.

MATERIAL for the **JULY 2024** edition of 'The Messenger' should reach the Editor, Lizzie Ridout, by **14th JUNE 2024** please.

Contributions from anonymous sources will not be printed. Whilst the editor welcomes contributions, photographs etc. this is on the understanding that there is no obligation to publish, that the item may be edited and that there is no breach of copyright. Publication is in good faith and neither the editor nor the publisher accept any liability in respect of the content of any article, photo or advertisement, including any error or omission, responsibility for which remains with the author.

Copy can be delivered by hand, sent by post or e-mail (see inside back cover) or via the link on the websites www.greatbromley.org.uk or www.littlebromley.org.uk

For details of availability and costs for **ADVERTISING** in the The Messenger please contact the Editor via the 1986messenger@gmail.com

Please support the sponsors of our magazine.

PLEASE SUPPORT OUR SPONSORS & ADVERTISERS

Registered Charity Number 218186



Help needed to set up Hobby groups at Seven Rivers

Do you have IT skills and can help me maintain our PCs? Are you musical and would be willing to entertain, or gardening skills and are willing to help set up groups. The list is endless, your only limit is your imagination. We're open to all suggestions that will enrich the lives of our residents so if you can spare a little time then please contact Lee in activities on 01206 230345.

We look forward to hearing from you.

Seven Rivers is part of the Leonard Cheshire Disability Group of Homes, based in Great Bromley. We're a specialist provider delivering person-centred care. Our residents have a wide range of physical disabilities, sensory impairments and/or long-term health conditions, such as: Multiple Sclerosis, acquired brain injury, Stroke, Spinal injury and Parkinsons Disease.

At Seven Rivers, it is our aim to ensure that all our residents have the best experience at our home, and we are happy to support those whose goal is to regain skills to be able to return to live in the community. Everyone that visits Seven Rivers compliments us on the beautiful location, homely atmosphere and positive relationships between the staff and residents.

Our mission is to ensure disabled people have the freedom to live their lives the way they choose. If you have a particular skill set that you think would interest us here, we'd like to hear from you.

GREAT BROMLEY & DISTRICT CRICKET CLUB

The weather has certainly disrupted the start of the season. To play cricket you need a dry day (sunny and warm is most preferable but not necessary) and a playable pitch. The amount of rain has taken its toll and at the time of writing all 3 Sunday XI games have been cancelled, along with both midweek T20 games cancelled. The Club is trying to rearrange the colt fixtures that have had to be cancelled as they have so few games there is more chance and flexibility to do so later in the season.

The Saturday XI team have been a little more fortunate, as three out of four games have gone ahead. Holmwood House kindly allowed the use of their pitch (for which we are truly appreciative and thankful as the Bromley outfield was far too wet) We welcomed Walsham le Willows for the first game of a new season in Division 3 following last years promotion. Bobble hats, scarves and handwarmers were the order of the day along with thick cricket jumpers once on the field of play.

Bromley were put in to bat and managed 208 runs all out with the first 50 of the season coming from Adam Cuthbert. 3 wickets a piece from Michael Griffin, Ankush Jagota, James Bees and 1 run out saw Bromley with 2 balls to spare bowl out the opposition and claim 20 points. Just the start you need. Sadly one week later the rain fell, the covers leaked and Ipswich & ES were unable to provide a playable pitch. 6 points each for a cancelled match. Lakenheath away on Saturday 4th May and with Ed Fairley (captain) winning the toss put Lakenheath into bat. 195/7 off 45 overs. Ed Fairley taking 4

wickets and Ankush Jagota taking 3. A very tight game James Bees scoring 40 Ed Fairley 39 and Jack Jenno 26 and a much need partnership at the end from Codie Simpson and Ankush Jagota got Bromley over the line (196/8) and 18 points.



Saturday 11th saw a local derby against Elmstead Market. Our pitch was playable and a big thank you to Pip and Tom for working to get it so. The sun shone, the game had umpires and cricket tea was waiting for the players at half time. The new boundary rope after some struggles was put in place and the new electronic score board had its first use.

Captain Ed Fairley lost the toss and Bromley were asked to bowl. Ed took a wicket on the first ball of the first over and finished his spell with 3 wickets for 22 runs Ankush Jagota took 2 wickets along with Jack Jenno and Codie Simpson took 1 and 2 were run out with some great fielding by James Bees and James Blacker. Elmstead all out for 122. Bromley did not have it all their own way and a flurry of wickets taking us to 9-3 ensured that it was time for a couple of players to dig deep. Adam Cuthbert and Ed Fairley took the tally to 79-5 needing 55 to win. Codie Simpson confidently strode out having seen Bromley in a similar position the previous outing confidently took the game to Elmstead and saw us over the line. Another win, another 20 points and currently sitting second in the table 1 point below Long Melford. Early days but its nice to see the momentum from last season continue so far.

