

THE MESSENGER

March 2017

Volume 1 No 3

*The Magazine
of the villages
of Great &
Little Bromley*



*Volunteers take a break in their work tidying up
the closed churchyard on a glorious calm
February morning.*

ORGANISATION AND ASSOCIATIONS CONTACTS

Police	Clacton Police Station	01255 221312
	Dial 999 in an emergency or call our non-emergency number 101 or alternatively, 01245 491491	
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- Ardleigh & Lt Bromley	Cllr. Neil Stock, Wisteria Cottage, Shop Rd, Lt Bromley CO11 2PZ	390386
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St. George's School, P.T.A.	Mrs Sarah Harris, PTA Secretary	231177
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1st Ardleigh Beavers, Cubs & Scouts	Mr R Talbot, 30 Gurnon Road, Ardleigh CO7 7NU	231129
Brightlingsea & District	Mr L Christodoulides	
Rotary Club	Magnolia House, Bromley Rd, Frating CO7 7DR	251264
Carpet Bowls Club	Mrs J Bates, Dolphins, Colchester Rd, Gt Bromley CO7 7TN	230529
Cheshire Home	Homes Manager, Seven Rivers, Gt Bromley, CO7 7TR	230345
Cricket Club	Paul Bird, Secretary, Drumnascamph House, Chase Rd West,	07947 392141
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Friendship Club	Mrs Sylvia Ward	250674
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	gbromleyvillagehall@gmail.com	
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Women's Institute	Mal Barrett	01206 231077

THE FIRST PAGE

I have been babysitting the 1 year old while mum works, childminding the 7 and 4 year olds while parents are in America, been running back and forth to the vet with the dog plus doing things about the house so the magazine has taken a slight back seat this month while everything else has taken over. However everything that I have received has gone in and Natalie has checked it over so here is the March issue with a sigh of relief from me!

The closing of recycling facilities locally seems to have already had a knock on effect and I have been hearing tales (and in one instance seeing the evidence) of fridges, tyres etc being dumped in our lanes and ditches. If something is dumped on privately owned land it is removed at the expense of the householder - the council is not responsible unless it is on a public highway. This seems to me to be very unfair and is extremely annoying and frustrating for the householder and all because a person does not find a legitimate way of disposing of their rubbish.

New life is appearing in the barns and fields - calves are already being born and lambs will soon be prancing in the fields. The birds are thinking of nests and the coming of spring with the last few days of warmer weather although the forecast says it is going to turn colder again. I even saw a bumblebee today. Judging by the

number of mice Katisha catches I don't think they have stopped producing all winter! My snowdrops, although blooming later than usual this year, are looking amazing and for the first time ever I have some aconites in flower. It has taken me 31 years to get them to grow and flower in this garden!

With the warmer weather it has been noticeable to see the cyclists and runners out again much more. My younger sister, who has been running marathons and half marathons for the last 25 years, is out of action following an operation for a perforated appendix. She is seriously frustrated and fed up that she cannot run in whichever race she was next training for. The Running into the Graveyard run next month is not a half marathon but training is still required and it is a fun way to get fit and enjoy the company of fellow devotees of running. My 4 year old granddaughter now runs with her father and older brothers in a 2k Round the Park run weekly where they live; there is, here at Little Bromley, a Children's Run of 2k starting just before the main Running into the Graveyard event. This whole event was good fun last year plus there will again be various stalls and refreshments in the graveyard to keep those not participating happy and occupied.

Perhaps see you there?
Leonie

MATERIAL for the **APRIL 2017** edition of 'The Bromley Messenger' should reach the Editor, Leonie Henderson, by **14th MARCH 2017** 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

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GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

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

Park and Ride

A new Park and Ride bus service for staff, patients and visitors to Colchester General Hospital was launched on Monday 9th January. Colchester Park and Ride buses heading from the site off Junction 28 of the A12 will now serve the new stop along Northern Approach Road. A day ticket to use the new stop, which forms part of the route into the town centre, will cost just £3 for an adult ticket and will be free for concessionary pass holders after 9am from Monday – Friday and all day Saturday. Detailed ticket and timetable information is available online at www.essex.gov.uk/parkandride

A120 consultation begun on 17 January 2017

A map detailing nine possible options for a new stretch of the A120 was released to the public on 17th January. The options – which run from Braintree to the A12 near Colchester – were unveiled to make sure residents are aware of the important study to improve the vital road link and the public consultation on route options next year. These options were distilled from numerous alternatives that have been considered, and represent the current thinking and will inform the final choice once responses to the consultation have been evaluated. Find out more about the upcoming consultation by visiting www.a120essex.co.uk Residents will be able to give feedback by filling in an online/hard copy questionnaire or by writing and sending their views via email and post. The consultation will run for eight weeks.

