

THE BROMLEY MESSENGER

SEPTEMBER 2016

Volume 31 No 6



Full report inside

Messy Olympics at Messy Church

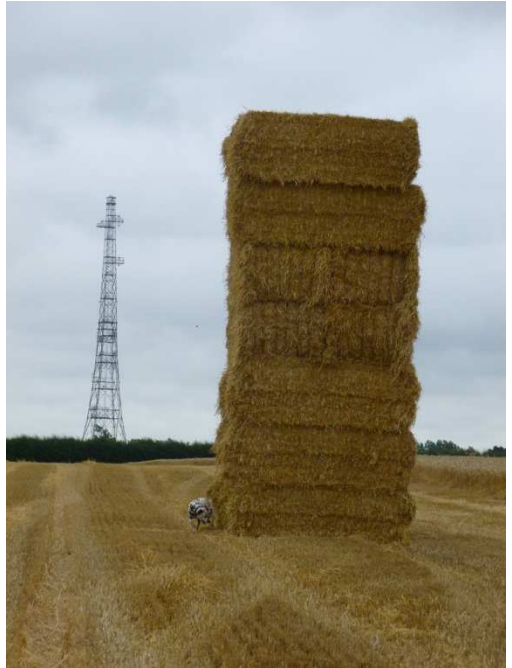
THE FIRST PAGE

September is a time of all change and fresh starts - new schools, new universities, perhaps first time jobs, if you are a trainee doctor new hospitals ... the list is probably endless. I wish you all the best for all those starting something new this autumn.

Summer, which after a very slow start, has been gorgeous and the St Swithun myth of 40 days weather similar to that of 15th July, has really held good this year. The harvest seems to be safely in and which will now be celebrated over the next few weeks at church services and Harvest lunches. Perhaps I shall see you at one of them?

The Olympics in Rio has been amazing and riveting watching when I have had time; the cycling during these Games has particularly held my attention although I admit to not fully understanding some of the rules. And, at time of writing, haven't we done well?

Leonie



MATERIAL for the **OCTOBER** edition of 'The Bromley Messenger' should

reach the Editor, Leonie Henderson, by **14th SEPTEMBER 2016** please.

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Please support the sponsors of our magazine.

GREAT BROMLEY PARISH COUNCIL

SURVEY

Essex County Council has asked all parishes to participate in a survey of all ditches and water courses within the parish. The survey will be undertaken between September 2016 and May 2017 and, to be able to participate, we need at least 6 volunteers to help. Essex Flood and Water Management Team are holding a training course one afternoon towards the beginning of September. If you would like to be involved in this project, then please email clerk@gbpc.org.uk

SPEEDWATCH

Regular Speedwatch checks are now being carried out in Great Bromley. The police have authorised two sites in the village: Brook Street, next to the school and Harwich Road next to the Hare Green playing field. The Speedwatch team are also seeking authorisation to carry out checks on the Ardleigh Road. Approval is a lengthy process that includes checks by the police to confirm that speeding is a problem but we are hopeful to get permission in due course.

We currently have an active team of five residents qualified to take part and a minimum of three are involved in each check that is carried out.

We use a hand held radar device – the term ‘gun’ is discouraged – that can pick up vehicle speeds 500m away either coming towards you or driving away. Details of vehicles exceeding the speed limit including registration number, make, model, colour, speed and location are then recorded and forwarded on to the Community Speedwatch team at Essex Police. Offenders receive a letter from the police pointing out the error of their ways. A second offence will result in a visit from the police and a third offence will see the police out with their ‘radar device’ with which they can carry out a prosecution if they catch the offender. Whilst some might feel that a simple letter isn’t much to worry about it is worth remembering that your details are now on police files.

By law we are required to display signs saying that a Community Speedwatch session is taking place and it is interesting to see the effect these signs have with many drivers clearly hitting the brakes as soon as they see them. That includes drivers who weren’t exceeding the limit in the first place! The whole idea of Speedwatch – in much the same way as speed cameras - is to get drivers to slow down so, perhaps ironically, a session that records no offenders is considered a success.

Lastly it is worth mentioning that people’s perception of speeding vehicles is sometimes some way off from the speed they are actually doing. Many times we have seen a vehicle approaching confident in the fact that we are going to catch them speeding, only to discover that they’re not. This is especially true of trucks and farm vehicles that appear to be going much faster than they really are.

If you wish to get involved in Speedwatch then please contact Neil Skinner on 01206 231661

Neil Skinner

PLEASE SUPPORT OUR SPONSORS & ADVERTISERS

GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

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

We welcomed John Wright, Tendring Neighbourhood Watch Coordinator, to our meeting on 10th August who explained the work undertaken by his team of volunteers. Getting involved in Neighbourhood Watch can bring a number of benefits to a local community such as:

- Brings people together and helps develop community spirit
- A visible sign that residents care about the area and the people who live in it
- Can help prevent crime
- Helps police and other agencies detect crime through clear communication and swift reporting
- People know how to keep themselves and others safe
- Helps to reassure people and reduce the fear of crime

If you'd like to get involved, you can contact John on tendringnhw@outlook.com or tel 01255 812338.

John will be sending us his monthly newsletters which will be shared on the Great Bromley Facebook page.

We know that many of you contact ECC, Tendring DC, Highways, Anglian Water, Power companies and BT etc. The Parish Council would like to create a dossier/ database of correspondence villagers have with them.

