

# THE BROMLEY MESSENGER

*MAY 2016*

Volume 31 No 2



## LITTLE BROMLEY 10K RUN

Top: Start of 10K Run

Left: Children's race

Above: 10K race

*Full report inside*

## THE FIRST PAGE

I have two apologies this month. The first one is that this issue of the Messenger might be plopping through your doorways slightly late as the printers have been on a well deserved holiday and have had to start printing this as soon as they arrived back through their own doorway. I know Ann Fairley's gallant band of distributors will get your copy to you as soon as they can. Please occasionally take time to thank your distributor for delivering your magazine as they do it all for free and it takes a surprising amount of time going round the houses in every type of weather you can think of.

Secondly, thanks to the thunderstorms and inclement weather my electricity trip switch tripped off a few times at inopportune moments causing me to lose unsaved work. I *think* I have worked out what I lost but no doubt I shall be told if anything is missing!

I have learnt a lesson the hard way recently when my grandchildren came to stay. I did not realise that young children today spent quite as much time on the internet as they obviously do and that clips from YouTube use up a great deal of data. My monthly quota was used up in 1½ days and took three days to reinstate thanks to a muddle with the password plus a further week before I was actually online again because I waited for my monthly payment day to come round. I thank my son for getting

everything sorted out for me from London and my neighbours for their help and for calming me down while I went into meltdown. Said grandchild has now snookered it for ever and Granny will become an Internet Wasteland; my password will not be given out again! It was lovely having them to stay though and we survived the blip with more understanding on both sides.

On the subject of understanding on 5th May we are being asked to vote for the Police and Crime Commissioner for Essex Police. Does anyone know who the candidates are? I certainly don't nor have I received any information through my letterbox. I no longer get a newspaper nor do I bother reading them online so if the information has been published in a newspaper it has passed me by. Ridiculous! How can I - or anyone - be expected to vote informatively?

Regarding information and knowledge on subjects we are voting on/for, the EU Referendum is looming in June. The Government sent out, via Royal Mail, a leaflet, which has been somewhat controversial, to everyone in the country. Except I haven't received it through my letterbox! Same question! How am I to make informed decisions when I don't have the information?

Bah humbug!

*Leonie*

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## CHURCH JOTTINGS

**How do you pack** when you're going away? Do you throw a few things into a case and hope for the best, or do you write a list and follow it to the letter? And what about the journey. Is that an enjoyable part of the whole experience? Or is the destination the most, if not the only, important thing?

The Christian life is often described as being a journey, a journey where the destination is known, but the journey itself may feature all sorts of ups and downs, challenges and hurdles, straightforward bits and wild unexpected detours. There's no need to pack for the end destination, but being prepared for the journey itself is a good idea.

That's what I hope we can do together here in the Bromleys. A church is a group of people on a journey together. Through meeting together, worshipping together, praying together, and studying God's word together we will all be better prepared for what lies ahead.

Of course we don't want to do this all on our own. One of the great excitements of this particular journey is inviting others who are currently not in God's family to join us. A thriving growing church is one that welcomes others, that looks out rather than in, and one that has a love of God and his

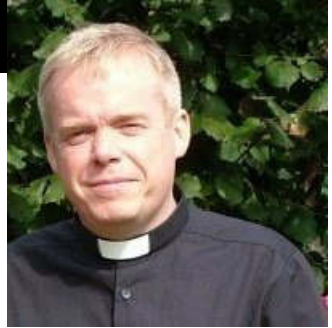
creation at its centre.

As the new priest here, I see my role very much as facilitating and collaborating

in that journey. I'm eager to build on all the good things that have been done by my predecessors - but not on my own. This will mean that I want to know what you think, what you feel, what's important to you, what you believe God is saying to us as a church.

I'm excited at the prospect, I hope you are too.

*Rev Canon Simon Heron  
St Mary the Virgin, Lawford*



## FRIENDSHIP CLUB

Our March meeting was well attended and a summer outing was discussed with date and possible venue to be decided at a later date. An invitation from the WI has been received for two members of our Club to join their celebration of the Queen's 90th birthday and the Centenary of the WI. Names will be picked from a hat at our next meeting.

Beryl then introduced our entertainment for the afternoon, Elaine, Christine and Teresa whose musical talents were wide ranging and thoroughly enjoyed by everyone.

The Speaker for our May meeting is Gillian who will demonstrate card making, and the competition is a 3D home made card.

We would be pleased to see any visitors for the afternoon who may find they would like to join our monthly meetings and get to know others in the area.

*Sylvia Ward*

## IN THE GARDEN WITH KATE

After an appalling Easter, I really thought Spring had arrived last weekend, with warm sunshine and mild temperatures, but it all seems to have gone horribly wrong again, and it is cold windy and wet. I just hope that by the time you read this in early May, Spring will have returned, not least because I have a rather important wedding to attend in early May!

Having moaned about the weather, the garden is looking pretty good, still lots of daffodils, magnolias, camellias, soldiers and sailors, and the best hellebores I have had for years. Unfortunately, the grass is growing before my eyes, and it is much enjoyed by a sudden influx of bunnies that appear to be "nesting" under an impenetrable bush. The dog is much frustrated only being able to circle the bush but unable to penetrate it; his presence does little to deter them. The birds are busy building nests at the moment and I think the camera box is occupied again but, as the blue tits move so fast, it is difficult to tell. Certainly their energy requirements appear to have skyrocketed and I am spending a small fortune on bird food. The daft long tailed tits have returned and as I type they are busy hurling themselves at the kitchen window, just as they did last year. A very curious behaviour.

My greenhouse is coming alive with seed trays on every available surface filled with sprouting seeds. If even half of them survive to maturity I have enough for the village! It has been lovely to have all the doors to the greenhouses open during the day, a real sign of spring.

Please don't forget the Annual Plant Sale at the Village Hall on 21st May 10am - 1pm. If you have spare plants please bring them along to raise funds for the Village Hall, alternatively contact me for collection. If you are dividing perennials, and have some over, they would be most welcome too. There are, of course, many jobs to do in the garden at this time of year. Everything is

growing fit to bust, and that includes the weeds, so regular weeding is inevitable. Pest control is vital too, protecting seedlings against the aforementioned bunnies, but also hungry birds and ravenous slugs and snails. I am lucky enough to have at least one hedgehog who helps with the slug problem - they used to be aided by the frogs and toads but we don't seem to have any of those in the last couple of years, possibly due to a rise in the grass snake population.