Parish Council vacancies

There are currently three vacancies on Great Bromley Parish Council. If anyone is interested in serving as a councillor for our village, please do come along to a meeting

to find out more. No formal qualifications are required, but you must be over 18 years of age.

British Heart Foundation

We have been given two defibrillators to be used in the village. Dr Nick Strowbridge has kindly offered to provide training which will take place in the Village Hall on Tuesday 14th March, one session 2pm-3pm, and a further session from 7pm-8pm. We will arrange additional training dates if required. If you wish to attend the training please email Lizzie via Clerk@greatbromley.org.uk.

Essex Police and Social Media

We've been made aware that Russ Cole, District Commander for Tendring, is keen to refresh the strategy around community policing and engage more with social media. It has been proposed that the Village Hall might be used to host a rural event for such a purpose. A provisional date of Saturday 1st April has been booked but do watch out for further information nearer the time.

Jobs for the weekend.....

Could those residents who have road signs within their hedges please spend some time cutting back vegetation and ensuring that the signs are visible.

Lizzie Ridout

Clerk, Great Bromley Parish Council

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PLANNING DETERMINATIONS

REFERENCE	PROPOSAL	LOCATION	DECISION
16/01368/FUL Mr and Mrs S Brazier	Erection of replacement detached dwelling (following demolition of existing dwelling) and alterations to existing vehicular access. Demolition of existing agricultural/domestic buildings and erection of replacement agricultural/ domestic buildings.	Bush Farm Hall Road Great Bromley	Approval - Full 16.01.2017 Delegated Decision
16/01949/FUL Mr & Mrs Steven Cant	Demolition of single storey section at rear and replacement with two storey extension to provide additional bedroom and kitchen space - including cladding to existing dwelling.	Holly Tree Cottage Colchester Road Great Bromley	Approval - Full 19.01.2017 Delegated Decision
16/01992/FUL Mr and Mrs Roger Craven	New detached dwelling and detached garage/ cartlodge for private use.	Willow Farm Hilliards Road Great Bromley Essex CO7 7US	Refusal - Full 27.01.2017 Delegated Decision

PLANNING APPLICATIONS

REFERENCE	PROPOSAL	LOCATION
17/00058/OUT T J and R A Chalmers	Outline application for up to 3 No. dwellings. Great Bromley Parish Council objects to this application. The access on to the highway is contrary to the Highways Management Development Policy DM3 which states that no new access on to secondary feeder roads should be permitted. The proposal is non-sustainable and has poor transport links, along with no local amenities.	Land at Frating Road Balls Green Great Bromley
17/00087/TPO Cllr R Heaney	G1 - 10 Oak, 2 Hawthorn - remove lower branches to enable ditch and hedge maintenance, remove lower branches, marked with red and white tape, over the highway Great Bromley Parish Council supports this application.	Opposite Bay Cottage Chase Road East Great Bromley

FRIENDSHIP CLUB

The first meeting of the new year began with our Treasurer's report on the Club's present financial position. We are in funds again this year and the Cross Inn Pub have very generously donated their charity raffle proceeds of £280. to our club. It was decided to use some of this towards a fish and chip lunch for members at the March meeting – further details to be announced.

An amount of £55 was donated by members to the East of England Childrens' Hospice instead of sending Christmas cards, for which we have received a thank you note.

The rose bowl was won jointly between Mary Clarke and Jean Chapman and this will be kept by each for six months.

A letter had been received from Carol Cordwell and Susan Scott relating to the Flower Festival, and it has been decided a donation will be made to this from the Club.

We then had a few games of bingo after which members tucked into a welcome cup of tea with delicious cakes.

The speaker for March will be Barbara Faulkner on "Gingerbread Man" and the competition, anything ginger.

Sylvia Ward

theWI

WOMEN'S INSTITUTE

"Lets try something different" the committee decided so.....How about a "Craft Dabble" Evening?

Many members were very unsure of this "Craft Dabble" evening which in fact turned out to be one of our most successful evenings for a long time.

After the business of the evening - notices, correspondence etc. - the members were free to choose one or more activities arranged on tables around the Hall.

