

THE BROMLEY MESSENGER

JULY 2016

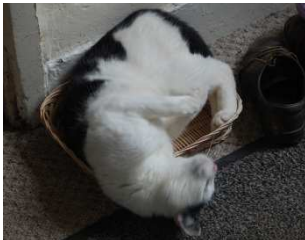
Volume 31 No 4



THE FIRST PAGE

By the time you receive this issue the Referendum will be over and we will know what the country has decided and we will be getting on with whatever the outcome is. At the time of writing the tragic death of Jo Cox has meant the debate has ceased temporarily and we are no longer being subjected to not so much a debate on whether or not to leave the EU but more a shouting or slanging match between the various groups. It has not been an edifying experience.

Not having had much rain recently the weather went into overdrive last weekend with thunderstorms, torrential rain and hail which are still continuing today. Some parts of Great Bromley were flooded (I haven't heard reports out of Lt Bromley so I am assuming they are all right) with some of the houses up The Cross end of the village flooded. I have been told that they had 40-50mm of rain on the Saturday. I recorded for the same day 18mm and The Courthouse end of the village recorded



none at all! The lanes were awash, the sandbags were put out and I hope they did their job for those affected.

The Hog Roast in Church Meadow the following day to celebrate the Queen's 90th birthday was fun but decidedly chilly and again it rained though not hard. However the Stiff Upper Lip was shown off by all and it was a thoroughly happy afternoon.



No doubt all this rain will cause my grass to grow still more. It has been commented how brown I am becoming and it can only be because I seem to spend all my time mowing! After one of the stair rod experiences I was concerned to see smoke blowing across my lawn but on investigation it was steam rising from the ground from the heat of the (all too brief) sun. Returning home from a concert last Saturday the fields were a ghostly white as a result again of a low lying mist covering them. Neither Lucy, the dog, nor Katisha are keen on being outside at the moment with the result that my rabbit population is surviving in peace. I do have a couple of tawny owlets and some baby thrushes making appearances on the lawn.

Leonie

MATERIAL for the **AUGUST** edition of 'The Bromley Messenger' should reach the Editor, Leonie Henderson, by **14th JULY 2016** 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 Bromley Messenger' please contact the Treasurer on 01206 230537
Please support the sponsors of our magazine.

The June 2016 meeting

It could be said we do not rest on our laurels! It was the Queen's 90th Birthday, so what should we do? Why, of course, have a birthday party. Our president, Jenny, went for it in a big way: The committee and members would cater, the committee sent the invitations and so it came to pass we had our own members, guests from the Constable Group as well as representatives from the County, Parish Council and District Council, village groups, family and friends. Over 100 people sat down to a celebration tea. Each table had three hostesses from Gt. Bromley to make sure food was plentiful, tea cups kept filled

and everyone to be made welcome.

A glorious rendition of Jerusalem filled the hall, a real treat. Tea was enjoyed and we were then entertained by "The Motley Crew" from Brightlingsea with a selection of sea shanties. Rule Britannia was sung with a difference (it included married to a mermaid) and might I add with audience participation as well.



The hall had been decorated in red, white and blue, a royal quiz organised, and a raffle.

Carlo, the local County Councillor, thanked the W.I. for a fantastic evening and Stephanie, a trustee, gave a general vote of thanks to everyone for making it such a success.

Joy Rolfe

THANKS

The Amenities Group Quiz Night

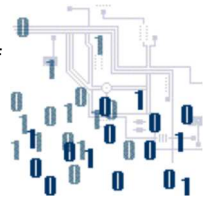
The quiz was held at The Haywain on Saturday 14 May 2016. The attendance for the quiz was about 30 people, who all seemed to enjoy themselves.

The quiz itself was a little different from normal but once we all got into the swing of it, it was good fun and a few laughs were enjoyed by all. We have to thank our quiz master for the night, Steve Clark, and comments that I overheard were "is he a maths teacher" so obviously the theme for

the night was numbers!!

Thanks go to members of the Amenities Group for the buffet provided. No-one went hungry and the food provided was thoroughly enjoyable.

Proceeds from the quiz amounted to £210. A donation of £105 will be sent to Guide Dogs for the Blind.



GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

Clerk: Lizzie Ridout Email: clerk@greatbromley.org.uk

A quick introduction – My name is Lizzie Ridout and I'm your new Parish Clerk for Great Bromley. I look forward to meeting more of you over the coming months.

At the meeting held on 8 June it was agreed that we would invite Chief Insp. Russ Cole, District Commander for Tendring, Essex Police. I'm pleased to advise that he will be available for our next meeting on Wednesday 13 July to answer your questions and discuss burning issues such as speeding, high numbers of HGV's and lack of police presence.

On the subject of highways issues, the Parish Council agreed to submit a scheme request to ECC for a mini-roundabout at the Courthouse Pub junction. ECC has advised that this will be added to the list for consideration in September 2016 so we'll continue to watch that one.

Flooding continues to be an issue in the village and four properties recently had to be bailed out during heavy flash floods. The ECC emergency helpline was unfortunately not answered on this occasion and therefore our County Councillor Carlo Guglielmi is raising our concerns as this is not acceptable.

At the TDC meeting of the Local Plan Committee last week it was agreed that the plan will go out for consultation in July –

another one to watch out for.