Weather willing the next home games

are as follows: Saturday and Sunday matches start at 1.00pm and Midweek games at 6.00pm.

June

Sun 02
Wed 05
Sat 08
Sat 22
Sun 23

July

Wed 03
Wed 10
Wed 17
Sat 20
Sun 21
Wed 31

The club hosts its Kwik Cricket tournament on Friday 28th June at 6.00pm.

The club welcomes anyone wanting to watch any of the game and the bar will be open for all. A BBQ is available on 28th June with meat from Becky Butchers. Hopefully ice creams too, if the summer finally happens.

Tracey Wareing



SEVEN RIVERS CHESHIRE HOME

Hello Great Bromley,

The sun finally came out for us this month and we made the most of it with some outdoor activities for the gang here at Seven Rivers. Strange how everyone's competitive side comes out when it's meant to be fun and games, which it is until someone loses then all hell breaks loose, in the nicest possible way.

Joking aside, everyone took full advantage of the few good days that we had and were able to enjoy the wildlife which seemed to be celebrating as well. In fact, the Canada geese turned up earlier last month, and it seems to be the same pair every year. I am also happy to report that we have three new additions to that family which look unbelievably cute. Mum and dad are always happy to parade them around our home and do not feel threatened which is lovely for all of us. Geese are very protective of their young and have on the odd occasion chased some of us down the path if we got too close.

I would at this point like to state that

when I retreated it was dignified and very manly, not like some who would just scream and run as if their life were in danger, they know who they are, no need for names, Boss.

We were also lucky to have some entertainment in the form of Annika who is a brilliant vocalist with a great repertoire of songs from all eras. Annika knows us well now and gets the house dancing and singing along in no time, the enthusiasm from some here is truly a remarkable sight, dare I say it's hard to keep up with them.

We're also hoping for a good turnout for our barbecue, which is taking place on Saturday 8th June. Entrance is free and Elvis will be making an appearance too. Food and drinks will also be available. A big thank you in advance to all those plan to pop in and say hello.

The other event we are very much looking forward to is the Bee Friendly Flower Festival in June at St George's church, so please pop by and say hello. Goodbye for now until the next time.

Lee

GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

Clerk: Mrs Lizzie Ridout Email: clerk@gbpc.org.uk



I should like to introduce myself; I am Ian Murch and the new Chairman of Great Bromley Parish Council.

I have lived in Great Bromley since November 2019 and am proud to be given the opportunity to try and make a difference to the lives and wellbeing of all our Parishioners.

We are fortunate to be able to live in a lovely part of Essex with the benefits of open countryside, wonderful walks and easy access to the coastline and Constable Country for relaxation.

Closer to home, there are things that I am sure all of us would like to see improve, ensuring that our Parish is safer and more enjoyable to live in.

Like many rural villages we have an ongoing problem of cars and commercial vehicles speeding, probably not consciously, but definitely making our roads unsafe. Many of these roads have no pavements for pedestrians to walk freely which make exercising dogs and walking to the shop, at times, dangerous.

Litter is another problem locally, whether it be motorists tossing a Macdonalds cup out of their car window as they pass, no bins available for dog waste on your daily walk, the casually discarded food wrapper or, at the extreme end, the fly tipping of rubbish by those too idle to go to a recycling centre.

These negative things can be addressed to reduce their impact on us all by the provision of speed awareness signs to calm the flow of traffic, more waste bins for dog litter strategically sited on recognised dog walks, more

waste bins in vulnerable areas and increased vigilance to identify and deter those who would spoil our countryside by fly tipping.

All these actions cost money, which I am sure you all realise is not readily available.

What is available is the pride, energy, resourcefulness and a desire to make Great Bromley an even better place by you all, the people of Great Bromley, to live in.

With this in mind, I am instigating the "Chairman's Challenge."

Please contact me with ideas of how we can make Great Bromley better, be it extra community activities, ways to fundraise without putting a burden on our local residents, extra activities for our local children, maybe a Village Fete in 2025, a Farmers Market ?

We can make our village into whatever we want, be imaginative, make the effort.