Leonie led an activity called "Turn Valentines Day green to Tackle Climate Change"

Merriel and Wendy are wearing the beautiful green heart shaped brooches which they made.



Following the same theme Mal led an activity using "Iris Folding Technique" to make green gifts cards with a heart in the middle

Jean planned an activity to make an Origami Brooch and an activity where members could practice Napkin Folding for their next dinner party.

The final activity was planned and led by Irene who focused on Kuimi - Braiding and the Art of Crochet.

Tea and coffee were available throughout the evening, with members tasting and judging delicious Victorian sandwiches made for the competition.

Everyone agreed that the evening had been a triumph many new skills were learned, a happy buzz of conversation, and opportunities to get to know our lovely new members who have joined our W.I during the past few months.

If you would like to join us at our next meeting it is Wednesday March 1st at 7.30pm. Gordon Bailey will be telling us the "History of Jewellery".

The competition is "Favourite Bling"

IN THE GARDEN WITH KATE



Allegedly, spring is in the air. As I write, it is snowing heavily with a keen easterly wind. It doesn't feel like spring! Having said that I have daffodils coming up all over the garden, so they are obviously not

in the least bothered by a bit of white stuff. I keep thinking I ought to be doing something in the garden, and last week went as far as sowing chilli and pepper seeds in the electric propagator, but they are far too sensible to show any signs of life. However if you do wish to grow these, they need to be sown in late January/February as they need a very long growing season, so if you haven't yet done it, it might be better to buy plants. I have also put potatoes in a sunny and frost free spot to chit.

The snow has caused some consternation to the dog, who understands rain, mud, puddles, but is slightly confused about this white stuff dropping from the sky. He was born in March and, as there was no snow last year, this is the first he has seen. I don't think he rates it very highly!

When the weather does warm up a bit, and gardening is a practical proposition, there are in fact several jobs to do. Beds and borders need to be cleared of any weeds seedlings and perennial plants should be tidied of any dead stems. Loosen up the soil between the plants, and dig up and divide any perennial plants that have become too large. These can then be replanted in other areas of the garden, but if you have no room, please remember the annual plant sale in the Village Hall in May; contact me if you would like to donate anything. Also, when clearing, look out for any self sown seedlings. If these are surplus to requirement, consider donating to the sale. It is also a good time to divide and transplant snowdrops still "in the green". When the soil is fluffy from being dug over, apply a generous mulch of

compost.

Paths and patios may have collected mud, moss and slime over the winter, and a sunny spring day is ideal to scrub these clean. As long as it isn't too cold, any lawn repairs can be started now, and flower bed edges can be trimmed. Later in the month, the grass may well have started growing again, and would benefit from a high cut.

Fruit trees, bushes and roses will all need to be pruned by the end of this month, and also coloured stemmed dog wood, buddleia and ornamental elders.

Many flowering seeds such as pot marigold, cornflower, larkspur, sweet pea, and nasturtium can now be sown with a degree of protection such as a cold frame or unheated greenhouse. In the vegetable garden, lettuce, rocket, radish, spring onions, leeks, onions, broad beans, parsnips, spinach and turnips can be sown under cloches or fleece protection.

Lots of jobs - so little time - enjoy your garden!

Kate Stowbridge

GT BROMLEY & DISTRICT CRICKET CLUB

100 Club Winners January

1st. Mr. Tubby Austin
2nd Mr. Lance Grainger
3rd. Master Zac Lawson Hill



PLEASE HELP OUR INSECTS & WILDLIFE NEED YOU - NOW!

In September last year, over 50 UK conservation and research organisations, including The RSPB and The Wildlife Trusts, published their report, The State of Nature 2016, to show how UK wildlife is faring. In his Introduction, Sir David Attenborough sums up the findings as follows:

“Our wonderful nature is in serious trouble and needs our help as never before”

We are all familiar with reports of the alarming decline in the Bee population, but bees are only one of the insect species vital to our natural eco-system, on which we all depend, and which are in trouble.

“... the UK has lost significantly more nature over the long term than the global average ... we are among the most nature-depleted countries in the world”

I was shocked when I read that but somehow not surprised. I've lived in Great Bromley for 24 years and, until recently, I was used to seeing a swarm of daddy-long-legs every September. However, over the past few years the swarm has diminished to no more than a handful of lonely individuals. I know they're not the most pleasant type of insect, but to me their absence has slowly become a cause for concern and I know now that it's indicative of what's happening across the UK.