We understand the frustration in dealing

with agencies and are concerned that many villagers may have similar problems that might be better resolved if we had a united approach.

If you feel able to forward correspondence to us or the nature of your problems, please email Cllr. Mary Fawcett via katsmum59@gmail.com and continue to update us with any new correspondence.

If there is a common thread amongst your complaints, we will report back to you and investigate how we can try to help you. It will also help us understand the problems that occur within our village.

Many thanks to those of you who have been clearing ditches, it really is an enormous contribution to the village to keep water flowing where it should be!

We are in need of a volunteer to be our Footpath Warden. It's a voluntary position and needs someone who is able to keep an eye on the footpaths in the village, reporting issues where necessary and liaising with landowners and Essex County Council on occasional remedial works. If you are interested, please contact the Clerk at clerk@gbpc.org.uk

Lizzie Ridout, Clerk

(Planning Determinations and Applications on page 5)

Leonard
Cheshire
Disability

SEVEN RIVERS CHESHIRE HOME

Over the last few months

residents at Seven River have been very busy entertaining people from the Village and surrounding areas. We held a Cream Tea to celebrate the Queens 90th birthday, this was very well supported. Following that we had a Give and Bake sale, we had lots of lovely homemade cakes for sale. Coming up we will be having a Car Boot sale on the 20th August so as I write this I'm hoping the lovely weather

we've been having holds out. We will be having our fireworks night. I know a lot of you look forward to it, hopefully it will be bigger and better.

Don't forget to look at the end of our drive, or in The Messenger for up to date news, or join our Facebook group.

Thank you for your support

Liz, Activities Co-ordinator.

GREAT BROMLEY PLANNING DETERMINATIONS

REFERENCE	LOCATION	PROPOSAL	DECISION
16/00399/ DETAIL	Mr L Foster - LK Developments Ltd The Cross Inn Ardleigh Road	Residential development of 2 no. detached dwellings (reserved matters application following approval of 14/00792/OUT).	Approval - Reserved Matters/ Detailed 29.06.2016 Delegated Decision
16/00121/FUL	Mr Richard Sargent Brookside Badley Hall Road	Two entrance walls with gates to property.	Refusal - Full 06.07.2016 Delegated Decision
16/00749/ COUNOT	Mr R Moss Primrose Farm Hall Road	Change of use of agricultural storage barn to 2 dwellings.	Application Withdrawn 04.07.2016

BROMLEY PLANNING APPLICATIONS

REFERENCE	LOCATION	PROPOSAL
16/00874/FUL Toad Hall Free Range Eggs – Mr Simon Brazier	Land East of Hall Road Great Bromley	Renewal of temporary planning permission for change of use of land for the siting of a mobile home to supervise a Free Range poultry unit. We believe that this unit is never used and therefore the Parish Council objects to this application.
16/01059/ LUEX Mr Brian Amey	Land adjacent Former Spread Eagle Brook Street Great Bromley	Lawful commencement of TEN/91/0599/FUL. We believe that no building work has commenced so this should be a new application. There is a land drain in the middle of the site draining to the brook. If this is interfered with in any way it could cause massive problems. We also believe that Anglian Water and/or Essex County Council has objected to other development in the area due to flooding.

Come and visit the
Venture Centre in Lawford on Saturday 17th September 2016
for our

AUTUMN CRAFT FAIR

30 handmade craft stalls full of inspirational crafts and gifts including textiles, handmade soaps,
jewellery, glass and ceramics, handmade cards, art and photography. Enjoy a cup of tea and a
selection of homemade cakes and light lunches from our tearoom

Doors open 10.00 – 4.00pm....Free entry

FRIENDSHIP CLUB

After various notices at our July meeting, Beryl introduced Bruce Root who had brought along slides of birds and butterflies for our enjoyment. We saw some exquisite pictures of many species and we hope Mr Root will return in the future to show some further examples.

It has been suggested that prior to the October meeting a fish and chip lunch will be held in the hall. Names for this will be taken in due course.

A donation to the Bromley Messenger has been suggested and agreed and this will be sent forthwith.

Our Speaker for September is Bob Clarke and his subject will be "If you can't take a joke". The competition is a joke either one of your own or one you have heard.

Sadly one of our senior members, George Kempster died suddenly last week. George was very well known in the village and had managed to come along to our July meeting. A donation will be made in his memory from the Club.

Sylvia Ward

THE LITTLE BROMLEY AMENITIES GROUP BINGO NIGHT

The bingo was held at The Haywain on Saturday 23 July 2016. Unfortunately, attendance was down from previous occasions but, nevertheless, it was a good evening and enjoyed by those who attended. Thanks go to Steve Clark, our caller for the evening, and Carol Cordwell for recording all the numbers and looking after the proceeds.

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 bingo amounted to £89, which will be sent to Acorn Village.

Ann Clark



THE HAYWAIN

Dawn and Andy are planning to leave The Haywain in early October.

They would like to thank all the people who have supported them in the last 9 years.

The pub will be closed for a period of October whilst the new owners refurbish the premises.

Therefore the Haywain Crib team will

temporarily be re-arranged to alternative

premises as will

Mic night on 3rd Wed 19th October.

Normal service should resume in November.