The Queen's 90th Birthday celebrations took the form of a Hog Roast organized by the Parish Council. It was a lovely village occasion despite the rain and thanks must go to Jane Coster and her team of volunteers for arranging such a fantastic event which included excellent entertainment from The Columbines and the choir from Little Dragons. The cake was a show-stopping effort from WI member Sarah Corduff, for which we are very grateful – see picture.



Conservation volunteers made a site visit to the village pond recently. It was agreed that as a full survey had been carried out in 2009, a brief survey was appropriate. We'll let you know the results after the survey. Plans for a quiz night in October will soon be underway – we'll provide more details nearer the time.

Lizzie Ridout, Clerk

Planning Application

REFERENCE	LOCATION	PROPOSAL	DECISION
16/00653/FUL	Land east of Hall Road, Great Bromley	Proposed erection of cart lodge structure for use in connection with, ancillary/incidental to use and occupation of dwelling house granted planning permission under ref: 14/01581/FUL	Comment to TDC - Great Bromley Parish Council objects to this application and would request a deferral until at least the building of the proposed house/dwelling has commenced.

DISTRICT COUNCILLOR NEWS

The Local Plan committee have agreed to send the plan to Full Council for approval then send the plan out for public consultation from July to August. All members of the public are invited to attend the consultation process and to submit their views, for or against.

The proposed consultation event for our ward is Tuesday 30th August at Elmstead Community Centre, School Road, Elmstead Market CO7 7ET.

All residents should receive a leaflet giving full details of how to make comments and the time the consultation event will be open.

Other events will take place in Clacton, Weeley, Kirby Cross, Dovercourt and the Venture Centre in Lawford.

There have been incidents of flooding in the ward. The only reported incidents to Rosemary and I have been in Great

Bromley where several houses were flooded out and also other properties where gardens and garages have been flooded.

Essex County Council are responsible for all flooding matters. ECC have provided an emergency telephone number, however when residents have tried to make contact on that number it has not been answered. We are taking this up with our County Councillor. Fortunately Tendring District Council have come to the rescue, shame that Essex County Council are not as efficient.

The Boundary Commission have been requested by TDC to examine the wards in Tendring with a view to ensuring they are correct. There are also looking at the number of councillors that make up TDC.

Fred Nicholls

LITTLE BROMLEY AMENITIES GROUP

Major Anthony Charles Downes MBE

After a long and distinguished career in the Royal Norfolk Regiment and, on amalgamation, the Royal Anglian Regiment, travelling the world in the service of his country on many occasions, our congratulations go to Tony Downes of Little Bromley who has just been honoured by the South Korean Government for the part he played with British Armed Forces in the defence of Non-Communist South Korea against the Communist North Korea, to preserve the safety and freedom of the people of South Korea.

Tony has lived in Little Bromley with his wife Sylvia since 1991 and has been involved in village life since then. He was Clerk to Little Bromley Parish Council for a number of years and is a member of Little

Bromley Amenities Group.

Tony was President of the Clacton Branch of the British Korean Veterans Association for a number of years.

The Association was formed in 1968 to perpetuate the comradeship of those that fought in the war, until the Laying up of the Standard and placing it in the care of Tendring District Council in September 2014.

The Korean War was fought between the years 1950 – 1953 and almost 100,000 British troops fought in Korea. Many of the veterans still consider the War to be the one that our country has forgotten.

Ann Clark



KITCHEN CORNER

Malt Loaf

Nigel Slater's recipe.

150g Malt extract
100g light muscovado sugar
2 tbsp black treacle
250g plain flour
1 tsp baking powder
pinch salt
100g (stoned weight) prunes
2 eggs
125ml black tea
100g sultanas or raisins

A deep tin 20x9 cm lined with baking paper . Oven 160C.

Put malt extract, sugar and treacle in small

pan and warm without stirring over moderate heat till sugar has dissolved. Sift flour, baking powder and salt into large bowl. Chop prunes small . Pour the warm malt mix into the flour, add tea, lightly beaten eggs, chopped prunes and raisins.

Scoop the mixture into the lined tin and smooth surface. Bake 1 hour until lightly springy, then remove from the oven and leave to cool in the tin. While it cools brush with a little more malt.

This keeps well and is good on its own or sliced and buttered.

Jill Frostick

FRIENDSHIP CLUB

After our May meeting we all felt more enlightened about the workings of our Parish Council as Councillor Richard Perry came along to give a very interesting talk on the workings of same. Questions were answered and everyone felt they knew more about the day to day business and purpose of a Parish Council, which is of course, there for the benefit of the village. Thank you Richard for this information.

Three of our members enjoyed a special evening with the WI joining in their

celebration of the Queen's 90th birthday and the Centenary of the WI. A really memorable event.

Our speaker for July is Bruce Root, a keen bird watcher, and the competition is a bird ornament or a picture of a bird.

Please remember the Auction in August to raise funds for the Club. Now is the time to sort out those unused items which are just waiting for someone else to use!

Sylvia Ward



VILLAGE HALL TRUSTEES

The village hall AGM and Annual Meeting were held on 18th

May. All four existing elected trustees were re-elected and Graham Taylor, who has recently moved into the village, was nominated and elected to join them. The management committee for the current year now comprises five elected trustees and five trustees representing local clubs and societies. Unfortunately, all three co-opted

trustee posts are now vacant and the management committee will seek to fill these slots in the next few months - so if you are interested in joining the team then please get in touch; your help with running our village hall would be much appreciated.