Last Summer, there was an initiative in Colchester Castle Park to educate local schoolchildren about bees. There were bee-hives dotted around the Park ready and waiting. Sadly, however, there were virtually no bees because nearly all the planting in the park was not of the nectar-rich plants on which they feed and rely. In other words, there was no habitat for them.

So I started thinking! Most of us in the villages here have access to a garden or some open land. Therefore, we all have a potential habitat for insects and birds, if we

provide the right planting and natural conditions. It's been shown that wildlife needs habitat “stepping stones”, that is places which they can easily travel between to feed, pollinate and breed. Gardens near to each other are natural stepping stones. I went to speak to Great Bromley Parish Council in January and there was a lot of interest my idea that the village and its neighbours could use “people power” to help.

So please, when thinking of the coming year, consider planting some flowers which provide nectar and habitat for our native insects. Readily available plants such as Lavender, Valerian, Buddleia, Hebe, Lilac, Honeysuckle, Foxglove, Hollyhock, Heuchera, Weigelia, Common Poppy, Clover, Buttercups, are ideal as long as they are not exotic cultivars with double blooms or lots of petals which make it difficult for the insects to feed. And please try not to use pesticides on your garden!

I'm hoping to get the message out to more people in the coming months and I know there will be lots of people who are as worried as I am about our wildlife and the implications if we do nothing. If anyone has ideas about how this can be done, please do get in touch.

Susie Burnby
susie@susieburnby.co.uk or 07708 616326

Little Dragons Pre-School - Great Bromley & Frating

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

Website: www.littledragonspreschool.org



OUTSTANDING OFSTED INSPECTED

BREAKFAST AND AFTER SCHOOL CLUBS- PLACES AVAILABLE

Tel: 01206 231823/ 07857 503103

We are very flexible and are happy to take children for the occasional session and times to suit your situation.

If you require further information please call us on the numbers above or pop in to see us.

BABY DRAGONS

Our Parent and Toddler group is running on Fridays at Little Dragons, Church Meadow Bungalow. The session runs from 9.00 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.

Last month the children celebrated the Chinese New Year with lots of fun activities – making lanterns and dragon puppets. We also made a large dragon from cardboard boxes and the children were able to perform their own 'dragon dance' after watching the real thing on video. We are holding another 'Dads week' starting March 13th when we invite Dads into the setting. This gives them the opportunity to see their child at play and join in with some of the activities.

Fundraising

PAMPER EVENING (in conjunction with St Georges PTA)

**Friday 17th March - St Georges School.
Gt. Bromley - 6.00pm-9.00pm**

Please contact Rachel Omar on 07758938008 or via Facebook.

Sainsbury's Active Kids Vouchers

Active Kids 2017 launches on 25 January - please help us to collect as many as possible to enable us to exchange for great play equipment.

USED PRINTER INK CARTRIDGES

We are now collecting cartridges -please help us raise some funds by recycling your old ink cartridges with us.

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 are in the process of setting up an area near our main gates to make it easier to drop items off. More details to follow.

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:

Monday 13 th March	Dads' Week
Friday 17 th March	Pamper Evening
Monday 3 rd April	Easter Holiday

ACRYLAMIDE IN FOOD

The latest news to hit the headlines last month was the dangers of acrylamide present in food. Most people have probably never heard of it and yet it was first discovered by an Eritrean scientist, Eden Tareke in Sweden some 15 years ago, in 2002.¹ Ms Tareke discovered acrylamide in starchy foods (such as chips, crisps and bread) that were heated to over 120°C. The chemical wasn't found in food that was boiled, steamed or uncooked.

A major research project HEATOX (heat-generated food toxicants) was funded by the European Commission between 2003 to early 2007 to establish the health risks that may be associated with harmful elements present in heat-treated food. The researchers also tried to find evidence about which cooking methods would minimise the quantity of these toxins but also provide safe, nutritious and high quality foods. They established that home-cooked food tends to contain far less overall quantities of acrylamide compared to industrially produced processed food.²

What can we do at home to cut down the accumulation of acrylamide in our food?

Avoiding overcooking food, like toast, roast potatoes or deep fried foods is one of the quickest and best ways of reducing exposure to this toxin.

Cooking, especially frying food at high temperatures destroys many nutrients and vitamins present in food (for instance vitamin A and E) that are there to protect us from these harmful toxins. Of course it depends on what kind of oil we are using, what temperature and the length of time the food is cooked for.