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

Telephone: 01206 230305

Cyber Bullying and Anti-Bullying Theatre Production

On Friday 15th July, three guests came into school to talk to us about keeping ourselves safe. They put on a show for us called 'Say No or Say Nothing' and the three characters were called: Phoebe- a contestant, Tom -another contestant and Lez-the game host. The 'Say No or Say Nothing' quiz show was a fun way to learn about different kinds of keeping ourselves safe and the dangers of cyber bullying. Our school won a certificate when we answered questions about cyber bullying. We think the school will remember how to be safe around strangers. It was great fun!

By Cerys Jacobs and Sophie Allam

Summer Production

On 13th July Classes 3 and 4 performed their production called 'Hoodwinked' at the Village Hall. It was a fun version of the well-known story of Robin Hood and we were treated to lively songs, terrible jokes and some inspired performances.

The Class 3 children sang beautifully and really entered into the spirit of it. The Year 6 pupils provided the character acting, with a noble Robin, a gutsy Maid Marion and a nasty Sheriff of Nottingham, amongst others!

The Year 5 children acted in supporting roles, warming up for next year when they will take centre stage.

Many thanks to all the staff who worked hard with the pupils to put on a fantastic show. And well done to all the children for two very successful and enjoyable performances.



Used Postage Stamps

We are collecting them for the Leprosy Mission. ALL types of stamps are wanted, even the most common. It is preferable for stamps to be left on their backing and not soaked off,

especially if they are the self-adhesive types. If possible, please trim around the stamps so that they have no more than a 5mm single thickness paper around each edge. (Less than this is acceptable providing the stamp is not damaged.)

Thank you for your support.

Small Schools Cluster Scatterball Tournament

On Thursday 14th July, St George's hosted the annual Small School Scatterball Tournament at the cricket club. Six schools took part, St George's entered two teams (Green Team and White Team), made up from Year 1 and Year 2. Both teams played well with great fielding and batting. The green team played their hearts out and had

very close matches indeed. The St George's white team won all their matches as had the last year's winners, Tendring. This all led to an exciting final game. An important team talk was had with all the children saying they were going to play the best Scatterball game of their lives. St George's batted first, then Tendring went into bat. St George's fielded superbly. Final score: St George's 50, Tendring 49. Well done to all that took part – it's great to see the trophy back in school.

Small Schools Cluster Rounders Tournament

On Monday 11th July, we participated in the annual Small Schools Rounders tournament at Great Oakley. Six schools participated on a windy school playing field. We stormed through our first league matches, beating Two Village and Chase Lane quite convincingly. With ominous storm clouds scudding overhead, it was decided to quickly play a final against the two highest scoring teams rather than semi-finals. Great Oakley and Great Bromley were face to face and Mrs Bishop had been listening

carefully when Mrs Fairley taught her the rules of Rounders! Her team came off victorious, winning by just one rounder. (We will not be teaching her the rules for hockey and netball next year!). Well done St George's – we will return!

Harwich Sports Association – Kwik Cricket Final

Despite it nearly being the end of term, sports events still carry on. On Tuesday after school, we took the team to the final of the Kwik Cricket final at Harwich Cricket Club. The final had been long awaited, due to rain and cancellations but they were ready.

St Joseph's batted first and put up a strong score to chase – their boys were hitting boundaries all over the park, something that Bromley could do little about.

Bromley's innings was also very good, with few wickets lost – but St Joe's came off victors in the end.

We did get awarded the Fair Play trophy for this tournament which was well deserved by a team that have supported each other and worked well together. As ever, we were very proud to take our children out.

MESSY OLYMPICS AT MESSY CHURCH

On Monday 25th July at St. George's Church, Great Bromley we held our Messy Olympics. Thanks to good weather we were able to hold a lot of the activities outside.

Over 30 children and their adults came and listened to the story of David and Goliath. Following this they began their Olympic morning. Armed with score cards the children made their way around the events.

A large obstacle course and a golf scoring game outside kept the children busy. Some even returned for extra goes. At the same time inside the church a large David and Goliath target and a timed pyramid building game kept everyone moving. Decorated stones and picnic bags filled with tasty treats for later completed their scores.

While totals were being added up, singing and a story recap gave everyone a chance to

relax.

We then went outside for some parachute games which were very exciting. This was followed by a medal ceremony with gold, silver and bronze medals awarded for the highest scores and a medal for everyone else. Our Bronze medal winners were Hannah and Brandon, our Silver medal winner was Ruby and our Gold winner was Phoebe. All the children did really well.

Picnic blankets were then spread out so everyone could enjoy their lunch.

We all had a lovely morning and we would like to thank all those who came and all of our helpers who make the session happen.

Don't forget to look out for our next Messy Church in October.

Carol Cordwell

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.

Our Holiday Club was very successful and busy this year, the children had fun experimenting with various crafts, cooking (including making bread and butter), woodwork – constructing some wonderful creations! and of course lots of outdoor activities too.

We hope you have enjoyed the summer break and look forward to seeing you in the new term. Autumn term begins on Monday 5th September.

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.

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:

Mon 5th September Autumn Term begins



St Mary's Church
Little Bentley

Iceni Chorus Concert

Saturday 24th
September at 7pm

Tickets £8

Refreshments

Available.

Tickets from Nigel Dyson 01206 250622
or on the Door.

THANKS

Fred & Jenny would like to thank all those who helped to make their Golden wedding celebrations in July so special.

We were delighted to be able to give £780 to St Helena Hospice through the generosity of family and friends.