Many seeds such as radish, lettuce and peas are best sown in succession to prevent a glut. Frost tender vegetables can be planted at the end of the month including sweet corn, beans and squashes, pumpkins and courgettes. Greenhouse raised vegetables can also be planted out. Leeks and brassicas can be transplanted now, and potatoes need earthing up.

Asparagus should be at its best now, and needs regular cutting to ensure it is tender. If the weather is dry, vegetables will need regular watering to ensure even growth. However, don't forget to find time to enjoy your garden!

*Kate Strowbridge*



### Knit and Knatter

meets in Seven Rivers Cheshire Home  
2.00pm-4.00pm

Just come along with knitting needles or  
crochet hook - or whatever! - and create  
and chat

All welcome



## DIABETES

As I write this, the headlines this week have confirmed the fact that Diabetes had quadrupled in the last 35 years. This huge increase in numbers is mainly due to type 2 Diabetes, bringing with it not only obesity, but other degenerative diseases like heart disease, stroke, blindness, kidney disease and many more complications associated with it.

It is affecting adults and children alike. The rise in numbers is very worrying.

It was also suggested that food manufacturers could be encouraged to put further instructions on packets of food, telling us how long we would have to exercise for to burn off that food. So, even more confusion, what with all the traffic lights on packaging and lots of other lengthy instructions!

Diabetes is rising all over the world, not just in the West. As 'westernised' food and sugary drinks found their way into developing countries in Asia, Africa or Latin America in the past 40 years or so, obesity has rocketed, and with it Diabetes.

So what needs to be done?

Prevention is the #1 answer. We need to learn from books, the Internet or people in the know what to do about halting the progress of Diabetes. There is so much information out there and we are very lucky to be living in a country where we can walk into any supermarket and pick up whatever fruit, vegetables or meat we want. But, we need to teach our children that, for instance, fizzy drinks are all high in fructose corn syrup (*my last month's article*), that sugary snacks and cereals are laden with sugar and eating crisps, burgers, chicken nuggets or chips, especially the manufactured variety, are full of unhealthy fats and are not a healthy option. But most importantly we need to teach them how fruit and vegetables and wholefoods are good for us and that they should form a very

large part of what we put into our mouths each day.

We all need to look at the way we are eating. Also, are we exercising enough? – *and this doesn't mean having to go to the gym 3 times a week* - this means maybe walking to the shops, taking the stairs instead of the lift or walking the children to the school on a nice sunny day.

I was fortunate enough to attend a very interesting conference last week on detoxification. We had 2 very prominent speakers, Dr Jean Monro from the Breakspear Medical Clinic in Hertfordshire, who is the Medical Director of the clinic, as well as internationally recognised in the field of allergy and environmental medicine. Dr Monro lectures regularly at conferences around the world and supervises college students specialising in nutrition.

The other speaker was Dr Joseph Pizzorno, a world-leading authority on science-based natural medicine and more information can be found about him here: [drpizzorno.com](http://drpizzorno.com). (*It would take up the whole page just to mention what he does!*)

What they were both saying is that our world is full of toxins. These can be found in our food, cleaning products, cosmetics; in fact, all around us in the environment. But in a nutshell, they said that it all boils down to lifestyle choices. We should be eating organic food where possible and to try and avoid the high intake of hormones and toxins from food, cosmetics or cleaning products that we are exposed to on a daily basis, whether it is in our homes or workplace.

And of course, we need to do something about it now. We can't wait for yet another box to appear on the side of our breakfast cereal telling us that we need to walk for 20 minutes after breakfast to burn it off. By the time this is put into practice, probably another 10 million people worldwide will be diagnosed with Diabetes.

# GREAT BROMLEY PARISH COUNCIL

[www.gbpc.org.uk](http://www.gbpc.org.uk)

The Extraordinary meeting on 30<sup>th</sup> March was attended by approximately 20 residents who shared their views and concerns about the proposed development on land opposite The Cross Inn PH. It was generally felt that the area was over developed and further housing would be unsustainable; also concern about lack of infrastructure and impact on a local business. Once the planning application is submitted the Parish Council will have an opportunity to make comments to TDC and in doing so they will take into consideration the views shared at this meeting. Residents can also make their individual comments known via the TDC website on this and any other planning applications.

An architect attended the April Parish Council meeting on behalf of a client and explained that they would be submitting an outline planning application for 24 mixed type houses at the bottom of Parsons Hill – 16 of which would be affordable housing - this is housing that residents can rent from an organisation or shared ownership as a result of the recent Housing Needs Survey.

Simon Meecham, Planning and Regulation Manager at TDC, kindly attended the meeting to explain to Cllrs the pros and cons of producing a Neighbourhood Development Plan (NDP). In essence a NDP allows PCs to designate areas for development following consultation with residents. The Plan has to reflect the Local

Plan produced by TDC and this will not be available until early next year. We were told that TDC would not accept a Plan that opposed all development. An NDP typically takes 18-24 months to produce and could cost between £20-30,000. Having taken into account all the points that Simon raised, Cllrs voted by a majority not to proceed with producing a Neighbourhood Development Plan.

For the Queen's Birthday celebration on Sunday 12<sup>th</sup> June it was suggested that there could be a Hog Roast – keep an eye out for further details!

We have compiled a list of all highways issues (road signs, pot holes etc) in the village and will be chasing Essex County Council on an ongoing basis.

Good news! The TDC Local Plan Committee met this week and their latest reports exclude Tendring Central Garden Village as an option! So our hard work in strongly opposing this has paid off.

Typically, there was a deluge in the village recently, and some localised flooding was reported mainly due to ditches not coping. More about that another time. Essex CC Home and Dry scheme does provide financial support for flood mitigation measures; this scheme is open to residents affected by internal flooding in the past from ordinary watercourse, ground water and surface flooding. The scheme was launched 19 Sep 15; contact details for applications and advice are 0844 798 1261 or [www.essex.gov.uk/flooding](http://www.essex.gov.uk/flooding). Each application is subject to independent survey and assessment against qualifying criteria. In addition, there is an Essex Partnership Programme Grant that can contribute towards flood risk management schemes undertaken by individuals and organisations in the county. Contact [floods@essex.gov.uk](mailto:floods@essex.gov.uk). That scheme has to protect residential properties and would

## Parish Clerk

Due to the unfortunate resignation of the present Parish Clerk, a vacancy has arisen for the post of Parish Clerk in Great Bromley. This is a part time appointment of 28 hours per month. Experience would be preferred, but full training would be available. Salary commensurate with experience. For a full job specification and application form, please visit [gbpc.org.uk](http://gbpc.org.uk).

need to be on a cost share arrangement i.e. 100% funding is NOT available. the Cllrs. If anyone is interested in the post, please contact the Parish Council.