The good, polyunsaturated oils that come from seeds like sunflower, safflower, flax seed, sesame, pumpkin or walnut should be used cold, for salad dressings, mayonnaise or dips. They are not suitable for frying due to the fact that these essential polyunsaturated fats with their highly active nutrients are easily damaged by high temperatures.³

The best fat for cooking is organic raw, virgin coconut oil. (*You can't taste the coconut when frying eggs, in case you don't like the taste of coconut.*)

Second in line is olive oil. Keep the best, cold-pressed extra virgin olive oil for salad dressings; use the ordinary, cheaper olive oil for sautéing or quick frying.

But of course you don't have to do any frying whatsoever, which is the best option of course. Vegetables are best steamed; this way they retain most of their vitamins. Quick stir frying in coconut oil is also preferable to deep frying.

But best of all, not to complicate things further, is to get a slow cooker. This is the best way of cooking food slowly, without frying and it's so easy.

You will retain all of the nutrients and vitamins by cooking the food very, very slowly. The dish can be prepared the night before and left in the fridge. All you need to do in the morning is to plug the slow cooker in before going to work and by the evening you'll have a super nutritious meal ready for the whole family, or just one person. (*They come in lots of different sizes*). Nothing could be simpler. And I like what Jamie Oliver said the other day:

'If you can read, you can cook'.

Happy slow cooking!

Best of health! Suzanne

1. Tareke E; Rydberg P.; et al. (2002). "Analysis of acrylamide, a carcinogen formed in heated foodstuffs". *J. Agric. Food Chem.* **50** (17): 4998–5006. doi:10.1021/jf020302f. PMID12166997

2. HEATOX Heat-generated food toxicants: identification, characterisation and risk minimisation. 11 June 2012 (www.slv.se/upload/heattox/documents/heattox_final_report.pdf)

3. Patrick Holford 'The Optimum Nutrition Bible'. *The Fats of Life Chap. 9 p 68. Piatkus 2013*

THE DOCTORS' SURGERY NEWS

Great Bentley Surgery



Coughing can be good for you!

This might seem a strange statement to make as coughing often makes us or our children feel uncomfortable as well as affecting those around them. It can keep us all awake and generally make life feel pretty miserable. However coughing is usually there and happening for a very good reason! Almost all coughs are due to upper respiratory infections (common colds caused by common viruses). During these viral infections (which antibiotics will **not** cure) horrible sticky mucus can form throughout your respiratory tree (nose, throat and deep into your lungs) and that's really not nice. If this mucus stayed there it will attract bacteria who would enjoy themselves in the lovely warm sticky environment and reproduce quickly making loads more mucus and causing inflammation. Fortunately we have a marvellous built in way to get rid of the horrible sticky mucus before it gets loaded with bacteria. This process is called "coughing". Coughing brings the mucus up and out of the lungs and respiratory tract and is usually swallowed which renders it completely harmless as it cannot survive in your stomach. Coughing also agitates mucus preventing bacteria from developing their defensive biofilm and creating a huge colony of pus-filled goo!

In summary coughing is good. It's there for a reason. If we had a medicine that would completely stop coughing, it would kill people as they would end up full of infected mucus and if they couldn't cough it up they would die. There's no more effective way in modern medicine to remove this horrid mucus compared to the simple cough. So just remember when you or your child is coughing, just think



about the great job it's likely to be doing and it commonly lasts for a few weeks!

Based on an article by: The Paediatric Insider © 2017 Roy Benaroch, MD

The next meeting of the Patient Participation Group will take place at 6.30pm on Thursday 16th March 2017 at the Great Bentley Village Hall.

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!

Ringworm – As this is a very contagious complaint, great care should be taken to use separate towels, etc., for the patient, who should also sleep alone. And the bed clothes should be washed with a disinfectant. Was the place affected with iodine or a solution of sulphurous acid. Keep it as clean as possible, and apply a weak ointment of oleate of mercury. If the child is out of health, feed him up well, and give him an emulsion of cod-liver oil.

Thank goodness for modern science and medicine! Can you imagine treating ringworm now with a dangerous acid and a poisonous mercury based ointment! Fortunately these days you can easily and cheaply get some anti-fungal cream from your pharmacist.

At our last meeting we were pleased to welcome our 2 new Parish Councillors, Jon Buxton and Iain Smith onto the Council. Thank you to everyone who applied for these 2 posts and after careful consideration we unanimously decided to ask Jon and Iain to join us. We look forward to working with them.

Also at the last meeting the Council voted to lower this year's precept by 10%. This was made possible by, amongst other things, the continued decision of our Clerk to give her time for free for which we are very grateful.