COFFEE BREAK NUTRITION with Suzanne Abbott

COUNTING CALORIES

Obesity in the UK reached an all-time high this year. There are so many confusing stories out there and the latest reported that consumers, who took part in surveys to find out how many calories obese people consume, were under-reporting about their food intake. This obviously makes the surveys carried out virtually pointless. There was also some mention about how much exercise does it take to burn off calories and a suggestion that this information could be printed on food packaging. For instance, a standard chocolate bar contains 229 calories and it would take you 42 minutes walking to burn off those calories, or 22 minutes running. So can you imagine whilst on your 1 hour lunch break, having just gobbled down a chicken and bacon sandwich (445 calories), it recommends you walk this off within an hour and a half, or you could do a quick 42 minute run! I wonder how many people would take this idea up.

Let's talk about calories. Yes, it is true that any dietary calorie contains 4184 Joules of energy. But that's where equality of calories ends. For instance if you eat 100 calories of ice cream and compare it to eating 100 calories of broccoli, they won't have the same effect on your body. Therefore a calorie is not a calorie; it's much more complicated than that.

The human body is a complex organism requiring many biochemical reactions and processes that regulate energy balance. Different types of food are broken down through different biochemical processes. All of this affects your hormones, your brain centre and your metabolism (how your body utilises energy).

If you eat protein with every meal (be it meat, legumes or nuts) protein calories are less fattening than calories from carbohydrates; they burn more energy whilst being digested. This also goes for whole foods; they require more energy to digest than processed foods.

Increased protein in a meal will make you less hungry, will reduce appetite and cause weight loss without having to count calories or even giving it a thought.

It is a well-documented fact that if you eat lots of refined carbohydrates this leads to spikes in blood sugar levels, makes you crave sugary foods, makes you hungry and steers you to eating more food. This of course piles on the pounds.

Bottom line:

Calories from different sources can have a substantially different effect on hormones, energy expenditure and the brain regions that control food intake. Although one can't just go and eat a huge amount of calories regardless, counting them won't do much for weight loss either.

The best way forward is to make simple changes in your everyday eating habits, lifestyle changes, like doing a bit more exercise, stopping smoking etc.

So, eat protein with every meal: breakfast – muesli with sunflower seeds, nuts and almond milk, lunch - sardines with vegetable crudité's with hummus and dark rye Ryvita, dinner – Thai chicken curry with brown rice and leafy green vegetables. This is just a small sample of an ideal daily menu that includes protein, carbohydrates, fat (olive oil) as well as lots of vegetables. If you eat like this every day, you won't have to even mention the word 'calorie'.

Enjoy the rest of the warm sunny days!

Suzanne

St Mary's church, Gt Bentley **Flower Festival & Art Exhibition**

Saturday 17th September

10.00am - 5.00pm

Sunday 18th September

11.00am - 5.00pm

IN THE GARDEN WITH KATE

I don't know about anyone else but my plants and I are getting very confused. One minute it's boiling hot, the next really quite chilly with a cold wind, and dare I say it, very little rain.

The years seem to be shifting; spring was late and now it seems possible that summer is here. I just hope autumn is similarly delayed, though I have noticed that due to lack of rain, some trees are starting to shed their leaves. I just hope that the farmers are happy having had long periods without rain to harvest, what looks to my untutored eye, a bumper crop.

The dry weather seems to have brought the moles back, and my husband is waging



constant war on the little critters. They cheekily produce another hill as soon as one's back is turned causing much irritation. The dog

seems to have lost his mole hunting skills, and hasn't caught a single one this year.

My garden is looking a bit tired at the moment - the flowers in the beds have been magnificent, no doubt helped by all the rain we had earlier in the year, but despite deadheading and feeding, many of them are simply over. In fact the one thing that is really flourishing at the moment is bindweed, which appears to be rampant this year.

However, jobs that can be done in the garden in September, apart from harvesting all the wonderful crops, include keeping on top of watering, deadheading, chopping back and general maintenance. Autumn lawn treatments such as scarifying, feeding and seeding new lawns can take place now. Hopefully, less mowing will be required too. Hedges can now be clipped as there should be no nesting birds.

Spring bulbs can be planted except for tulips, which are best left until November to

protect against tulip fire. Bulbs for Christmas can be planted in pots and kept in a cool dry place. It is a good idea to collect seed where you can, storing in old envelopes (labelled) in a cool dry place out of the reach of mice. Considerable savings to the seed bill can be made this way. It might be an idea, if you have a glut of a particular type, to bring some to the plant sale in May, so others can benefit too. Towards the end of the month, summer flowers are probably over, and containers will need replacing with autumn/ winter varieties.

In the vegetable garden, once you have some spare soil, overwintering onions and spring cabbages can be planted, as well as quick crops such as salads, courgettes and carrots, but be prepared to protect with fleeces or cloches should the weather turn frosty. Many vegetables can be harvested such as marrows, courgettes, sweetcorn, beans, cabbages, maincrop potatoes and garlic. Tomatoes can stay outside until the weather turns, and then can be ripened indoors in a paperbag with a ripe banana. Asparagus foliage can be cut down, and seaweed, or seaweed extract applied.

Above all, retain some energy for all the tidying and leaf sweeping next month!