On 11<sup>th</sup> May there will be the AGM, Parish Assembly as well as the normal Parish Council meeting.

*Karen Tarling*  
Clerk to Great Bromley Parish Council

Finally, it is with reluctance that I have had to tender my resignation as Clerk/RFO due to personal reasons. It has been an absolute pleasure to work with Kate and all

## PLANNING APPLICATIONS

REFEREN CE	LOCATION	PROPOSAL	DECISION
16/00425/ FUL	Park Farm, Hilliards Road, Great Bromley	Change of use of farm buildings for B2 purposes for a metal fabrication company. Erection of ancillary office building	Great Bromley Parish Council oppose this application on grounds of change of use; overdevelopment of the site and demands on roads
16/00354/ FUL	4 Meadow Close, Great Bromley	Two storey extensions converting car port into living space	Great Bromley Parish Council support this application
16/00121/ FUL	Brookside, Badley Hall Road, Great Bromley	Two entrance walls with gates to property	Great Bromley Parish Council oppose this application on the grounds that it is too close to the highway, too high, out of keeping and restricted visibility.
16/00288/ FUL	Drumnascamph, Chase Road West, Great Bromley	Alterations to form a new porch	Great Bromley Parish Council support this application
16/00312/ FUL	Land opposite Bush Farm, Hall Road, Great Bromley	Erection of 2 field shelter structures and 2 storage buildings	Great Bromley Parish Council hold a neutral view of this application
16/00399/ DETAIL	The Cross Inn PH, Great Bromley	Residential Development	Great Bromley Parish Council object to this application on the grounds that the drawings do not comply with the site plan

## DISTRICT COUNCILLOR NEWS

There was a full council meeting on 5th April. There was a question about the money spent on sea defences as opposed to repairing the pot holes.

It was explained to the councillor that raised the question that the sea defence scheme was mainly financed by the Environment Agency whilst the pot holes are the responsibility of Essex County Council. A motion was put forward regarding the A133 Weeley by pass where there have been five fatalities in the past ten months. It was unanimously agreed by all councillors that TDC should ask for an urgent investigation into the cause and possible remedy.

The Annual General Meeting of the council is on 26th April at Clacton Town Hall at 7.30pm

My civic duties have included on 16th March Jenny & I attended the Mayor of Chelmsford's Civic Lunch at Hylands House. Later the same evening we attended the

High Sheriff's Awards also at Hylands House. On 20th we attended the High Sheriff's house for a lunch with other Mayors and Chairs in Essex. On 30th I attended a meeting of the Youth Performance at Clacton Town Hall. On 1st April I attended a Mayflower meeting at the Town Hall. The same evening we attended the retiring Chairman of Essex County Councils Civic Dinner at County Hall. On 4th we attended the Declaration Ceremony for the new High Sheriff at County Hall. On 8th we attended the Mayor of Brentwood's Civic Dinner. On 10th I had the pleasure of starting the Little Bromley 10k road race and the children's race, followed by presenting the prizes to the winners. A truly wonderfully well organised event. On 12th we both attended Essex Records Office for the presentation of awards from the Essex Millennium Fund. On 15th I attended the opening of a sensory park at Willow Park School Weeley, followed by a further Mayflower meeting.

*Cllr Fred Nicholls*

## CHARITY SUPPER 15TH APRIL 2016

Tending District Council Chairman's Supper in aid of the Harwich Mayflower Project was held at Great Bromley Village Hall on Friday 15th April.

The event was well supported with over 90 people sitting down to a two course supper provided by Linda Pinhey, of Sweet Success.

Amongst the guests were the patron of the Harwich Mayflower Project, Sir Robert Worcester who was accompanied by his wife Lady Margaret Worcester. They had travelled up from their castle near Maidstone to attend the event. Sir Robert was the person who invented the MORI poll. The vice chairman of Essex County Council, John Aldridge and his wife Christine were amongst other mayors and chairman from across Essex and Suffolk. The retiring Police and Crime Commissioner Nick Alston and his wife Pippa were also present.

Entertainment was provided by 45 members of Harwich Sing, a community Choir based in Harwich.

The after supper speaker was Ray Clark, who recounted his time on Radio Caroline and other radio stations he is currently a BBC Essex Saturday morning presenter.

A very enjoyable evening which helped to raise over £1000 for the project.





It could be called "Local Lad Makes Good" but instead it was to be the life and times of Bill Pirie. He was a local lad who grew up on a local farm the eldest of six children. He went away to boarding school and when this had finished he returned home to work on his father's farm. He had been a blacksmith, a soldier and he drove the sugar beet lorries back and forth to the factory but became disenchanted with this life and when he mentioned this to another local lad he was told why don't you join the police it's a good life, you will be able to play cricket and football for their team. Bill thought about this and after a while he applied to join and was accepted.

He spent some time in Clacton as a constable when he first joined, but after a while he transferred to the traffic police and was stationed at Saffron Walden. It was not to be as easy as he first thought because there were no bypasses and all the heavy traffic went through the middle of the town.

He was then promoted to Sergeant and

transferred to Southend-on-Sea. It seems hard to believe there was no such thing as a fire arms unit and all they had were their truncheons to defend themselves and the public if needed. After six years he was promoted to Inspector and transferred to the traffic division in Chelmsford, again after nine months he was transferred to the driving courses, and offered a carrot to work for six weeks in the town centre, the carrot being the role of Chief Inspector at Harlow.

In 1986 he went back to Braintree as the boss, then on to Chelmsford as Superintendent where he became Chief Superintendent at Harlow and then on to personnel at headquarters which he thought he would hate but absolutely loved it.

So as you can see it was Local Lad Makes Good. Many of us grew up together and are very proud of our roots.

Our next meeting is on 4th May which will be our Birthday Meeting and our AGM, There will be a Ploughman's and glass of wine served AND Royal Quiz to enjoy. Competition: Home Made Birthday Card.

*Joy Rolfe*

## KITCHEN CORNER

**May** is the month to enjoy fresh English Asparagus at its best.

There are many ways to use it and I always snap the stems and save the tougher ends for soup.

This is simple to make. Cook the stems with some chopped onion and garlic if liked with water to cover. when softened, blitz in a liquidiser then press through a sieve. Combine the pulp with white sauce or

cream /creme fraiche to a good consistency and serve with croutons and add some asparagus tips if you like. Season to taste.