I can be contacted on ianmurch@msn.com or on my mobile number 07824 524299

I cannot promise that all ideas will be acted upon but I feel it is time for us to think positively about what we, the residents of Great Bromley, can actively do to improve, over time, our local environment and to increase the sense of community that we have in our beautiful Parish.

I wish you all a healthy and happy June.

Ian

PLANNING APPLICATIONS

REF	PROPOSAL	LOCATION
24/00565/ TELLIC	Intention to upgrade the existing telecommunications installation - Add 3 no. antennas, remove 3 no. MHA, add 6 no. RRUs and 3 no BOBS at height, add 3 no. BOBS and 1 no. GPS at ground level and swap 1 no. cabinet.	Land at Strutts Farm Parsons Hill Great Bromley
24/00508/ FUL	Planning Application - Replacement dwelling and demolition of existing dwelling following construction.	Kenley Harwich Road Great Bromley
24/00574/ FULHH	Householder Planning Application - side extension containing garage.	Heath Dene Ardleigh Road Great Bromley Colchester

DATES FOR GREAT BROMLEY PARISH COUNCIL

Great Bromley Parish Council normally meets on the second Wednesday of each month at Great Bromley Village Hall. Everyone is welcome to attend. Dates for the coming year have been agreed as follows:

Wednesday	12 th	June	Wednesday	11 th	December
Wednesday	10 th	July	Wednesday	8 th	January
Wednesday	14 th	August	Wednesday	12 th	February
Wednesday	11 th	September	Wednesday	12 th	March
Wednesday	9 th	October	Wednesday	9 th	April
Wednesday	13 th	November	Wednesday	14 th	May

GREAT BROMLEY PARISH COUNCIL - NEWS

Election of Chairman

Cllr Nicholls, as outgoing Chairman, welcomed those present to the meeting. Cllr Nicholls vacated the Chair and called for nominations for the position of Chairman for the 2024-25 municipal year. Cllr Fairley nominated Cllr Murch, Cllr Tovell seconded and all were in favour. Cllr Murch signed the Declaration of Acceptance of Office.

Cllr Lord thanked Cllr Nicholls for his service and dedication to the parish, and presented Cllr Nicholls with a card

and gift on behalf of all members.

Election of Vice-Chairman

Cllr Murch nominated Cllr Fairley to be the Council's Vice-Chairman for the 2024-25 municipal year, Cllr Nicholls seconded and all were in favour.



LITTLE BROMLEY PARISH COUNCIL

Email: littlebromleypc@gmail.com

It feels like we've been waiting all year long, but summertime has finally arrived.

At the Parish Council meeting on 9th May we agreed to design a poster to display throughout the Village to generate more public awareness of our plight and the potential blight to the village from the multiple planned projects from National Grid, Five Estuaries, North Falls and Tarchon that will have a significant negative impact on our environment and the whole character of the Village. These are now on display in strategic places, but if you would like an A3 poster to display on your property please email littlebromleypc@gmail.com with your address and we will get one to you.

The Parish Council is working on its response to the National Grid consultation. It is crucial for as many residents as possible to submit individual responses opposing the National Grid plans before 18th June. A strong showing of community engagement and opposition can sometimes influence these types of projects. The Parish Council's formal response will carry weight, but individual voices amplify the message.

We now have 54 addressees signed up to the Village Database where we will keep you informed

of developments on the substation saga. It's not too late to join, just email littlebromleypc@gmail.com and ask to be added.

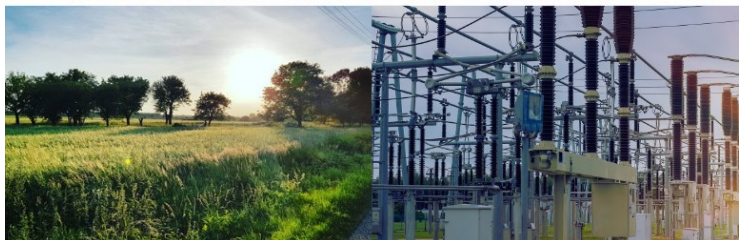
We are still awaiting the delivery of our refurbished telephone box which will be sited in the village car park to form a "Book Exchange". Once in place, we will need to kit it out with shelves and, of course, books.

For those who couldn't attend the May meeting(s), it is with sadness that we have to report the resignation of Councillor Jon Buxton, he was a great driving force for the village with our recent substation situation with invaluable contributions to this plight. We would like to thank Jon for his years of service, and leadership, he will be greatly missed. Councillor Iain Smith has taken over his mantle as Chair.