Enjoy your garden
Kate Strowbridge



Cricket Club 100 Club Winners

July

- 1st. Mr. G. Austin
- 2nd. Mrs. June Wenden
- 3rd. Miss Bethany Dodd

2016 EVENTS



SEPTEMBER

- 5 Little Dragons Pre-School Autumn Term starts
- 7 WI meeting, 'Straw craft'. Village Hall, 7.30pm
- 19 Ride & Stride, see opposite for more details
- 14 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 15 Friendship Club meeting, Village Hall, 2.00pm
- 17 Full Peal of church bells, from 9.30am
Abba Night (Cricket Club)
- 20 Amenities Group AGM, Rosewood House, 7.30pm
- 25 Harvest Lunch, Village Hall, 12.30pm
- 29 WEA - Films & Fairy Tales, Village Hall, 2.30pm

OCTOBER

- 2 Harvest Festival, Lt Bromley church, 3.00pm
- 5 WI meeting, Village Hall, 7.30pm
- 6 Autumn Fair, Village Hall, 10.00am
- 12 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 15 Coffee Morning, Village Hall, 10.00am
- 20 Friendship Club meeting, Village Hall, 2.00pm
- 22 'Carry on Jaywick', play at Village Hall, 8.00pm
Lt Bromley Amenities Group Autumn Litter Pick
- 28 Lt Bromley Amenities Group Children's Hallowe'en party



Join the **Ride & Stride**
on

Saturday 10th September
and support your local churches
Sponsor Forms available in St
George's church

To celebrate
50 years of bell ringing
by our very own Tower Captain David
Wenden
the band will ring a
full **Peal**
on September 17th
from 9.30 am



Coffee Morning

October 15th at
10.00am
in the Village Hall
Gt Bromley W I
Supporting Essex Air Ambulance

Friends of Lt Bromley Church
HARVEST FESTIVAL
Sunday 2nd October
3.00pm

see page 13 for full details

Carry On
JAYWICK
A NEW PLAY BY DAN MURPHY

GREAT BROMLEY VILLAGE HALL
Parsons Hill, Great Bromley, Colchester CO7 7JA
Saturday 22nd October / 8pm / £10

"Shine on, every day and night. And that's how we get through Jaywick."

Join touring company Murphy & Co. and Kuleshov Theatre for Carry on Jaywick, a new play about Jaywick, the seaside gem of the Essex coast which has fallen on hard times but lives to tell the tale.

Made up entirely of the words of real people. Carry on Jaywick is a story of hope amongst the hopeless, laughter in the darkest times, and what it means to fight for where you're from.

email holly@kuleshovtheatre.com or call 07742516237 for ticket enquiries

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

First meeting 29th September 2016
14.30 - 16.00

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@terryst.org.uk

or Jill Frostick (Secretary) on
01206 250163 or
jill@frostick.net

Little Bromley Amenities Group

Annual General Meeting

20th September 7 pm

to be held at Rosewood House, Ardleigh
Rd, Lt Bromley

All group members invited to attend

Little Bromley Amenities Group

Forthcoming Events:

22 October - Autumn Litter Pick

28 October - Children's Halloween party

12 November - Bingo Night

Full details of the above events will be
provided at a later date.

After a summer break the Patient

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



For more information contact Mary Hart
All welcome

Willow weaving course

Make a festive reindeer from willow
Workshop led by experienced tutor Jo
Hammond

Saturday Nov 26th 10-4pm

Cost incl sandwich lunch and all materials
£60

£10 deposit secures
place

Contact Kate 07592
735600



Vintage Afternoon Tea

In Memory of Rachel

In aid of MacMillan & EACH (East Anglian
Children's Hospice)

at Great Bromley Village Hall (CO7 7JA)
Sunday October 2nd

2.30 - For 3.00pm Sit Down till 5.00pm

Tickets in Advance

£15.00 including a glass of Prosecco
Live Music

Tel Linda at Sweet Success 01206
230126

E mail linda@sweetsuccesscatering.co.uk

Harvest Lunch

September 25th 12.30pm

at Great Bromley Village Hall

Catering by Sweet Success

Tickets from Jenny 230688 or Yvonne
230360

Autumn Fair

In aid of Seven Rivers Cheshire Home, Great Bromley

Thursday 6th October

10am to 2.30pm.

Admission £3

Change of venue

Assembly Rooms,
High St Dedham CO7 6 HJ

Parking available at Mill Lane car park CO7 6DH

THE DOCTORS' SURGERY NEWS



Great Bentley Surgery

Where is the year going? Incredibly the busy flu vaccination season is here already! We have thousands of flu vaccinations being delivered in the coming weeks in order to vaccinate all our eligible patients. It's as important as ever to ensure that everyone gets their jab. It's not just to protect you all individually, but also to help reduce the spread of influenza in local communities, so you will be doing your bit for the people around you too. Everyone over age 65 is eligible for a free flu vaccination on the NHS, but also patients with certain medical conditions, patients who are very overweight, care home residents, children aged 6 months to two years at risk and unpaid carers. Health and care workers should get their vaccinations from their employers. More detailed information can be found on NHS Choices (www.nhs.uk)

We have a couple of special Saturday Clinics on 8th October and 5th November and an afternoon clinic at the Little Clacton Village Hall on 13th October. We will of course also offer clinics at the surgery in normal hours too. Give us a call to book ASAP!

In addition if you are over age 65 and have not yet had your 'one off' pneumococcal vaccination, you can have this too!