The classic way to serve asparagus is to steam them or bake in the oven with some olive oil and serve with melted butter and good bread.

The tips are excellent for adding to a quiche or having with scrambled eggs or omelets. ENJOY!

*Jill Frostick*



# RUNNING INTO THE GRAVEYARD, BROMLEY 10K, APRIL 10<sup>TH</sup> 2016

After what seemed like a long build up, Little Bromley hosted the first 10K run on a bright and relatively still Sunday morning. Amid the tents in the churchyard and around St. Mary's Church was a festival atmosphere that was maintained throughout.

At 10am around 40 children took part in a 2K run along tracks behind the church. The first three runners to arrive at the finish, led by Archie Barrington received an Easter egg. Once back at the church, all of the children were given a certificate and a gift for taking part.

At 10.30am, 400 runners did the 10K run (100 runners did not turn up). Starting just along from the church and with perfect weather conditions for running, the first man to finish was Scott Cousins from Springfield Striders (Chelmsford) in 31 minutes 40 seconds and the first lady home was Helen Davies from Ipswich Jaffa in 35 minutes 26 seconds. The complete list of results can be seen on the Harwich Runners website [www.harwichrunners.co.uk/bromley10k](http://www.harwichrunners.co.uk/bromley10k) but we have listed some of the prize winners below.

The Chairman of Tendring District Council, Mr Fred Nicholls and his wife Jenny started both races and presented the prizes afterwards. They even remembered to bring wellies for the muddy track!

Throughout the event we were entertained by a string quartet which many visitors commented on as a lovely and unusual inclusion. Refreshments and cake provided by our local cake bakers were available to feed the runners. A sweet stall run by Jane and a Juice Bar run by Jenny were on hand to offer other tempting options. Inside the church items for sale and children's trails awaited those who entered along with lovely flower arrangements to look at. We are pleased to say that these events raised over £300 for the Churches conservation

trust.

Harwich Runners deserve a big thank you because without their knowhow, equipment, time and helpers we couldn't have held this event. Due to this the final benefit to the church should exceed £2500, a fantastic result.

This was also an event for the villages and we have lots of local people to thank. There are so many that we can only name a few, but here goes. Thank you to local businesses who sponsored the prizes. Thank you to Mary Roughley and Robert Fairley for the use of the car park area. Thank you to Mr Salmon for the track used for the children's race. Finally a really big thank you to all our marshals, those who manned the water station, car park attendants, cake makers, general helpers, those booking in the runners, our musicians, organisers, the list is endless.

We are so pleased that so many attended and made it such a lovely day.

Some Results:

1<sup>st</sup> Scott Cousins, Helen Davies

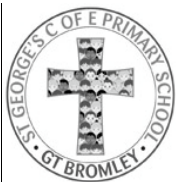
2<sup>nd</sup> Mark Newton, Sara Bird

3<sup>rd</sup> Gavin Allen, Laura Shewbridge

1<sup>st</sup> Wheelchair athlete: Gary Donald  
(Victoria Park Harrier)

1<sup>st</sup> Local residents: Graeme Knott and Elspeth Knott.





# ST. GEORGE'S (C OF E) SCHOOL, GT. BROMLEY

Telephone: 01206 230305



## Meet the Headteacher

I am very **pleased** to have finally arrived at St George's for my first week as your new Headteacher!

Children, staff and parents alike have made me feel very welcome and I am looking forward to working with everyone in the school community. I would like to take this opportunity to thank Mrs Fairley and Ms Parker for leading the school during the Spring term.

I intend to spend my first few weeks getting to know the school as well as I can so I will be talking to the children, meeting with the staff and finding out what makes St George's so special; this will also help me to plan the way forward so that we can work together to build on the school's strengths.  
*Rebecca Keitch*

## Indoor Bowls Match

On Tuesday 29 March 2016, some of us from St George's Indoor Bowls Club went to



the Gilberd School to play against the members of the Highwoods Indoor Bowls Club. We split into three teams and played six matches and then changed mats so we played different teams. It was brilliant fun and we learnt new skills from the adults we met.

Afterwards, there were cakes and drinks to be devoured as we had acquired quite an appetite. It was very amusing to watch our parents have a try as they found it harder than they thought. Many thanks to Mrs. Webb and Mr Bennett for organizing such a wonderful outing for us.

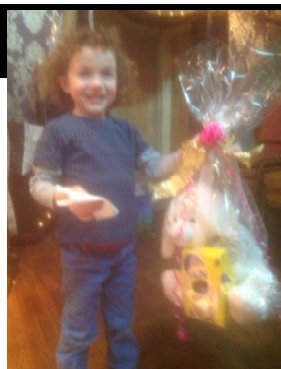
## LITTLE BROMLEY AMENITIES GROUP

The Amenities Group Children's Easter Egg Hunt was held in the grounds of the Haywain on Good Friday. About 30 children attended and had a thoroughly enjoyable time. £76.50 was donated to the Amenities Group funds on the day.

The children enjoyed craft making and several games, most of which were organised by Carol Cordwell to whom we offer our grateful thanks for all her hard work.

Thanks also go to the Amenities Group members who contributed Easter Eggs and food for the buffet which was enjoyed by all concerned.

Morgan Howie (right) the happy winner of our Easter bunny competition.



# 2016 EVENTS

## MAY

- 4 Church Lunch, St George's church, 12 noon  
WI AGM & 68th Birthday meeting, Village Hall, 7.30pm
- 5 Election day for the Police & Crime Commissioner for Essex Police area
- 6 Kwick Cricket 6-11 year olds season starts  
Colts Cricket Club training starts
- 7 Annual Meeting, Tea & Music, Lt Bromley church 3.00pm  
Pop up Pub Music Night, South View, Ardleigh Rd, 7.30pm
- 11 Gt Bromley PC Parish Assembly and Parish Council meeting, Village Hall
- 14 Little Dragons Quiz Night, Village Hall, 7.30pm  
Lt Bromley Amenities Group Quiz, The Haywain, 7.30pm
- 18 Village Hall Trustees AGM, Village Hall, 7.30pm
- 19 Friendship Club meeting, Village Hall, 2.00pm
- 21 Plant Sale, Village Hall, 10.00am
- 22 Messy church, St Mary's church, Ardleigh, 3.00pm
- 26 Gt Bromley Cricket Club Quiz Night, The Courthouse Inn, 7.30pm  
Referendum - IN and OUT - Meeting, Dovercourt
- 28 St Helena Hospice Ladies Midnight Walk, starting from Colchester United  
Weston Homes Community Stadium, 10.30pm