Lastly, the War Memorial has had its Spring tidy-up, thanks to Tony.

HELP SAVE OUR VILLAGE
NO to SUBSTATIONS, ACCESS ROADS and
CABLE ROUTES across our fields.

DON'T DESTROY LITTLE BROMLEY
Our Environment And Our Farmland Are Vital



Find out more: littlebromleypc@gmail.com

June 9th

The Deanery choir will be singing at St George's Church, Great Bromley CO7 7HZ at the 11.00am communion service. They will be singing the anthem 'Lord, for thy tender mercy's sake' by Farrant. Richard Farrant (1525-1580) was an English composer, musical dramatist, theatre founder, and Master of the Children of the Chapel Royal. The first acknowledgment of him is in a list of the Gentlemen of the Chapel Royal in 1552. During his life he was able to establish himself as an accomplished and successful composer.

June 15th

The Deanery choir will be supporting the 'Bee Friendly' themed Flower Festival'24 at St George's Church, Great Bromley CO7 7HZ at 12.00 noon, singing a variety of anthems. A full programme of events can be viewed on their website:



Supporting Church music in the Tendring area

www.greatbromley.org.uk/events-list

The finale of the Flower Festival'24 is a 'Flower Festival Songs of Praise' service at 6.30pm on 16th June led by Revd. Laura Garnham.

June 23rd

The Deanery choir will be supporting the 'Choral Evensong' service at 6.30pm at St Mary's Church, Great Bentley. CO7 8QG. The choir will sing an anthem suitable for the season of Trinity.

Graham Bell
Deanery Choir Organiser

READY... STEADY... GO TO SCHOOL! CHALLENGE



Our fantastic challenge for pre-schoolers is back this summer!

Ready... Steady... Go To School is a fun challenge full of activities which helps children to practice skills that they'll need to feel confident when they start school in September.

They'll complete activities in 7 different development areas, collect stamps in their special booklet, and then receive a certificate when they finish!

Come and take part in any Essex library until 7 September! Find out more about the challenge and explore Big School Meetups.

(Link: <https://libraries.essex.gov.uk/news/school-readiness>)



The WI held our AGM in May, followed by a social evening. We had some fun with "Speed Friending" - a 3 minute chat with a useful prompt such as 'your best ever pair of shoes' or 'If you had one trip in a time machine would you go forwards or backwards.' The only challenge was persuading people to relinquish one conversation and move on to the next! After some delicious sustenance in the form of homemade cheesy pastries and cake we moved on to 'newspaper

fashion', where small groups vied to staple, tape and coax sections of newspaper around a volunteer to make an outfit. In 12 minutes we had produced a flapper, a Victorian kitchenmaid (possibly) and others complete, in various cases, with pockets, bows and belts and rosettes. It was an impressive showing and our members displayed creativity and good humour, especially on the part of the patient models!

Next month we have a talk from the Medical Dogs Charity.



Wed June 5th 7:30pm Medical Detection Dogs Charity

Wed June 12th 2-4pm Knit and Knatter

Thurs June 20th Noon. Ladies Lunch

Tues June 25th 10-1pm Crafting Social

We are a friendly group of local women, sharing skills and companionship. Women are welcome to join us at any of our meetings.

For more information contact Carole: 01206 251364.



GT BENTLEY DOCTORS' SURGERY

Contact Details

Please remember if you change your address, contact number or email address that you contact the Surgery and let us know. It is extremely important that we hold up-to-date details for you to ensure we are able to contact you. It is very easy to update these details by going onto the Great Bentley Surgery website and searching for 'Change Personal Details'. By clicking on this it will allow you to complete a form with your new details which can then be submitted via the website. Once the form is received at the Surgery we will ensure your records are updated.

Patient Consent

We often have friends or family members contacting us about a patient. Due to patient confidentiality, we are not able to discuss their details with anyone else unless we have express written consent from the patient to do this. This includes even just confirming an appointment time or date. Our staff often experience dissatisfied patients as a result, but they would be breaking the law if they complied and have no option but to refuse their request.

If there is frequently a need to discuss someone else's details and they are happy for us to do this, they just need to write to us expressing consent to talk to the named person. In order to try and make this as easy as possible, we have a form that can be collected from reception for the patient to complete, giving consent for someone to speak to us on their behalf. Once this has been completed and returned to the Surgery it will be noted on the patient's

record.

Missed Appointments

We have noticed a significant increase in the number of patients who are not attending their appointments and who have not contacted the Surgery to let us know they will be unable to attend. In March we had 170 missed appointments and in April 161 missed appointments.