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!***

Croup – Croup is one of the most dangerous maladies to which young

children are subject. And, as soon as it becomes evident, medical aid should be summoned. It attacks the child mostly when he is in his second year; the danger of an attack lessening every year until he has attained the age of five. The symptoms of croup are, to commence with a slight cold and dry cough. The child is fretful and feverish, and hoarse when he cries. The breathing gradually grows heavier and the cough becomes what is called crowing. As soon as the disease is apparent, administer ipecacuanha wine, in doses of one teaspoonful every five minutes, until the child vomits freely. At the same time, hold to the throat a sponge wrung out of hot water, which should be renewed frequently. If the case is a severe one, and does not yield to the emetic in a couple of hours, apply a linseed poultice to the throat, renewing every three hours. After the child has vomited freely, place him in a warm bath for about ten minutes, taking the greatest care that he is not exposed to the cold air afterwards. Keep him on a low diet of farinaceous food, in a well-ventilated room, in which the air is kept moist with the steam from a bronchitis kettle.

Most cases of croup can be safely managed at home, but if ever a child has breathing problems such as shortness of breath this could be a symptom of severe croup and you would be advised to dial 999. If parents of young children are worried and consider their child's condition as urgent, just ask the receptionist to put your name on the daily triage list and you will get a call back within a couple of hours.

DISTRICT COUNCILLOR NEWS

August is usually the main holiday month and it has not been an exception for your District Councillors.

There have not been any full meetings of TDC during August the next meeting being on Tuesday 6th September at the Princes Theatre (Town Hall) Clacton at 7.30pm. Members of the public are very welcome to attend.

The main focus is still centred on the Local Plan which as I am sure you are all well aware is out for Public Consultation. Everybody in the ward should have received a notification of the consultation by post. If you have not received any notification please contact TDC Planning Department at Weeley, 01255 686161. If you have any comments to make, positive or negative please make sure you do so, if you do not then your thoughts will be too late once the plan is approved.

The problem of speeding and HGVs exceeding weight restrictions through our villages continues to be an ongoing problem. Local Speed Watch volunteers help to

remind vehicle riders/drivers to keep within the speed limit. This has been constantly raised with Chief Inspector Russ Cole, Tendring Police Commander but it seems there is little he can do on a regular basis due to the lack of manpower. Regarding weight restriction breaches the organisation that deals with this problem are Trading Standards who I have been in contact with. One of the investigators has been in the area monitoring the road between Ardeleigh and Great Bromley. He has informed me that he is writing to one haulier who he has seen to be in breach. If the haulier continues to breach the weight restriction he will be prosecuted, both driver and haulier will be liable for a £1000 fine. If you do have concerns over HGVs breaching the weight restriction on roads please take their registration number, time, date, direction of travel and any markings on the vehicle and/or trailer and contact me.

The Chairman of TDC Cllr. Jayne Chapman is holding a Charity Pig Race at Clacton Town Hall on Friday 2nd September 7.30pm. All proceeds to her charities for the year "The Swimming Trust" and "Tendring Specialist Stroke Services" Full details from Ashley Wood tel 01255 686583

Fred Nicholls

LT BROMLEY PARISH COUNCIL

Email: littlebromleypc@gmail.com

The Parish Council met on the 18th August and started off the evening by welcoming Louise onto the Council. The main discussions of the evening centred around the traffic calming measures that are needed in the village. It was noted that hundreds of houses have been given the go ahead just off Dead Lane in Lawford and it is felt that these will impact on the amount of traffic using the village to get to the A120. The Council have heard from the County Council that our Vehicle Activated Sign has again been sanctioned and work should begin at the end of the 2016/17 financial year. The Council have also requested further traffic calming measures including village entrance gates

and white lining and these are with the Highways Panel at the moment.

It was reported that responsibility for the street light in the village has now been taken over by the District Council Housing Department who own the car park and the village will no longer have to pay for its upkeep.

A resident requested that the Council try and get the Bulk Rubbish Collection set up again in the car park and the Council agreed that this would be a good idea and we will try and get this arranged. The Council has been notified that changes are planned for the Lawford Waste Disposal Site and these changes will come into effect on the 31st

October. Basically commercial vehicles or multi axle trailers will be prohibited from using the site and residents will no longer be able to dispose of DIY and construction waste - the nearest site for disposal of this waste will be Colchester. It was felt that these changes will encourage a lot more fly tipping around our country lanes and the Council plan to send a letter expressing our concerns about this.

As a result of continued pressure from Graeme, Councillor Knotts' son, a reply from Councillor Bentley (Essex), indicates that there is no intent to supply superfast internet into the village during the second phase of development. Lt. Bromley may be

considered in phase 3. Once again Lt. Bromley is at the bottom of the pile!

Residents are reminded that Remembrance Sunday is 13th November and a service will start at the War Memorial followed by a service at Lt. Bromley church. The last post will be played at 11.00am.

It was reported that it will be necessary to fell at least 2 trees in the churchyard and some of the other trees will need some lopping.

The next meeting of the Parish Council is planned for 20th October

*Karen Tarling
Clerk to Lt Bromley Parish Council*



WOMEN'S INSTITUTE

Great Bromley Women's Institute August Adventure 2016.

Usually we are stuck in the village hall with a lovely speaker some very nice refreshments and sitting on a chair.

This month we decided for a change we would get out and about a bit more. We travelled to the Wildlife Centre on the Naze in Walton on a beautiful summer's day where we met for coffee whilst having a very informative talk by the lovely Susanne, a very enthusiastic lady and obviously a person who loves the work she does. She spoke very well about how the Centre had evolved and how much she loved being there. She explained about the facilities available for visiting school parties and how eco friendly the centre was. At the end of her talk she handed over to the lovely Gerald who was a local boy who had played on the



Naze in his childhood and what fun they had had. On finishing school he moved away for a few years but had now returned to Walton and has become involved with conservation of the Naze.