## JUNE

- 1 WI Meeting, Village Hall, 7.30pm
- 2 Referendum - OUT - meeting, Lawford Venture Centre
- 11 Charity Coffee Morning & Sale, Tethers End, Ardleigh Rd, 10.30am
- 12 Queen's Birthday celebrations
- 16 Friendship Club meeting, Village Hall, 2.00pm
- 17 Kwick Cricket Tournament
- 18 Little Dragons Fun Day
- 23 EU Referendum Voting day

The Venture Centre 2000  
is hosting a PUBLIC MEETING on  
Thursday June 2nd from 7.30pm to 10pm  
Doors open at 7.00pm  
Hear from our local MP & Parliamentary  
Candidates as to why we should leave the  
EU

Run by the GO/Leave campaigns for the EU  
referendum

An opportunity to question campaigners in  
relation to BREXIT

An opportunity for those undecided to hear  
why we would like to Leave the EU

Public speakers -

Bernard Jenkin - Conservative Member  
of Parliament for Harwich and North Essex

Maria Vigneau - former UKIP Parliamentary  
Candidate for Ipswich (lives in Dedham)

Mark Cole - former UKIP Parliamentary  
Candidate for Central Suffolk and North Ipswich  
(lives in Wrabness)

ALL WELCOME

Great Bromley Cricket Club  
will be holding a  
**Quiz Night**  
at the Court House Public House  
on Thursday 26 May 2016  
Teams should arrive for 7:30pm for an  
8pm start.

An event is being held at the  
Waterfront Dovercourt  
on Thursday 26th May from 7.00pm  
The EU referendum will be discussed by  
Bernard Jenkin - Leave and James  
Cartlidge MP for South Suffolk - Stay.  
The event is a three course meal, welcome  
drink, lounge suits £35 per ticket.  
Tickets available from Barry Brown 01255  
502570 or Ricky Callender 07957 562290  
or contact Fred Nicholls 01206 230688



## Lt Bromley Amenities Group

Saturday, 14 May 2016

### Amenities Quiz

The Haywain at 7.30pm

Light Buffet provided plus Raffle

Tables should be booked by phoning 01206 390004 or emailing the Amenities Group

*Proceeds in aid of Guide Dogs for the Blind*

## What's On

### with Little Dragons

Saturday 14<sup>th</sup> May at  
7.30pm

Quiz Night at Gt. Bromley  
Village Hall

Saturday 18<sup>th</sup> June

Fun Day at Little Dragons Preschool



Charity No. 1136028  
Company No. 7099441

## Village Hall Trustees AGM

18th May in Gt Bromley at 7.30pm

The Friends of St. Mary's Church, Little Bromley

would like to invite you to our

### Annual Meeting with Tea and Music

Come to St. Mary's Church, Little Bromley  
on **Saturday 7<sup>th</sup> May 2016 at 3pm**

We will start with tea and music, then our  
AGM at 3.30pm, followed by a short  
History talk at 3.45pm followed by more  
music at 4pm.

Everyone welcome to this free event.

## CHARITY COFFEE MORNING & SALE

Saturday 11th June

10.30am-1.00pm

Tethers End, Arleigh Road, Great  
Bromley CO7 7TL  
(01206 230537)

**IN AID OF THE ELISABETH SVENDSEN  
TRUST**

(donkey riding therapy for children with  
severe learning disabilities)

## Plant Sale

on Saturday May 21st  
there will be the Annual Plant  
Sale

in Great Bromley Village Hall  
from 10 am to 1pm



*All proceeds to Village Hall funds.*

Come and buy locally grown donated  
plants at very reasonable cost.

Tea and Coffee available

Any donations of plants gratefully received,  
please bring to the hall on the morning or  
contact Kate on 07592735600 to arrange  
collection

## Pop up Pub Music Night

7th May

Southview, Arleigh Road, Great Bromley,  
CO7 7TL

(just down the road from the Cross Inn)

Licensed bar with music from "Tea  
Ladies", East Bergholt's Premier  
Alternative Cajun Band

Donations of £1.00 per child

**Be an explorer at**



Come and have some family time,  
some messy fun and a light meal

on **Sunday 22<sup>nd</sup> May**

3 pm – 5.30 pm,

**At St. Mary's Church, Arleigh**



All Welcome!

For more information please  
contact

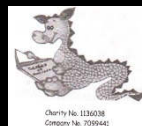
Carol Cordwell: 01206  
395103

Parishes of Arleigh and the Bromleys

# Little Dragons Pre-School - Great Bromley & Frating

Church Meadow Bungalow, Hall Road, Great Bromley CO7 7TR  
Ofsted Inspected

Website: [www.littledragonspreschool.org](http://www.littledragonspreschool.org)  
Email: [littledragonspreschool@gmail.com](mailto:littledragonspreschool@gmail.com)



## OUTSTANDING OFSTED INSPECTED

### BREAKFAST AND AFTER SCHOOL CLUBS- PLACES AVAILABLE

Tel: 01206 231823/ 07857 503103

If you require further information please call us on the numbers above or pop in to see us. Just to let you know we have a new telephone number – 01206 231823 in addition to our mobile number (see above)

### BABY DRAGONS

We are pleased to announce that 'Baby Dragons' - our Parent and Toddler group will be re-opening on Fridays at Little Dragons, Church Meadow Bungalow. The session will run from 9.15 am-10.30am, the price of £2.50 will include tea/coffee and children's snack. The group will be open term time only, starting on 15<sup>th</sup> April.

### OPEN DAY

We are holding another open day on Thursday 5<sup>th</sup> May between 1pm – 3pm and 6.30pm – 8.30pm for prospective parents and children to visit, meet the staff and look around our setting.

### HOLIDAY CLUB

We are running holiday clubs on the following days in the Summer Holidays:

Tuesday 26<sup>th</sup> and Wednesday 27<sup>th</sup> July  
Tuesday 2<sup>nd</sup> and Wednesday 3<sup>rd</sup> August  
Tuesday 9<sup>th</sup> and Wednesday 10<sup>th</sup> August  
Tuesday 16<sup>th</sup> and Wednesday 17<sup>th</sup> August  
The sessions will run from 8.30am – 4pm.

Please contact us to book a place for your child. Last term ended with much excitement, the children enjoyed an Easter egg hunt around the gardens. They also had fun making some lovely Easter cards, baskets, chocolate nests and thank you to Amanda for visiting preschool to tell us the story of Easter. This term we are looking forward to spending more time in our outdoor areas. We have already planted our potatoes, carrots and spinach and have started sowing seeds in our greenhouse too. The children are keeping the food on the bird table topped up and watching our nest box closely for signs of blue tits again this year.