We are aware that the demand for patient appointments is increasing and by cancelling an appointment you are not able to attend, it will ensure it is used by another patient and not wasted.

Please help us by ensuring that if you are not able to attend your booked appointment that you contact the Surgery on telephone number 01206 250691 to cancel this.

Surgery Training Afternoon

Along with all other surgeries in the area we will be shut from 12 noon on Thursday, 27 June 2024 for staff training. If patients require urgent medical care on this afternoon, then this is available by contacting 111 for assistance.

Patient Participation Group Meetings

There will not be a Patient Participation Group meeting in June.

Sue Mitson
Operations Manager



Dates for your diary

JUNE

05	WI - Medical Detection Dogs Charity, Village Hall	7:30pm
12	Great Bromley Parish Council, Village Hall	7:30pm
25	WI Crafting Social, Village Hall	10am-1pm

JULY

3	WI - 'Burlesque the Wi and Me' - Lindsey Barrell, Village Hall	7:30pm
10	Great Bromley Parish Council, Village Hall	7:30pm
18	Little Bromley Parish Council, The Haywain	7:30pm
23	WI Crafting Social, Village Hall	10am-1pm

AUGUST

7	WI Garden Party	TBA
14	Great Bromley Parish Council, Village Hall	7:30pm



TENDRING SHOW 2024

Brought to you by Tendring Hundred Farmer's Club



Saturday 13th July

www.tendringshow.co.uk



This year's theme:



Disabled facilities available



Well behaved dogs on leads welcome



Essex County's Premier Agricultural Event

Lawford House Park, Nr Manningtree CO11 2NE

Charity No. 803015

The Mobile Library visits every three weeks at Church Meadow on a Thursday - next dates are:

- 6 June
- 27 June
- 18 July
- 8 August

9.45am to 10.15am



**Post Office & Community Library
The Cross**



**Wednesdays
10.00am - 12 noon**



Did you know? Great Bromley has two Automated External Defibrillators. You can access these at:

- The Courthouse, Harwich Road, CO7 7JG or
- The Cross Inn, Ardleigh Road, CO7 7TL

Also at the Cross Inn is a Bleed Kit. The kit, provided by Great Bromley Parish Council, contains specialist equipment to help stem extreme blood loss before ambulance crews arrive.

Bleed control kits, also known as emergency trauma packs, are similar to first aid kits but include trauma dressings, gauze, chest seals and tourniquets to help stop serious bleeding. They can help victims of violent crime, those involved in road traffic accidents or workplace accidents, and could be particularly useful in rural areas where ambulance response times may be slower.

Don't ignore it - Report it at www.essexhighways.org



Essex Highways carry out regular inspections of roads and pavements, but issues may come up between these inspections. These could be potholes or other road surface issues, damaged street lights, street signs, overgrown trees, or issues with public rights of way.

Report maintenance issues online by using the highways reporting tool. If you think there's a risk to public safety please call 0345 603 7631 or if you have hearing problems you can use the text phone service on 0345 758 5592.

STOUR CHORAL SOCIETY NEWS

On April 13th we performed Puccini's 'Messa di Gloria' to a sell-out audience at Mistley church. The choir were praised for the 'energy' in the Gloria particularly, and the soloists (Anna Maria Rose, soprano, Fiona Morris mezzo-soprano, Gerry Bremner, Tenor, Howard Brooks, baritone, and Peter Grevatt, bass) sang superbly; their powerful voices raising goosebumps across the church.

The second half of the concert included 'Habanera' from 'Carmen' with soloist, Fiona, nailing the mischievous mood of the piece. Anna, Gerry and Peter sang four songs from Mozart's 'Cose Fan Tutte'. Peter's theatrical rendition of 'Donne mie, la fate a tante' was loved by the audience. Howard and Peter's 'Au fond du temple saint' from 'The Pearl Fishers' (Bizet) was very moving. Anna and Fiona treated us to an exquisite performance of 'The flower duet' from Lakme (Delibes). The afternoon finished with the rousing 'Brindisi' from La Traviata (Verdi), (solos parts performed by Anna and Gerry), to take everyone home in high partying spirit.

Congratulations to Susanna Rose for bringing together a wonderful programme of music, and for her patient, relentless coaching of the choir to get it all right! Huge respect for Stephen Smith our organist who 'kept it all together' when the task was a very demanding one- nobody knows how he does it! Our thanks also go to Ben Steinitz for enhancing the performance throughout on Timpani.