Mike Corduff was re-elected Chairman of trustees and Martin Frostick was re-elected Vice-Chairman. Martin Frostick was re-appointed Secretary, Jackie Lear was re-appointed Treasurer and Mary Fawcett was

re-appointed Bookings Secretary. Pender Richardson was re-appointed as auditor and was thanked for his excellent work examining the accounts during the past year. Marion Britton was thanked for her continuing hard work as caretaker.

The utilisation of the village hall increased during 2015/16 and hire income grew by 13% even though hall charges have remained unchanged for more than 2 years. Lower fuel oil costs and over £2600 from fundraising events have also helped the hall to post a good overall profit this year, adding to our reserves. However, all of this money (and more) will be spent on the major refurbishment project which is now well underway and due to be completed by the end of the year. Informal feedback indicates that we are one of the best-value community venues in the area and, given that a considerable amount of money from our reserves is being spent on improving the facilities this year, a hire charge review will be undertaken shortly which may lead

to a small increase in charges taking effect next year.

Fundraising events at the village hall have continued apace and continue to generate much needed income as well as providing good opportunities for parishioners to come together, relax, talk and have a good time. The recent plant sale organised by Kate Strowbridge was very well supported and raised over £580 for hall funds.

The village hall trustees look forward to welcoming you at one of their fundraising events this year or being able to provide accommodation for you whether it is for a birthday party, reception or commercial event. Details of the facilities available are provided on the village website greatbromley.org.uk .

Martin Frostick

villagehallsecretary@greatbromley.org.uk
or 01206 250263



IN THE GARDEN WITH KATE

Phew! It's certainly hot at the moment, but only a week ago we were shivering in temperatures around 12C. No wonder weather is such an important topic of conversation in Britain - it must be quite dull just having a climate.

With the recent heat, everything in my garden is growing at breakneck speed, especially the weeds. In my vegetable garden, which I weeded less than a week ago, the little devils have sprung up all over the place, threatening the vegetable plants.

I saw an interesting thing yesterday. We have a nest of white tailed bumblebees in the outside wall of one of the sheds. When it was very hot (it has black walls), I saw several of the bees hovering outside the nest hole ventilating the nest by flapping their wings at high speed, a form of air

conditioning I suppose; most intelligent.

If you are going away this summer, and do not have an obliging neighbour, now is the time to plan how your garden is going to be watered whilst you are away. Irrigation systems for pots and greenhouses are relatively inexpensive, bearing in mind they can be used for many years. As I mentioned in previous years, I have a small system that is solar powered and works from the water butt, so is completely self sufficient.

Lawns need regular cuts, with the mower blades raised during prolonged dry periods. Lawns do not need watering unless new; they green up in no time when it does rain.

Dead heading is another important task, and should be done at least every couple of days. Repeat flowering plants such as roses will only keep flowering if this is done, which brings me to the subject of "the Chelsea chop". Many perennials growth

and flowering is improved by being pruned back, especially in the case of perennial geraniums- they may look a little tatty for a few days, but will grow and flower with renewed vigour.

Pots and hanging baskets need regular feeding, deadheading and watering if they are to retain their splendour, they dry out very quickly in warm temperatures.

In the vegetable garden, main crop carrots, early peas, kohlrabi, turnips, lettuces, endive, chicory and pak choi can be sown. again, the vegetable garden needs regular watering. It is better to give them a really good soaking once a week than a trickle every day. Be wary of cabbage white

caterpillars laying eggs on the brassicas and protect them early. In the greenhouse, ventilating and shading is very important as is regular watering and feeding with appropriate fertilizer.

Now for the good bit! Harvest summer raspberries, redcurrants, blackcurrants and gooseberries. Tomatoes may be ready too, just be wary of two, four, six or eight legged pests that may eat them first! Cucumber grown under cover may be ready too.

However, above all, enjoy your beautiful garden, and all the hard work you have put into it!

Kate Stowbridge

COFFEE BREAK NUTRITION with Suzanne Abbott

'WAIST TO HIP RATIO'

Many people assume that as long as they are not overweight they can consume as many sugary drinks and food as they like without any consequences. Sugar has a deceptive damaging effect on the body. It is a very slow process. This may not emerge until middle age, when people who try to control their weight by a calorie-controlled diet realise that this doesn't work any longer and their weight keeps going up, even when they eat very little.

The problem with eating sugary foods and drinks (carbohydrates) means that the body keeps producing insulin. The more carbs you eat the more insulin is produced. Add some fat into the equation – like in cakes and biscuits, a recipe for more insulin production! But that's not all. Sugar, fat and alcohol are high in calories but low on nutrients. Having a diet high in carbohydrates brings with it nutritional deficiencies and, with it, the risk of obesity, as well as other degenerative diseases. As we get older, many of us produce large amounts of insulin due to the reaction to eating too many sugary foods and drinks like lemonade, soft drinks, fizzy drinks or juices, alcohol – wine and beer, refined carbohydrates like white flour, pasta or

pizza or artificial sweeteners found in all the above mentioned 'foods', ice cream and so on.

The problem is that insulin causes weight gain by making you more hungry! It also makes you store more fat and it blocks the ability to use body fat as energy.

We end up with what is known as 'middle age spread' or a 'pot belly' or 'beer gut'.

This is one of the best indicators of impending health problems.

So, how do you know that this is happening inside your body?

A very simple test will reveal all. You need to calculate your waist-to-hip ratio (WHR).

First, take your waist measurement, and then measure around your hips. Now divide the waist measurement by the hip measurement. The table below will give you an idea if you may have a problem.