Those of us present could either sit at the Centre and enjoy the sunshine or go with Gerald for an informative walk and chat; we walked approximately two miles whilst he told us about the flora and fauna that could be found here, also that few birds were about because the nesting season was over. He also explained that he and his friends were responsible for planting most of the trees at the Naze, but that since they were not native they would now have to remove and replant native trees. We were unable to walk along the beach because the tide was high, would it have been possible we would also have found out a lot more about the fossils to be found, hey ho, never mind this could be another trip!

Again Gerald loved his job and

was a real asset to the Centre. We returned to the Centre where we were very pleased to discover that some retail therapy from a very well stocked shop completed the morning very well indeed.

Joy Rolfe

Our next meeting will be held on 7th September at 7.30 pm in the Village Hall. Our speaker will be Tatiana Swainston on "Straw Craft".
Competition - Autumnal Arrangement in a Loaf Tin.

EDGAR STANLEY COOPER (KILLED IN ACTION 15 SEPTEMBER 1916)

Edgar Stanley Cooper was born in 1878, the family home being Little Bromley Hall. Edgar's father, also named Edgar, was one of the principal landowners in the village and the family had lived at the Hall since at least the 1870s. In the 1871 Census he was a "Farmer of 640 acres, employing 23 men and 19 boys". Young Edgar was sent away to Boarding School for at least part of his education, to The Grange at Greenstead Green, near Halstead.

It is not clear where Edgar was living in 1901, but he was employed as a Draper's Assistant. At some point in the next ten years he travelled to Canada. On 9 April 1915, in the small city of Portage la Prairie, Manitoba, Edgar volunteered to serve as a soldier with the Canadian Overseas Expeditionary Force (C.E.F.). His Service Papers show that he was 5 foot 9 ½ inches tall, had a fair complexion with grey eyes and brown hair. Edgar stated that he had been employed as a Clerk but we have no precise details.

Edgar left Canada for England in October 1915, and remained there until April 1916 when he was posted to France. After a short period of further training, Edgar joined the 27th Battalion of the C.E.F. "in the field", on 5th May 1916.

On 15th September 1916, during the Battle of the

Somme, Edgar was killed in action, whilst taking part in the Canadian Corps' successful attack to capture the village of Courcelette. The Canadians assault was part of a wider Franco-British attack on that day, which also saw the first ever use of the tank in warfare. In a week of fighting around Courcelette between 15 September and 22 September 1916, the Canadians suffered in excess of 7,000 casualties.

Edgar Cooper is commemorated on the Vimy Memorial, near Arras in France. This imposing Memorial bears the names of over 11,000 Canadian servicemen who died in France during the Great War, and who have no known grave. It is interesting to note that the plaque inside St Mary's Church states he was killed at Thiepval. In fact he was killed just outside of Courcelette, a few miles away. It was not uncommon that the next of kin were incorrectly informed of the exact



HOWARD MENELSON CHAPLIN

(DIED AS P.O.W. 20 SEPTEMBER 1916)

Howard Menelson Chaplin was born in 1891, at Lawford, probably in Aldhams Cottages where his family lived at the time. Howard's father Henry was an Agricultural Labourer who had been born in Little Bromley, whilst his mother Eleanor was from Dedham; they had eight children together.

At some point between April 1901 and April 1911, the Chaplin family moved to Rudkins Farm, which then stood on Ardleigh Road, Little Bromley, just opposite to Norman's Farm. Howard's occupation on the 1911 Census is shown as a Farm Labourer, unsurprisingly.

Prior to the outbreak of the Great War, Howard volunteered to join the Norfolk Regiment, and by August 1914 it appears that was serving as a Private with the Regiment's 2nd Battalion in India.

Howard's Battalion landed on 15th November 1914 in Mesopotamia (modern day Iraq) -which was then part of the Ottoman Empire also known as the Turkish Empire. The 2nd Norfolks were part of an Expeditionary Force which mainly consisted of Indian units. It was despatched in an attempt to defend the oilfields in neighbouring Persia (modern day Iran) from the Turkish forces in Mesopotamia, following the Ottoman Empire's entry into the War on the side of Germany and

Austria-Hungary.

Howard was captured by the Turks, almost certainly at the town of Kut Al Amara on 29th April 1916. After 147 days of being besieged by Turkish forces, and with the defenders ravaged by starvation and illness, the British Commander Major-General Townshend surrendered his troops unconditionally.

Of the 13,300 strong garrison who surrendered at Kut, approximately 1,500 were exchanged. The remainder, including 2,600 British, were force-marched the 100 miles to Baghdad, and from there most were then sent to Anatolia in Turkey. Over the next two and half years in captivity nearly two thirds of the British prisoners and half of the Indian prisoners died as a result of cruelty and neglect in appalling conditions.

Howard Chaplin died in captivity on 20th September 1916, aged 25. After the war Howard was officially commemorated on the Basra Memorial, in Iraq. The Memorial commemorates more than 40,500 members of the Commonwealth forces who died in the operations in Mesopotamia from the autumn of 1914 to the end of August 1921, and whose graves are not known.

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 260 members and 21 groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Val Pretty may be contacted.