Gratitude also goes to the SCS

committee who plan and work so hard in the background to make the concerts happen, and to Mistley Parish for the venue and refreshments.



Summer Singing Workshop

Susanna Rose will be leading a 'Singing Workshop' on Saturday 6th July 2024 at the Oak Room, Acorn Village, 10.30am-3.30pm.

Would you like to learn to sing two well known 'Howard Goodall' theme tunes, and music from 'Les Miserables' in three parts and then perform them to your family and friends? You do not need to be an experienced singer, just come along and enjoy singing!

For more information about the music contact Susie:
susiehyman123@gmail.com, tel. 07598 389677

For booking and other information contact Angela:
angeladclarke1963@gmail.com, tel. 07511 908213. Please book by June 30th 2024.

Visit our website at www.stourchoralsociety.co.uk or our Facebook page or look out for our posters around the town.

Winter Concert

SCS will perform 'Fauré's Requiem' and other seasonal music on Saturday 30th November 2.30pm at Mistley Parish church. Please add the date to your diary.

MANNINGTREE & DISTRICT PHOTOGRAPHIC SOCIETY



In May we closed our 2023-2024 season with our AGM. We reflected on another successful and enjoyable year and thanked our committee for all their hard work. We also held a PDI competition '*The Colour Blue*', an '*Images of the Year*' evening and a field trip to Canary Wharf.

We recently entered an interclub competition, the 'Granville Foulger Trophy', with East Ipswich Camera Club, Bury St. Edmunds Photographic Society, Stowmarket and District Camera Club and Woodbridge Camera Club where we came a very respectable third. This month's featured image, '*Warming Up*' by Hasje Mousley, was one of our entries.

Our Programme Secretary, Jill Sullivan, is finalising our 2024-2025 programme and, once completed, will be available on our website together with competition results, photo albums and further club information.

Our public Manningtree Photographic Club Facebook page also features

various club news and activities and we continue to have fun with our monthly themed Facebook Challenge.

We are a small group of photography enthusiasts with a wide range of photographic experience and knowledge. 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/>



CHEERS TO A NEW ROOF!

“Councillor Gary Scott, District Councillor for Great Bromley and Chairman of the Council for Tendring District Council, is shown the new roof and signage by the Secretary of the Great Bromley Cross Community pub at the weekly Wednesday morning Coffee Shop.

The Great Bromley Cross is a Community owned and run pub which has been running since December 2016. As the sign says it is “MORE THAN A PUB”. We were voted runners-up in the CAMRA Tendring Pub of the Year for 2024. In spite of all the bad news on pubs closing, the Great Bromley Cross is growing in strength thanks to the support of all the volunteers, we couldn't do it without them. We needed to repair a major section of the pub's roof at a cost of £26,000. This took a big chunk of our profits but we topped it up with fund raising.

We hold numerous events ranging from live music, monthly Charity Quiz nights, Bingo nights,

Open Mic nights, themed food nights and much more. You can view our upcoming events on the website <https://greatbromleycross.pub/>



CALL YOUR LOCAL POLICE		101	IN AN EMERGENCY ALWAYS CALL 999
---------------------------------------	---	------------	--

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

How's your prayer life?

Troubles in the world and in our families and relationships can derail our inner peace. Cultivating a deeper relationship with God helps to calm our minds and our spirit. It's tempting though, isn't it, just to pray when we want God to act on our behalf? True peace comes only when we spend quiet time in prayerful contemplation, listening to the Lord speak to our heart. And we all need to rest in His presence. I love the hymn that begins "I heard the voice of Jesus say come unto me and rest." Let's find some quiet time each day to pray and, through prayer, find peace. As it says in St. Paul's letter to the Colossians 3:15 "*Let the peace of Christ rule in your hearts.*"

**St. Mark's Second Sunday Praise
and Worship 6.30pm June 8th**

**Weekday and Sunday Masses and
devotions**

Please check the parish website or church noticeboards for updates on weekday masses in case of changes.

Saturday 17.30 St. Mark's vigil mass with confessions from 17.00 **Sunday** 09.00 Holy Family, Brantham 11.00 St. Mark's

Tuesday 10.00 Holy Family mass with Eucharistic Adoration at 9.20.

Wednesday 09.30 St. Mark's

Friday 12.15 St. Mark's mass with Eucharistic Adoration from 11.40.