Health risks based on WHR

Men	0.95 or less	Low risk
	0.96 to 1.0	Medium risk
	1.0 or higher	High risk
Women	0.80 or less	Low risk
	0.81 to 0.85	Medium risk
	0.85 or higher	High risk

Those who have a high WHR are thought to be at a higher risk of getting diabetes, heart attack or a stroke.

What to do about it?

To reduce fat around the middle you should avoid eating mainly fructose rich foods. This means checking labels for sugar, which is 50% glucose/50% fructose. There are also the hidden sugars like high fructose corn syrup (HFCS) which is now used in every convenience food on the market from soft drinks, juices to processed ready meals or ice cream. HFCS can be as high as 90% fructose. Fructose doesn't get used for energy; the liver turns it straight into stored fat which is then transported to your abdomen. Even honey is mostly fructose,

so you need to cut down on this too.

Fruit also contains fructose and some fruits are better than others. Ones with the least amount of fructose are berry fruits – blueberries, blackberries, strawberries etc; also apricots, peaches or plums; citrus fruit, ripe bananas, kiwi, pineapple, rhubarb. And of course, don't forget exercise. Do something that makes you perspire and out of breath. That should burn some of the fat around the middle too.

My advice, as ever, if you eat a balanced, varied diet including protein, lots of vegetables, some fruit, lentils or chick peas, you won't have a problem with a pot belly and should see your toes when you look down towards the floor.



COLNE RADIO

Colne Radio is a community radio station which currently broadcasts on the internet

from its studio in Wivenhoe. From early 2017, subject to planning permission and its success in raising the necessary funds, Colne Radio will be going FM, reaching listeners within a minimum 5 km radius of its transmitter.

That means that communities along the Colne, including Gt Bromley, will be able to hear about local events, news, issues and campaigns, presented by local people. Included in the mix will be plenty of music, covering a wide range of styles and periods – again presented by local DJs and

personalities.

In order to help raise money for new equipment, Colne Radio is launching a fundraising campaign this summer. Make a donation and in return you can claim a reward ranging from a dedication on air through to the opportunity to present your own radio show.

Colne Radio is entirely run by volunteers. It wants to give local charities, organisations and groups an additional chance to be heard on a truly local, community radio station. Securing the FM licence from Ofcom was the first big step. Now it needs to raise the money to secure the right equipment. You can help support Colne Radio.

Visit www.colneradio.com to learn more.

THE DOCTORS' SURGERY NEWS



Great Bentley Surgery

Care Quality Commission (CQC) – Surgery Inspection 2016

We are very proud to announce that we have finally received the report from the CQC inspection that was carried out on 23rd March. **We were graded as 'GOOD' in every single area.** This means that after a thorough investigation we are considered safe, effective, caring, responsive to people's needs and are well led. The only suggestion on how to improve was to continue with supporting carers, which of course we always intended to do. This was truly a team effort and a reflection of all the hard work every single member of staff puts in every day. If you would like to read the report in full, you can download a copy from the CQC website and the best way to get there is to follow the link that we've placed on our website home page (www.greatbentleysurgery.nhs.net) just below the latest feedback and next to our address.

*I have been asked to remind our patients that we need **3 working days to process a repeat prescription request** and your pharmacy may require a further two days on top of this to get your medication ready for you. We've been getting a lot of very short notice demands lately!*

Patient Participation Group (PPG) – This is the last one until after the summer break, so please attend as will be a very light evening! Come along at 6.30pm on Thursday 21st July to the Great Bentley Village Hall and find out more.

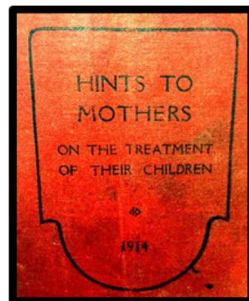
Richard P Miller - Practice Manager

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!**

Chicken Pox – On the approach of chicken pox the child is poorly. The eruption shows itself in about 24 hours, and consists of numerous pimples on the scalp, neck, back, chest and shoulders, but rarely on the face. On the third day the pimples arrive at maturity, and then begin to die away – others at the same time making their appearance. Chicken pox rarely leaves pit-marks behind, as in the case of small pox. But boracic acid ointment can be applied to the spots with advantage. Chicken pox cannot by any means be considered an dangerous complaint. It last but a few days. For the first three or four days the patient should be kept to the house, and be fed on milk and farinaceous food, meat not being given to him. On the sixth day, but not until then, administer a mild aperient; Steedmans Powders will be found all that is requisite for this purpose. Chicken Pox is an infectious disease. As the disease is apt to leave weakness behind it, the child should be fed up and given a tonic, while a change of air, if possible, is very beneficial.

How chicken pox is dealt with has not really changed at all in the last 100 years! There is no specific treatment, but there are pharmacy remedies that can alleviate symptoms. These include paracetamol (not aspirin or ibuprofen) to relieve fever and calamine lotion and cooling gels to ease itching. There is only usually a need to see a GP if the blisters become infected or the child has a pain in their chest or difficulty breathing.