## FUNDRAISING

### Saturday 14<sup>th</sup> May Quiz Night at Gt. Bromley Village Hall 7.30pm

Everybody most welcome, come and 'exercise' your grey matter in relaxed, friendly company. Tickets available from pre-school office, Primrose Pork, Rob Lord on 07747 787270 or on the door. £3.00 per head. Teams of 6 – 8. Mixed teams can be organised on the night if attending as individuals.

Saturday 18<sup>th</sup> June Fun Day at Little Dragons Preschool

### SAINSBURYS VOUCHERS

We are now collecting Sainsbury's vouchers so please tell friends and family

### PLEASE SAVE YOUR BISCUIT WRAPPERS AND BOTTLE TRIGGER HEADS

We have registered with Terracycle and are currently collecting biscuit wrappers and plastic bottle trigger heads and caps from washing up bottles. These we send away and are then paid according to the weight. So please ask friends and family to help us collect as many as possible.

We take children from the age of two years and offer a 'home visit' to families of children prior to them starting Pre-school. This gives the child the opportunity to meet their key-person in their own home, aiding the transition stage to pre-school. It also enables us to collect and share information in a confidential environment. For further information or to arrange a visit to the setting please contact us on the above number.

### Party Table and Chair Hire

#### Having a party for Pre-School children?

*We can offer 4 perfectly sized tables & 20 chairs.*

*Deposit only £10 Tables only £5.00 each Chairs Only £1.00 each*

*Collection Only - Contact us: Tel: 07857 503103*

*Email: [littledragonspreschool@gmail.com](mailto:littledragonspreschool@gmail.com)*

#### Dates for Diary:

Thursday 5 <sup>th</sup> May	Open Day
Saturday 14 <sup>th</sup> May	Quiz Night
Saturday 18 <sup>th</sup> June	Fun Day



# GT BROMLEY & DISTRICT CRICKET CLUB

Great Bromley Cricket Club will be holding a Quiz Night at the Court House Public

House on Thursday 26 May 2016. Teams should arrive for 7:30pm for an 8pm start. The Court House

is kindly hosting the evening and will be donating nibbles for the table, which is greatly appreciated. Tickets are £5 per person and all Ticket Proceeds will go to the Cricket Club.



Tickets can be obtained by contacting Paul Bird, Club Secretary, on 07947 392141

Essex County Cricket held their annual press day, on Thursday 7 April 2016, and



Jessica Bird and Beth Dodd were there as part of the Ladies First XI. Beth Dodd left and Jessica Bird right.

The full Men's and Women's Team Photo (right) including Alistair Cook, England Captain, front row and second in from the left. Not forgetting our two Bromley Ladies, Jessica Bird left front row and second in from left. Beth Dodd right front row second in from the right.

Both these young ladies started their interest in Cricket at Great Bromley, with Kwik Cricket. Could your child be like Jessica and Beth and be a future Essex Player?

## Cricket Club 100 Club Winners

### March

- |      |                    |
|------|--------------------|
| 1st. | Mrs. Jill Frostick |
| 2nd. | Mr. Bryan Wright   |
| 3rd. | Mr. Rob Davis      |

**Kwik Cricket starts on Friday Evenings from 6 May 2016.** These are great family evenings allowing children **aged 6 to 11 years old** to enjoy and take part in the Kwik Cricket **from 6:30pm to 7:30pm** while the parents can enjoy the club house. The cost is only £2 per session and is a great introduction to Cricket.



In addition **Colts training** will start again from **Friday 6 May 2016** for the under 13 and under 14 age groups. This is from **6:30pm to 8:00pm.**

*Paul Bird*





# VILLAGE HALL TRUSTEES

Refurbishment of the village hall continues and this month the

modernisation of the stage area should be complete. The upholstered chairs for the main hall have been delivered and will be a considerable improvement in both looks and comfort for most users of the hall. The original plastic stacking chairs, which have given such sterling service over the years, will be retained for use during craft functions, children's parties, sporting activities etc where upholstered furniture would be prone to damage/staining. Thirteen additional folding tables have also been procured, to complement our existing assets and give enough lightweight and matching tables for even the largest function. External redecoration recommences in the first week of June and should be complete by the middle of July.

The Village Hall AGM will be held on Wednesday 18th May commencing at 7.30pm in the Millenium Lounge. All parishioners are welcome to attend the AGM which reports on the past year and looks forward to the next. This is your opportunity to provide feedback in person on the facilities in our village hall and the way it is organised and managed.

As mentioned in last month's magazine, the AGM is also your opportunity to volunteer to assist with the management of the village hall, either as an elected trustee, co-opted trustee or as a 'friend' of the hall. Apart from Marion Britton, our loyal caretaker who is paid for her work, the hall is managed entirely by volunteer trustees who form the management committee. Trustees are responsible for undertaking the plethora of tasks needed to successfully run a community building in the modern age. Such tasks include secretarial, finance, facility liaison and bookings, property maintenance, fire safety, health & safety, food hygiene, inventory management, grounds maintenance and advertising/business

development. There are currently 4 vacancies on the management committee and my colleagues and I would really welcome 'new blood' onto the committee to help with the strategic and day-to-day running of the hall. No particular skills are required however a desire to help our fine community facility to flourish and willingness to get stuck in and take on a non-onerous management responsibility would make the role more meaningful and much more enjoyable.

The trustees are a fun team and are proud to be responsible for the village hall and its lovely grounds. If you are interested in joining us on the committee please contact me for further information.

Our next fundraising event is a Plant Sale at the hall on 21st May so please support us and stock up in your borders and planters as summer approaches. Kate Strowbridge is organising the event and would be grateful for donations of plants in due course. The trustees are always looking at ways of raising money for the village hall and if you have any ideas for a fundraising event or if you would like to help run one then please let me or another trustee know so it can be discussed at our next management meeting.

*Martin Frostick, Secretary*

*01206 250263*

*villagehallsecretary@greatbromley.org.uk*





St Helena Hospice  
your time...your hospice  
Registered Charity Number 280919

## ST HELENA HOSPICE

Did you know that around 1 in 5 patients at St Helena Hospice are supported by a gift left in a Will. One person's decision to leave a gift, potentially many years ago, is having a vital impact on the care we provide now and hope to provide in the future.