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

Bring & Buy Coffee Morning at Viv Szitasi's home, Paddock Gate, Whitehorse Road, East Bergholt CO7 6TR will take place on **Thursday June 27th and July 25th** 10.30 to 12. All welcome.

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.

kathy.pollard@btinternet.com

19 The Street, Chapel St. Mary, Ipswich, IP9 2EE Tel: 07889 123702

St George's Great Bromley Flower Festival

14th, 15th, 16th June 2024

Lovely
flower
displays

Grand
Raffle

1st prize
£100

BEE FRIENDLY

St George Flower Festival

Friday 14th — Sunday 16th June

10:00 — 5:00 daily

Grand Raffle

lots of Stalls

Refreshments all day

BBQ — Saturday and Sunday 12-2pm

... and much more!

Black
Cactus Choir
Saturday at
6pm

Free

Plenty of
parking

CO7 7TS

Bee
Cafe

Community
Songs of Praise
Sunday at 6:30pm
Everyone welcome

Free
admission
Donations
welcome



**mindful life
counselling**

We at The Mindful Life Group Charity are delighted to

have received funding from the Essex Community Foundation to provide free online mindfulness courses to support adults 65+ as well as older carers who may care for a family member or friend with a disability or illness.

We are hoping that this information could be circulated in a newsletter, ebulletin, face to face meetings etc. I have a small poster suitable for print and web if you think this might be helpful?

Background and information on the course:

The Mindful Life Group is offering online mindfulness courses that are fully funded to support older adults in Essex.

The course is led by a clinical psychologist who is also a mindfulness teacher.

The course is based on the mindfulness-based stress reduction course developed by John Kabat Zin but has been adapted for this population.

We have had really good feedback from participants, and we have found that it improves peoples' attention and memory, as well as reducing loneliness, low mood, stress, anxiety and chronic pain. Many participants have found it simply helps them deal with day-to-day stresses.

We currently have four courses beginning in June which involves one weekly meeting online for 1 -2 hours over 6 weeks with the option for participants to extend their practice with their group.

The course start dates and timings are as follows:

10th June 2024

Mindfulness for older adults who care (65+) Mondays -2-3pm

10th June 2024

Mindfulness for older adults who care (65+) Mondays -10-11am

12th June 2024

Mindfulness for over 65s Wednesdays- 12 -2pm

12th June 2024 Mindfulness for older adults who care (65+) Wednesdays - 11:30-12:30

Places are free but limited to around 15 for each course.

There is more information on our website where participants can make an enquiry and to book: www.the-mindful-life.com

The Essex Classic  **Headway Essex**

Vehicle Show
22nd September 2024
Castle Park, Colchester

Arena Shows **Food, Drink & Gift Stalls** **Live Entertainment & Family Fun**

 **Book Tickets at**
WWW.HEADWAYESSEX.ORG.UK

SPONSORED BY
Blackwater Law

Registered Charity Number 1008807  Registered with FUNDRAISING REGULATOR

BEE FRIENDLY AT ST GEORGE'S CHURCH

We would like to invite you to St Georges Church, your church, our church, a Community Church for our Flower Festival, June 14th, 15th and 16th June 2024

All around the church you will see wonderful Flower Displays based on the theme "Bee Friendly" There will be a large raffle a "Bee Café" and lots of lovely, wonderful stalls to tempt you.

Friday 14th June – 10.00am-5.00pm

In the morning and afternoon there will be entertainment by the children of St Georges Primary School. Come and listen to the beautiful singing and songs they have chosen. At 3pm we have a super recital by "Fiddlers Elbow".

Saturday 15th June – 10,00am – 7,00pm

An 'action packed' day scattered throughout with stalls. Organ recitals, The Deanery Choir (at lunch time) There will be a B.B.Q. at midday until 2.00pm come and join us for a tasty burger, sausages etc.

At 6.00pm we are pleased to announce a concert given by Alex and "The Black Cactus Choir" All are very welcome, Entry is FREE but we very much welcome your donation in the pot to show your appreciation of our wonderful own Gt Bromley Choir- they are fantastic – Drinks and nibbles to follow.

Sunday 16th June – 10.00am – 7.30pm

Another fun packed and interesting day. There will be organ music, throughout the day, with a B.B.Q. at midday and refreshments all day at the 'Bee Café'

At about 4.30pm the Grand Raffle will be drawn, with a first prize of £100!! Make sure you buy your raffle tickets soon!!

Our Festival Event concludes at 6.30pm with a "Festival Songs of Praise" led by Laura Garnham, and our Archdeacon Ruth preaching.