2016 EVENTS

JULY

- 3 Pop Up Pub, Forge Cottage, from 12 noon
- 6 WI meeting, Village Hall, 7.30pm
- 10 EASRC Concert, Little Bromley church, 6.00pm
- 21 Friendship Club meeting, Village Hall, 2.00pm
- 23 Bingo, The Haywain
- 25 Messy Church Olympics, St George's church, Gt Bromley, 10.00am

AUGUST

- 3 WI Outing
- 12 Cricket Club chairman's Day
- 13 Pop Up Pub, Primrose Farm, from 5.00pm
- 14 Bromfest Lt Bromley Folk Day, Lt Bromley Church, 12 noon
- 18 Friendship Club meeting, Village Hall, 2.00pm
- 20 Sponsored Dog Walk & BBQ, The Haywain
- 24 WI Activity Day
- 30 Local Plan Consultation, Elmstead Community Centre

SEPTEMBER

- 7 WI meeting, Village Hall, 7.30pm
- 15 Friendship Club meeting, Village Hall, 2.00pm
- 17 Abba Night (Cricket Club)
- 20 Amenities Group AGM, The Haywain, 7.30pm
- 29 WEA - Films & Fairy Tales, Village Hall, 2.30pm

OCTOBER

- 5 WI meeting, Village Hall, 7.30pm
- 20 Friendship Club meeting, Village Hall, 2.00pm
- 22 Lt Bromley Autumn Litter Pick
- 28 Children's Hallowe'en party, The Haywain

WEA Ardleigh Branch

now meeting in The Millennium Room
Great Bromley Village Hall

Autumn Term

FILMS and FAIRY TALES

Tutor: James CLARKE

A 9 week course 14.30 - 16.00
First meeting 29th September 2016

Cost of course £50

Come along to the first week and see if it is
the course for you. Payment must be
made on the second week of term

For further details please contact
John Terry (Chairman) on email

john@terrys.org.uk or
Jill Frostick (Secretary)

01206 250263 jill@frostick.net

The Spring Term Course will be
HISTORY OF COLCHESTER Part 2
Tutor Patrick DENNEY

We had Patrick for a very successful course in
Spring of this year and I am sure this course will
be of an interest to many of you. The Course
will be for 10 weeks of 2 hours and there will be
a half term somewhere in the middle of the
course, date still be arranged

Starting date 19th January 2017. 14.00-
16.00. Cost of course £75

This appears expensive but works out the same
per hour as the Autumn Term course, the course
is just a third longer than that one.

Further details for both course will be given
nearer the date of the start of both courses.



The Bromley Cross Pop Up Pub

Sunday Lunchtime Pop Up Pub

at Forge Cottage, Hall Road, CO7 7TP (opposite the Cross Inn)



Saturday July 3rd

from 12 noon to 3.

Please bring a picnic and the whole family.

Pop Up Pub

at Primrose Farm, Hall Road, CO7 7TR on **Saturday 13th August** from 5pm with the Harwich Leading Lights Morris Dancers

Bar in the new Sticklegs Brewery on site and Primrose Pork barbeque.



East Anglian Single Reed Choir

An ensemble of clarinets and saxophones

Summer Concert



A varied programme of light classical music including works by:

GRIEG, HOLST, RIMSKY KORSAKOV

Conducted by Anthony Bailey

SUNDAY 10th July 2016

6.00pm

St MARY'S CHURCH, LITTLE BROMLEY

Tickets on the door by donation

Donation includes refreshments

www.eastanglian.co.uk



Donations of £1.00 per child (Accompanying adults free) Registration between 10am & 10.15am

Come to our



Olympics

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

on **Monday 25th July**

10 am – 12.30 pm,

At **St. George's Church, Great Bromley**



All Welcome!

For more information please contact Carol Cordwell: 01206 395103

The Churches of Ardeleigh and the Bromley's

Sunday 14th August Bromfest Little Bromley Folk Day

12-5pm

at Little Bromley Church

Saturday 23 July 2016

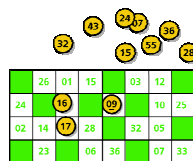
Bingo

at The Haywain at 7.30pm

Light Buffet provided

Tables can be booked by phoning 01206 390004

or emailing the Amenities Group



Consultation event for the

Local Plan

for our ward is

Tuesday 30th August

at Elmstead Community Centre, School Road, Elmstead Market CO7 7ET.

DONKEY DAY 11TH JUNE 2016

Our annual fundraiser for the Elizabeth Svendsen Trust (the part of the Sidmouth Donkey Sanctuary that is involved with training rescued donkeys to work with children with learning difficulties) has usually been bedevilled by bad weather so it was a great relief that Saturday morning 'turned out nice again' - the old'uns amongst you will recognise whence came that quote! When the gate opened, the garden soon filled with folk who enjoyed the opportunity to eat cake, drink tea and settle down for a good old chat - AFTER paying a visit to our very special guests, Dolly and Edward, two of the Brind family's lovely, lovely donkeys. Jane and Laura walked them to our house from theirs, opposite St George's Close, to spend the morning being petted, stroked,



kissed and cuddled, fed apple and carrot and generally being adored by all the visitors. They truly were the stars of the show and we are so grateful to Jane and Laura for allowing us the pleasure of their company - all four of them!

Our first guest arrived at 9.45am and the last left at 1.30pm, by which time the cake plates were depleted, the kitchen was awash with empty cups and mugs and - oh, joy - lots of recycled treasures had been sold. Best of all, the sum of £331.02 had been raised - an amazing amount in just a short space of time. So many people



Part of an email sent later that day from Brenda and Richard to all their helpers.