Reverend Susan Wiggins' husband, Alan, died in the Inpatient Unit at Myland Hall in July, 2015. Susan explains how the care and support they both received made life dignified and bearable, then and now. she says:

"It was not an easy road but St Helena Hospice helped to make that walk, that journey, tolerable. You have lost something very precious to you and St Helena at this time gave me something precious. They gave me the gift of time."

For anyone wishing to make their final wishes known, we have joined forces with a number of local solicitors from across north east Essex who are generously offering Will drafting appointments. The solicitors make your Will, waiving their normal fee and will instead ask for a suggested donation of either £90 for a single basic Will, or £150 for a basic mirror or double Will - every penny of which goes to the hospice!

Find a list of participating solicitors at [www.sthelenahospice.org.uk/makeawill](http://www.sthelenahospice.org.uk/makeawill) or call Helen Scatola or Fliss Strode on 01206 931468 or email [giftsinwills@sthelenahospice.org.uk](mailto:giftsinwills@sthelenahospice.org.uk) to find out more information!

# THE DOCTORS' SURGERY NEWS



## Great Bentley Surgery

Spring is here at last, but that comes a miserable season for those of us who suffer with hayfever. Do stock up with your usual anti-histamine tablets which can be bought very cheaply these days on the high street, but particularly online for as little as £4 for 3 months' worth!

We had our Care Quality Commission inspection on Wednesday 23<sup>rd</sup> March. This is very important to practices as is a formal measure of how we are performing regarding being safe, effective, caring, responsive and well-led. We feel the day went very well and we got some great feedback from the inspectors at the end of the day. We'll let you know as soon as we hear anything, so if you don't already, follow us on Facebook or Twitter.

It's a year today since our 'Election Special' newsletter which went 'viral' last year, but unfortunately things have not improved in the NHS. In fact, they appear to be getting significantly worse. We are still feeling demand for GP appointments increase whilst our funding falls. We recognise that patients' are waiting longer for non-urgent appointments and have made the decision to recruit a new part time GP providing three extra sessions a week. We are not getting any extra funding for this, so this is effectively coming from the GP partners' wages. As well as this, we also need our patients to use the surgery sensibly to help improve appointment availability for everyone. If patients can consider providing self-care or getting advice from their pharmacist ahead of booking a doctor's appointment this would really help. Roughly a third of all our GP appointments are booked for self-limiting minor illnesses meaning those who have more serious complaints, have to wait longer.

On a positive note, our receptionist (and soon to be Phlebotomist too) Abbie, would like to thank all patients' who sponsored her

in the Colchester half marathon. She completed it with ease and raised £130 for St Helena Hospice with the raffle.

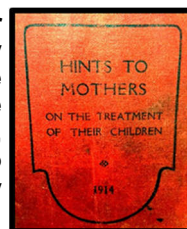
This month's meeting of the Great Bentley Surgery **Patient Participation Group** will be meeting on **Thursday 19<sup>th</sup> May 2016 at 6.30pm** at the Great Bentley Village Hall.

**Richard Miller (Practice Manager)**

This part of our newsletter publishes suggestions from this 102 year old book called **'Hints to Mothers'** on the health and wellbeing of children prior to the NHS existing. We hope you find this interesting and in many instances still useful even today. **Please bear in mind this was written a long time ago!**

**Bruises** –As soon as possible after receiving the injury, generally caused by a blow, knock, or fall, apply cold water, ice or even cold metal to the parts affected, as cold prevents the formation of a bruise by stopping the bleeding taking place under the skin. There is also an excellent remedy for bruises in fresh butter. Apply it immediately after the accident, and continue to renew it every couple of hours or more. The ugly appearance caused by a 'black eye' can often be prevented by the application of fresh butter. Salad oil, too, can be recommended for bruises; as also tincture or arnica, one teaspoon to a tumblerful of water, to be applied with a soft rag.

**Of course nowadays we have the Minor Injuries Unit at Clacton Hospital along with the Colchester Walk in Centre in Turner Road to look at any minor injuries There are x-ray services available at both of these units, so no need to go to A&E unless it's very serious.**



## DORIS (DOT) CHILVERS 6 JUNE 1927 – 28 FEB 2016

Doris Florence Mary Tyler was born on her grandfather's farm near Romford; she had a younger sister Joan and a brother Wally. When she was small her mother was taken ill and had to spend long spells in hospital, so the three children each went to live with different relatives. Dot came with her father to live at Grove Farm, Elmstead Market with an Aunt and Uncle. Her mother was able to return home and the family were reunited. They had various moves while the children were at school around Elmstead Market & Wivenhoe, and had happy times. When she left school she worked on the Uncle's Farm - very hard work –and she met Alan Chilvers at a dance in Alresford village hall.

In 1946 Dot's father got the lease on a Council holding at New House Farm, Great Bromley, so they moved there, and he asked Alan to go and work for him. A year later her father took on a bit more land and this included Poplar Hall Bungalow, so having somewhere to live. Dot and Alan were married in October 1947 at St George's, with a lovely reception in the big barn. Dave was born in November 1949 and Anthea Joy followed in July 1952.

The family stayed there until her dad retired in 1972, when Alan changed jobs and the family moved to Dedham. When Alan was made redundant they moved back to Great Bromley where he worked at the Cheshire Home until he retired, and they moved once more, this time to Ardleigh.

Doris loved her garden and she created a lovely flower display in each place they lived. They both loved spending time with the grand-children too, taking them on holidays and days out when they were small.

Dot had a major heart operation in 1999, and she had to be a bit more careful what she did after that. Sadly she lost Alan four years ago, and her own health gradually deteriorated over the time and she found it harder to get around, although she was very



determined to make the most of it. She had been going in and out of hospital until she decided enough was enough and she would not go back. She wanted to stay in her own home where she felt content and comfortable, until she peacefully passed away.

### *Joy Golding*

Joy has kindly given me a copy of the life story her mother wrote after Alan died, and I will put some of that in a later issue. I find it interesting that Mrs Chilvers ended up neighbours at New House to Mr George Kempster, also hailing from Romford.

### *Hugh Frostick*

# STOUR VALLEY MEN'S PROBUS CLUB



## Recent Meetings

On 6 April David Carman interviewed our new President Hew Naylor in his "Dessert Island Discs". It was a most interesting meeting hearing of Hew's views, life and achievements. At our second meeting of the month on April 20th David Ablewhite spoke on "George and Mary, the First Windsors".