We are really hoping that all organisations in our village will come and take part. Please let me know if you would like to sing, read a lesson, poem or prose; it is so important to share together this special occasion.

Entry to all events is free, but there will be a donation pot. Thankyou for reading this article; please put all dates in your diary and if you would like to help on one of these days or during the whole busy week before when preparations will be ongoing, just drop me a line jennicholls66@gmail.com or phone 01206 230688.

I am looking forward to meeting you all and getting to know you, new friends in our very special village.

*Thank you so much
Love Jenny*

ARDLEIGH & DISTRICT HORTICULTURAL SOCIETY

"Exploring East Anglia by Bus Pass" will be the subject of the talk by Pip Wright at Arleigh Village Hall, Station Road, Arleigh, CO7 7RS on Thursday 13th June at 7:45pm. Free admission to members, non-members £2.

Everyone is welcome.

Schedules for this year's Annual Flower & Produce Show (Saturday 17th August) will be available at the meeting and are now also available at Arleigh Convenience Store & Craft Nurseries.

RECTOR'S LETTER

Dear Friends

As the holiday season comes upon us, I wonder if it is the time when you take the opportunity to do a little reading. My wife Dawn is an avid reader and will have two or three books on the go at one time – a novel, an autobiography or some other non-fiction book. At a friend's house the other day we were both shocked to hear her say she may read up to seven books in a week! I am pleased to say I read three books whilst on holiday recently and (as I always think to myself) I must make more time to read especially when not on holiday.

Did you know the Bible is the best-selling book of all time? It is so consistently a good best-seller it is excluded from the popular Best-Sellers lists. I suspect there is a copy, somewhere, in most homes, even if a little dust covered. In the New Testament it says –

“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.” (2 Timothy 3:16).

Many of our current laws, values and ethics have their origins in Christian teaching and although other faiths and teachings have similar themes, for Christians Jesus is the interpretive key.

The bible is not just a history book, it has wisdom literature, worship songs (Psalms), letters of instruction and of course biography – the Gospels, giving us the Good News story of Jesus' life. Many of us would readily accept the fact that Julius Ceasar was a Roman Emperor. Yet, for example, there are only about 10 copies of 'Ceasar's Gallic War' written some 900 years after the events it recalls. The New Testament is based on some 20,000+ copies of manuscripts in various languages, the earliest estimated to be written just 30 years after the events it recalls. Many Christians, whether on holiday or not, try and read a passage from the Bible every day as a means of spiritual nourishment and guidance for their everyday living.

I hope this summer you will get a chance to have a break, whether just a change in the daily routines or a wonderful holiday away. And perhaps a good read will be part of this. I encourage you to consider making the bible at least a part of your holiday reading – Mark's Gospel could easily be read in one session. Enjoy your summer, enjoy your reading and enjoy getting to know Jesus through the bible. I pray you may know something of God's love and purpose for your life and find rest and recreation (that is re-creation) in whatever break you may have.

Best wishes
Revd John Saxon

GREAT BROMLEY FRIENDSHIP CLUB

We had a very interesting meeting in April when Sharon came to talk about her work with the Bill Clinic. Members were able to book appointments with her to discuss any problems they had with utilities and computers. We look forward to hearing from her in the future.

It was agreed we should make a donation to the Bromley Church flower festival as in previous years.

Our competition for June is a scarf ring, and we look forward to having Jennifer play piano for us during the meeting.

Sylvia Ward



St George's Church Great Bromley



www.greatbromley.org.uk

Parish of The Bromleys

To receive our email newsletter, please sign up via the website or email us at church@greatbromley.org.uk

June 2 nd	Trinity 1	Parish Eucharist BCP	11am
June 9 th	Trinity 2	Parish Eucharist	11am
June 16 th	Flower Festival	Songs of Praise	6.30pm
June 23 rd	Trinity 4	Parish Eucharist	11am
June 30 th	Trinity 5	<i>(Fifth Sunday - see website or poster)</i>	
July 7 th	Trinity 6	Parish Eucharist BCP	11am
July 14 th	Trinity 7	Parish Eucharist	11am
July 21 st	Trinity 8	Evensong BCP	6.30pm
July 28 th	Trinity 9	Parish Eucharist	11am

St Mary's, Little Bentley

June 2nd Morning Prayer 11am

June 16th Holy Communion 11am

July 7th Morning Prayer 11am

July 21st Holy Communion 11am

Services details for Dedham/Ardleigh, Moze benefice,
and Manningtree CrossReach parishes
can be found on their websites.