"A huge thank you to all of you who made the table-top sale and coffee morning such a successful event. It was lovely to welcome so many folk - a sincere apology to anyone we didn't say 'hello' or 'goodbye' to ... Of course, we were SO lucky that the weather was fine in the morning - as the last visitor left - think it was Ginny and her

WHAT CAME NEXT ...

family - the rain started. The next hours were horrendous - we've never seen rain like it here - 3.5 inches fell in an hour with the result that our area was completely flooded. We could only watch as the water level rose and washed round our houses. Richard and I were lucky in that despite the front door behaving like a wimp, and the huge hailstones trashing the seals on the conservatory, the main body of our house remained dry. Sadly, our neighbours weren't so lucky, with houses still being pumped out when I walked the dog this evening. Those of us who could, spent the rest of Saturday baling out three of the cottages next door and trying to get the so-called 'services' to help - what a joke

- couldn't even get a sandbag to try and block some of the water. The worst hit were the 2 furthest cottages, one of which we lived in for a couple of years after we left the pub. Friends of ours bought it from us and I can tell you it was heart breaking to see all the work the family have put into it destroyed in the space of a few hours. BUT - it was also heart warming to see how all the neighbours pulled together to help one another - notably the chap whose house was flooded but spent 4 hours baling out his neighbour's, then helped to get the 2 donkeys into the horse trailer. Jane and Laura had just started out for home when



the rain started and they couldn't get further than the end of the field - after an hour in the deluge, Jane, Laura, Dolly and Edward were soaked to the skin and absolutely frozen. Once again, friends

came to the rescue and brought a trailer. With Jane pulling and 4 others pushing, the donkeys were finally loaded - to be taken home, dried and given a warming meal - ditto Jane and Laura! Thank goodness, they all recovered with no ill-effects, so I say again, thank you so very much. Another special thank you to Sheena and Owen who spent hours fetching, carrying, dog-calming, Brenda-calming and generally being lovely.

As I write, the water is gradually receding - despite more rain - and the clearing up has begun. Guess our last Donkey Day here was one that we'll remember for both good and bad reasons - the most memorable being that, despite what you read in the media, mostly, people are lovely - never more so than when someone else is in trouble. So, before I go off to make a cup of tea to wash down the last of the chocolate cake, again, our thanks, gratitude and appreciation to all who contributed to yesterday morning's sale - you are star people.

Brenda & Richard

A big thank you to Chris, Nat and Grace for bringing out the horsebox to rescue us. I'm not sure what we would have done without them. Poor Dolly was in a state and I called upon them at short notice as I needed someone with experience. Dear Nat, what a good friend she is. Laura and I were beyond cold having stood in the rain for at least an hour. Couldn't believe how bad it was.....we kept telling ourselves that it would stop in a bit,

but it didn't. John and Jackie Terry offered their carport as a shelter but Dolly refused to go in and as the waters came up over Edward's hooves making him panic, we made the decision to go back into Richard and Brenda's field with thunder and lightning around us!

Horrendous experience. We feel so sorry for the families that have been flooded, too. Nature can be cruel at times.

Jane Brind

My mother, **Beryl Hurst of Burnt Heath**, following the storm on Saturday (11th June) would very much like to **thank** friends and neighbours who rallied round and helped keep the water at bay by hand and with pumps. She really is very grateful

to all. Others were less fortunate in what was an unbelievable downpour.

Paul Hurst

Little Dragons Pre-School - Great Bromley & Frating

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

Website: www.littledragonspreschool.org
Email: littledragonspreschool@gmail.com



OFSTED INSPECTED **OUTSTANDING**

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)

To ease the transition of the children who will be starting school in September we have been working closely with St George's Primary School. These children have been attending school assemblies with the preschool staff and the reception teacher, Miss Harris, has been visiting us at Little Dragons. A few of our children will be attending different schools and we have been liaising and have had visits from their teachers too. At preschool the children have also been practising to undress and dress for PE activities to prepare them for school. Chris from 'Cannons 2006 Sports Club' visits us once a week to teach the children basketball and other ball skills. It has been a tremendous success and the children have a wonderful time – learning important skills such as turn taking, colour matching and how to score a basket!

We would like to wish them many happy days in their new schools and we shall miss them all very much.

The children are very busy preparing for our display at the Tendring Hundred Show – come and see our work in the Education Tent.

We continue to water and watch as our vegetables grow and have already been enjoying our spinach at snack times.

Finally thank you to all the Mums who were able to attend Mum's Week, we really enjoyed having you.

BABY DRAGONS

We are pleased to announce that 'Baby Dragons' - our Parent and Toddler group is running 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 run term time only, all welcome.

SUMMER HOLIDAY CLUB

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

Tuesday 26th and Wednesday 27th July

Tuesday 2nd and Wednesday 3rd August

Tuesday 9th and Wednesday 10th August

Tuesday 16th and Wednesday 17th August

The sessions will run from 8.30am – 4pm. Please contact us to book a place for your child.

FUNDRAISING

A very big thank you to everyone who supported our 'Quiz Night' on 14th May – a fantastic £290 was raised.

We really couldn't do without you! We would again like to thank all our parents, friends and staff for their continued support, time, generosity and hard work.

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

Dates for Diary:

Thursday 21st July Preschool finishes

Tuesday 26th July Summer Holiday Club begins
(see above for details)

STOUR VALLEY MEN'S PROBUS CLUB



Recent Meetings

On 1st June John Field spoke to us on "Giles, The Cartoonist, and his adopted town" and on 15th June John Tingey about the great work undertaken by the RNLI.

Future Meetings

On 6 July Lewis Tyler will talk about "The River Gipping Trust" and David Brown will talk on "The Land of the Dragon" on 20 July. Our popular Summer Lunch takes place at the Venture Centre on Sunday 17 July. No meetings take place in August.