Recent Meetings

We didn't have a speaker meeting in August but held our popular Summer Dinner on Friday 5 August at the Constable Hall that was much enjoyed by members and their friends.

Future Meetings

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?

On Wednesday 12 Oct Andrew Phillips OBE (Lord Phillips of Sudbury) will talk on "Life in The House of Lords". He will give his views on the House of Lords, that he knows inside out, as an institution and will add some reminiscences from his 17 years there.

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.

Remember

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

STOUR VALLEY MEN'S PROBUS CLUB



Recent Meetings No speaker meetings take place in August but our popular Summer Lunch was held at the Venture Centre on Sunday 17 July and was enjoyed by members and their friends who attended

Future Meetings

Our September speakers are:

7th - Tom Hodgson "What the Papers Say"
21st - Francis Boardman "The Battle of Waterloo"

Our October speakers are:

5th - Anne & Dennis Kell "Natural History of Bats"

19th - David Ablewhite "Wallace & Edward"

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.



SANDMAN 2016

You may have heard that St Helena Hospice has recently launched its 2016 SANDMAN event. The hospice's popular 5km obstacle course will be back on Saturday 22nd October, 10am at Cut Hedge Park, Halstead!

This year there it is offering an even bigger and better course. The route designed by Mucky Races includes obstacles such as high



walls, tyre hops, crawl nets, wobbly bridges, natural hurdles from fallen trees, the mud lake and a new obstacle called 'The

Finisher'.

It doesn't matter if you're new to obstacle course races or you're experienced in this type of event; the course is designed to be fun and achievable for everyone.

Register online today for only £25 per person. The hospice is asking participants to raise a minimum sponsorship of £50 which will go towards helping provide patient and family care for those living with life-limiting illnesses.

Come along and run, crawl, hop, jump, wade, walk and climb your way to the finish line to help people who need hospice care the most!

To find out more information please visit sthelenahospice.org.uk/sandman16, email event@sthelenahospice.org.uk or call 01206 931468 (Monday to Friday, 9am to 5pm).

KITCHEN CORNER

A seasonal recipe here

TOMATO TARTE TATIN.

Small plum tomatoes , sliced.

Honey.

Puff pastry

Egg yolk or milk

Basil

- 1 Place the tomatoes in a cake tin Drizzle over a little honey and season with salt and pepper
- 2 Roll out the pastry and cut slightly larger than the cake tin and lay over the top, tucking in to make a tight fit.
- 3 Brush the top with egg yolk or milk.
- 4 Bake at 180C/350F for about 15-20mins
- 5 When cooked, cover with a plate and invert so the tart turns out on to the plate
- 6 Decorate with basil leaves

Jill Frostick

CHURCH JOTTINGS

I wonder what wakes you up in the morning?

It might be the rising sun leaking round the edge of your curtains. It could be the bird song outside the windows. If you're fortunate perhaps it's someone bringing you a cup of coffee. Or maybe it's the sound of some relentlessly joyful DJ extolling the virtues of the latest single from a band you've never heard of when your clock radio reaches the appointed time.

Time can seem to be the thing that rules our lives.

I read recently how the rail companies in the UK were instrumental in introducing nationwide standardised time. As you move from East to West the sun sets later. If your clock is a sundial, you would have the middle of the day before someone living in a town further west from you. This wasn't much good for running trains. So in 1840, the Great Western Railway Company synchronised local times and applied a

single standard.

Although they might well have been unwittingly responsible for encouraging a greater awareness of punctuality in the general public, the railway companies didn't invent time.

Time is God's invention. Open up a bible at page one, and read how God makes light to separate the day from the night, and time begins. The whole of creation marks the passage of time as the weather goes from cold to warm and then gets colder again. Crops are planted, grow and are harvested.

Read further on in the bible, and we find how one writer records that 'There is a time for everything, and a season for every activity under the heavens', and a little bit later 'God has set eternity in the human heart.'

Not only are we aware of the passing of time, we mark it with annual events, birthdays, anniversaries, Easter and Christmas, we are also aware that we are only play a short part in a much greater story.

As a Christian, that story is the life, death and resurrection of Jesus Christ. We should always have an eye on eternity, because God's promise for all those that love and follow him is that they can be there to share it with him. If you've never thought about it before, now is as good a time as any!

Simon

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

Friends of Lt Bromley
Church

HARVEST FESTIVAL

Sunday 2nd October
Admission Free. All
welcome.

Church open all day
with Harvest decorations

3 pm

Poetry, stories, & tea,
with the Black Sandal
Press writers

6.30 pm

Harvest Service with
choir & refreshments

in partnership with



THE CHURCHES
CONSERVATION TRUST

Can you spare

just one hour to help clean our beautiful
church?

Phone 250299

ST. GEORGE THE MARTYR, GREAT BROMLEY



Services for September

Sunday 4th	15th Sunday after Trinity 8.00am Holy Communion 6.30pm Sung Evensong
Sunday 11th	16th Sunday after Trinity 10.30am Parish Eucharist
Sunday 18th	17th Sunday after Trinity 8.00am Holy Communion
Sunday 25th	Harvest Festival 10.30am Parish Eucharist 12.30pm Harvest Festival Lunch at Village Hall (phone Churchwarden for tickets)

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
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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

FRIDAY 2nd September
12 Noon.
ALL WELCOME
Please note change of day

FROM THE REGISTERS

Wedding

27th August at 2pm
Zoe and Matthew

Funeral

31st August at 1pm
Service and Burial
George Kempster