## Future Meetings

On Wednesday 4<sup>th</sup> May we have a musical event planned when Grant Elliot will talk about the "History of Jazz" and on Wednesday 18<sup>th</sup> May Harry Parsons will talk to us about the "Building of the Millennium Tower at Bury St Edmunds".

## Meeting Venue

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

## New members

Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed by Stour Valley Men's Probus Club, we meet on the first and third Wednesday of each month in Manningtree at 10.30am. Please contact Secretary Brian Rolfe on 01206 393665 for further details.

*Graeme Forsyth*

# STOUR VALLEY U3A

THE THIRD AGE TRUST



THE UNIVERSITY OF THE THIRD AGE

## Recent Meetings

On Wednesday 13<sup>th</sup> April Rebecca Parry BSc, Director of Conservation, Education & Research, spoke on "Zoos and Conservation". Her talk included the history of zoological collections, including Colchester Zoo; the Zoo's current modern roles, its breeding programmes & conservation projects in the wild.

## Future Meetings

On Wednesday 11th May Dr Roger Simpson BFA Calgary, MA Victoria & PhD Essex Universities, will talk on "John Constable - Man in a Landscape". Perhaps we have seen The Hay Wain so often that we no longer see it at all! Was Constable one of the greatest religious painters that this country has ever produced ?

## Meeting Venue

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except August and December

## Membership

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the Third Age Trust, have over 230 members and 21 groups. For further information please visit [www.stourvalleyu3a.org.uk](http://www.stourvalleyu3a.org.uk) where membership secretary Val Pretty may be contacted.

## Remember

It's never too late to learn! Join the 361,477 members across 969 U3As throughout the UK today!

*Graeme Forsyth*

# The Churches of Ardleigh and the Bromleys Children's Committee News

## Easter Egg Competition

In early March, the children of St. George's school, Great Bromley and St. Mary's school, Ardleigh were invited to take part in our Easter competition. They were asked to decorate a hard-boiled egg and return it to school by the 18<sup>th</sup> March.

What fantastic ideas the children had, some eggs were cleverly decorated in a variety of mediums, while others became sharks, Minions, chicks, princesses and lots of other things. Some of the eggs came with their own scenes and backgrounds, such a lot of work.

All the eggs have been on display in the local church since Easter and they look really eggciting!! Choosing the winners was really hard.

St. Mary's school, Ardleigh had 53 entries. The favourite egg chosen in class 1 was by Megan Davis. The favourite egg in class 2 was by Jennifer Owen. The favourite egg in class 3 was by Evan Bament and the favourite egg in class 4 was by Martha Hoggarth.

St. George's school, Great Bromley had 20 entries. The favourite egg chosen in class 1 was by Lewis Pudney. The favourite egg in class 2 was by Morgan Howle. The favourite egg in class 3 was by Maria Lee and the favourite egg in class 4 was by Cerys Jacobs.

Everyone who entered received a prize for taking part, with the winners receiving a special prize. These were all presented to the children before they broke up for the Easter holidays.

## Easter Celebrations at Messy Church

On Sunday 20<sup>th</sup> March from 3pm, we held our Easter Messy Church at Great Bromley Village Hall. After children arrived with their parents Angela told them the Easter story through a slide show on the wall. Everyone sang a song while Alice played the piano.

The children then went off to do some crafts in the hall. Palm leaf crowns, mini loaves, story cubes, large flowers to put into Great Bromley Church later on and Easter cards were produced over the next hour. We mustn't forget the making of Easter nests and iced biscuits, always very popular.

Simon Heron our new Vicar came and joined in with all the crafts as we did our activities and we were very pleased to have him join us for a while. Afterwards we all went into the other room, sang, looked at the prayer flowers and chatted before playing a game and then sitting down to eat.

Although the attendance wasn't large we all had a lovely afternoon and would like to thank all those who came and especially all those who helped.

Look out for our next event on **Sunday 22<sup>nd</sup> May at 3pm at St. Mary's church, Ardleigh.**

## JAM Sessions at Great Bromley Church

Our JAM sessions continue on a Friday Afternoon between 3pm and 3.45pm. A regular group of children and their parents come and enjoy activities, toys and refreshments in a relaxed atmosphere.

We are there most Fridays through term time and would love to see you if you would like to come. Everyone welcome!

*Carol Cordwell*

# ST. GEORGE THE MARTYR, GREAT BROMLEY



## Services for May

<b>Sunday 1st</b>	8.00am	Holy Communion (BCP)
	3.00pm	Bluebell Service at Lt Bentley woods (meet 2.30pm)
	6.30pm	Sung Evensong (BCP)
<b>Thursday 5<sup>th</sup></b>		<b>Ascension Day</b>
	9.30am	Eucharist at St Mary's, Lawford
<b>Sunday 8<sup>th</sup></b>	10.30am	Parish Eucharist (CW)
<b>Sunday 15<sup>th</sup></b>		<b>Whitsunday</b>
	8.00am	Holy Communion (BCP)
<b>Sunday 22<sup>nd</sup></b>		<b>Trinity Sunday</b>
	10.30am	Parish Eucharist (CW)
<b>Sunday 29<sup>th</sup></b>	10.30am	Benefice Eucharist (CW)

The church is open daily and you are welcome to visit.  
More details and information at [www.greatbromley.org.uk](http://www.greatbromley.org.uk)

### St Mary's Church, Lawford

Every Sunday	8.00am	Holy Communion
1st Sunday	10:00am	Holy Communion
2nd Sunday	10:00am	Family Service
	6:30pm	Evensong
3rd Sunday	10:00am	Holy Communion
	6:30pm	Cafe Church
4th Sunday	10:00am	Morning Worship
Wednesdays	9.30am	Holy Communion

### St Mary's Church, Little Bentley

First Sunday	10.30am	Morning Prayer
Third Sunday	10.30am	Holy Communion

### St Mary's Church Ardleigh

1st Sunday	10.30am	Parish Eucharist
2nd Sunday	8.00am	Holy Communion
3rd Sunday	10.30am	Parish Eucharist
4th Sunday	8.00am	Holy Communion
5th Sunday	10.30am	Parish Eucharist

### J.A.M. DROP-IN

Every Friday in St George's church  
Term time only  
Parents & children welcome  
All are welcome \* 3pm to 3.45pm  
Refreshments, activities

### Church Lunch

4th May at 12 noon  
St George's Church  
**All welcome - no need to book**  
Donations only

## FROM THE REGISTERS

15th April 2016  
Funeral service for Ken Jarvis

### Visitation for New Church Wardens

Lawford Church Tuesday 10th May  
7.30pm  
Jenny & Yvonne  
All welcome.