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

Joan Sylvia Landon

19th June 1931 – 28th April 2016



Joan Landon was a popular lady, as evidenced by the large gathering for her funeral at St George's followed by the wake at the Village Hall, and also the stream of visitors to the hospital and nursing home in her last weeks with us. This demonstrated how many friends she had from different walks of life and the countless lives she had touched.

Joan Parker married Theodore Landon in 1956 and in 1964 they moved to Great Bromley House, formerly Great Bromley Manor's dower house known as New House. They had five children: Mark, Felicity, James, Rohais and Benjamin.

Joan became a leading light in the Girl Guide movement. A Guide Camp can be a cold, wet week in a muddy field, your only comfort a damp sleeping bag, washing up greasy pots and pans in an icy stream, fending off the howling wind and rain with a thin sheet of tarpaulin. To Joan, these things were irresistible! She absolutely loved the adventure of it all and wanted all the girls in her care to learn to love it too. She left so many happy memories for hundreds of girls from the Guiding community.

Joan had an infectious enthusiasm for so many arts & crafts including dressmaking, lacework, embroidery, knitting, painting and calligraphy. She was a founding member and later the chairman of the Embroiderers' Guild in Colchester and was also involved with the Essex Handicrafts Association, the Quilters' Guild, Essex Lacemakers and for nine years the County Arts Adviser for North East Essex.

She was one of the first in the family to have a mobile phone as she was never short of conversation. Eldest son Mark remembers the childhood frustration whenever they tried to leave someone's house.

"Mum was capable of introducing infinite topics of conversation as we gradually edged down the hall to the front door. Which is probably the main reason her timekeeping was somewhat flexible. Family outings would usually start with everyone sitting in the car

waiting. Sometime later Mum would sprint out of the house and leap into the driver's seat. Then followed the dreaded question, always the same:

"Has everybody got a tissue?" And if one of us admitted that we didn't she'd say "Oh, now we're going to be late!" After a while we got wise to this, although Father Night must have wondered why each week at least one of the Landon children would confess to the sin of lying about tissues!"

Much of Joan's early childhood was played out during the War so she was no stranger to hardship and going without. She always remembered, after the war ended, seeing a banana for the first time in 6 years. But the war had taught her to be frugal and that quality stayed with her. Rationing ended officially in 1954 but in Great Bromley House the children said it seemed to last until around 1997!

"Bathwater could not be deeper than 6 inches. Joan had her own take on the Archimedes principle, and that was: the more of us got in, the higher the water level would go. So with the arrival of each new sibling came the enticing prospect of a slightly deeper bath."

The sole exceptions to Joan's frugal nature were string and sellotape. Joan's parcels were designed to withstand re-entry to the earth's atmosphere. When Ben's 6 year old son Michael was wrapping up a fragile present recently he asked "Shall we Granny Joan it?"

No matter what life threw at her, she was always of good cheer because, like a lot of the war generation, Joan flourished in adversity. "One just has to get on with these things."

She was dearly loved and will be missed so very much.

Recent Meetings

A very successful "Meet the U3A" Coffee Morning was held on Friday 17th June 2016 at the Constable Hall. Members and potential new members joined us to learn of the benefits of joining our U3A and details of the many activities of the Interest Groups were presented. The Committee and Interest Group Leaders were present to answer queries and light refreshments were provided.

On Wednesday 8th June Derek Palgrave spoke on "The Origins & Development of Surnames". It was a most enlightening talk looking at English surnames, with particular reference to names originating in Suffolk. The speaker used maps to show the value of surname distribution patterns as a research aid.

Future Meetings

On Wednesday 13 July Brian Cornell, a former Thames lighterman on the River Thames, will talk on "The Thames Watermen & Lightermen". This promises to be an interesting first-hand account of the operating practices of the Port of London in the post-war era

We don't have a speaker meeting in August but hold our popular Summer Dinner on Friday 5 August at the Constable Hall.

On Wednesday 14 September Dr John Ashdown-Hill FSA, FRHistS, historian, writer & lecturer will talk on "Mythology of Richard III". He will explore the traditional mythology & modern myths which have emerged since the discovery of his remains in 2012. Was he a usurper? How many did he kill? Who was really responsible for finding his remains?

Meeting Venue

We meet at The Constable Hall, Gandish



Cricket Club 100 Club Winners

May

- 1st. Jack Allam
2nd. Mr. Pender Richardson
3rd. Mrs. Mary Hart

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 ThirdAge Trust, have over 230 members and 21 groups. For further information please visit 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

THANKS

Plant sale - May 21st 2016

Thank you to everyone who donated plants, bought plants, brought cakes and bought cakes, and who just came for a natter! It was a most successful day and we raised £588 towards refurbishment of the Village Hall. Special thanks to the small army of helpers who helped set up, clear up and assist with the selling.

Kate Stowbridge



Be an Explorer at Messy Church

On Sunday 22nd May at St. Mary's church, Ardleigh we held our Messy church session. We gathered in the afternoon to become explorers and learn more about the church.

Simon Heron played his guitar and sang with the children and their families before we started to find out about some of the features inside the church. Most of those present knew about weddings, christenings and school assemblies which can be held in the church. We talked about the building and some of the lovely items it contains. The children then went off to do some activities.

They looked for words in the churchyard and had to find various things in the church. They made hand bells and stained glass windows. They made mini churches and

repeated the floor patterns for themselves. They were able to do lots of brass rubbings and they all made beautiful flower arrangements to take home.

After reassembling for some singing the children and their families gathered for a light meal before leaving. Although we didn't have a large attendance we all had a lovely afternoon and it was nice to see familiar and new faces. We would like to thank all our helpers for their input and look forward to our next event.

Please look out for details of our **Messy Church Olympics** on **Monday 25th July** starting at **10am** at **St. George's Church, Great Bromley**. We hope you can come.

Carol Cordwell



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

ST HELENA HOSPICE

Hospice care looks at a person as a whole, not just the diagnosis they have been given.

St Helena Hospice offers complementary therapies to patients to help make them more comfortable and enhance relaxation and wellbeing, as well as help with the management of specific issues such as symptom control of fatigue, breathlessness, nausea and pain.

Many patients experience complementary therapies for the first time during their visits to the hospice. Treatments are delivered by a team of fully qualified professionals, many of whom are volunteers, and include massage, aromatherapy, relaxation, reflexology, reiki, shiatsu and gentle yoga.

Tonia Frost has been a volunteer complementary therapist at the hospice for four years. She spends between three to five hours once a week at the Inpatient Unit mainly carrying out hand, feet or back

massage to help a patient relax or soothe them if there is discomfort, or to give a visiting loved one a little calm time to themselves. She encourages anyone thinking of becoming a volunteer at the hospice to go for it and says:

"It's a lovely place to be and is very rewarding. It's lovely to see how people have enjoyed it and know you have made someone feel better. When you can see the results for that short amount of time that you can give, it's worth it."

During 2015, the volunteers of the complementary therapies team gave more than 3,200 individual treatments, each one free of charge.

If you are a suitably qualified complementary therapist interested in volunteering, or are interested in finding out about any of the hospice's other volunteering roles please email volunteer@sthelenahospice.org.uk or call 01206 931 466.

CHURCH JOTTINGS

Change is something that we so often struggle with. Some changes are ones that we have no control over. Apart from the movement of the year and the changing of the seasons, we get older and our ability to do certain activities or tasks becomes more difficult or impossible. Maybe family or friends move away and we can no longer have the same sort of contact we had before. All of these are outside our control.

Some changes though we make ourselves. We can change our diet. We can change the way we get to work. We can change the TV channel - or even turn the TV off!

Change in itself isn't necessarily bad, or for that matter necessarily good. But the way we approach and react to change says much about our character and our relationship with God. I'm reminded of an

often misquoted prayer - one that I'm sure I will misquote just as badly!

'God give me the strength to change what I can

*The grace to accept what I can't
And the wisdom to know the difference.'*

However, there are times when I think we might be better off praying this next prayer, this time from the cartoon strip 'Calvin & Hobbes'.

'God give me the strength to change what I can

*The inability to accept what I can't
And the incapacity to tell the difference.'*

Simon

Rev Canon Simon Heron
Lawford, The Bromleys & Little Bentley
Area Dean of Harwich

COLLECTIONS FOR LOCAL CHARITY

We collect for the Colchester Soup Run and the Manningtree Food Bank
Please put donations in the boxes in the Porch of St George's

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

PILATES

Pilates at The Haywain, Little Bromley
Monday's 6-7pm

Pilates is a gentle yet challenging form of exercise that all ages and abilities can benefit from. Since starting Pilates training at The Haywain two years ago, a small group of ladies who had never tried Pilates before have enjoyed many benefits from the classes.

"Amy is a brilliant instructor and gives individual advice at different levels. As age creeps up on me, the core strength work has been invaluable. A physical enjoyable hour." - Elspeth

Pilates can help you strengthen your deep abdominal 'core' muscles, help with posture

and alignment of the body, improve muscular conditioning, decrease stress, prevent injuries, improve sporting performance and help increase the bodies range of movement.

"I would highly recommend Pilates to anyone and everyone. I am so much more flexible and my stomach is the flattest it's ever been. I find the classes relaxing and enjoyable." - Lily

Pilates is low impact and all levels are welcome and catered for at The Haywain.

Places are limited. If you have any questions, or if you'd like to book in then please contact Amy on 07817565066.

ST. GEORGE THE MARTYR, GREAT BROMLEY



Services for July

Sunday 3rd	The Sixth Sunday after Trinity 8.00am Holy Communion 6.30pm Sung Evensong
Sunday 10th	The Seventh Sunday after Trinity 10.30am Parish Eucharist
Sunday 17th	The Eighth Sunday after Trinity 8.00am Holy Communion
Sunday 24th	The Ninth Sunday after Trinity 10.30am Parish Eucharist
Sunday 31st	The Tenth Sunday after Trinity 10.30am Benefice Eucharist at St Mary's, Little Bentley

The church is open daily and you are welcome to visit.
More details and information at 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

FROM THE REGISTERS

Requiem Mass and Burial
Joan Landon
2.6.2016

Internment of Ashes
11.6.2016
Cis Nicholls

YOUR HELP IS NEEDED

Do you have a few hours to spare to help with cleaning? Gardening? in our beautiful St George's Church?
Contact 230360 or 230688

Church Lunch

Please join us for Lunch and Laughter on Wednesday 6th July at 12noon

PLEASE NOTE - There will be **no** lunch in August

CHANGE OF DAY

As from September the Church Lunch will be on the 1st FRIDAY of every month at 12 noon
i.e. Friday September 2nd. at 12 noon