Please continue to send in responses to the notice of the Little Bromley Bulk Rubbish Collection - details of which were in last month's messenger. We have had some

responses in favour of this scheme but not enough resident's have sent in their comments to finally make a decision.

We have been given further indications that the Village Vehicle Activated Sign that we have been trying to get installed is finally going to get approval - we shall continue monitoring and pushing for this and hopefully we are getting to the point of being able to give a date for this to happen. The Village planters are looking well stocked with winter flowering pansies and thanks must go to Ken and Roly for continuing to look after these and planting them out.

The next meeting of the Council will be on the 16th March - 7.30 pm - at The Haywain Little Bromley Parish Council

DISTRICT COUNCILLOR NEWS

Tendring District Council overwhelmingly agreed their budget for the forthcoming year at their meeting on 7th February. TDC share of the council tax will rise by 3.3% for an average band "D" property. Residents are reminded they are entitled to a free parking permit for TDC carparks in Tendring by applying to TDC, who retain details of the vehicle requiring the free permit. Additional permits are available at a small cost.

The ongoing battle with HGV's constantly breaching the weight restrictions on our roads is continuing with contact with the Traffic Commissioners. Rosemary and I are aware of this problem and are doing all we can to stop these blatant breaches.

Another ongoing problem in some of our parishes is the problem with non existent broadband. Our M.P. Bernard Jenkin and our County Councillor Carlo Guglielmi are both taking this up on our behalf. Despite being informed that an alternative provider

to B.T can cover the area this is sadly not the case. If you are having Broadband problems please contact Rosemary Heaney, her details are in the village magazines.

A further problem in our parishes is speeding vehicles. I have spoken to our County Councillors and it appears to have the speed limits reduced a petition should be organised and then presented to Essex County Council Highways via our County Councillors. Chief Inspector Russ Cole has been requested to ensure attention is given to speeding vehicles on our roads.

Fred Nicholls, District Councillor

2017-18 EVENTS

MARCH

- 3 World Women's Day of Prayer
Church lunch, St George's church, 12 noon
- 8 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 16 Lt Bromley Parish Council meeting, The Haywain, 7.30pm
- 17 Pamper Evening, St George's School, 6.00pm
- 30 Experience Day (see opposite for full details) Village Hall, 10am

APRIL

- 9 Running into the Graveyard 2 (see page 21 for full details)
- 15 Leonard Cheshire's 100th Birthday Celebrations, Seven Rivers

MAY

- 20 Plant Sale, Village Hall, 10.00am
Seven Rivers Spring Market, from 11.00am

JUNE

- 24 Seven Rivers Cream Tea,
from 2.30pm
- 30 Flower Festival, Gt Bromley
church

JULY

- 1,2,3 Flower Festival, Gt Bromley
church



Children's badminton

Great Bromley Village Hall
Tuesdays 5-6pm
£2 per session
School Term time only
Non marking shoes please
All other equipment provided

Table Tennis for Fun

Come to Lawford Venture Centre
Every Monday 10.00am-12 noon
Non-league, any standard, any style.
Make new friends, learn new skills, get
fitter.
Bats and coaching available.
Contact George Earle on 01206 323264
OR Just Turn Up and enjoy Monday
mornings again.
All for only £2.50 per session

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

Seven Rivers Cheshire Home

Saturday 15th April
Seven Rivers as part of Leonard
Cheshire's 100th Birthday celebrations
100 people, 100 steps, 100p call in for
details

Saturday 20th May
Spring Market from 11.00am.

Saturday 24th June
Cream Tea from 2.30pm.

Plant Sale

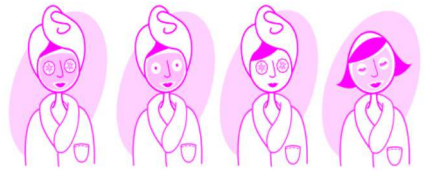
20th May 2017 10-1pm
Great Bromley Village Hall
Annual plant sale in aid of Village Hall
Funds.

Locally grown plants
Craft stalls
Tea/Coffee/Cake

For further information, to book a stall
(£10), or to donate plants (VERY
WELCOME) contact Kate 07592735600

Pamper Evening

St George's PTA and Little Dragons are
holding a pamper evening on the 17th
March from 6:00 to 9:00 pm. We are
looking for appropriate therapists and
stall holders for the event. Each stall will
cost £15 and we also request a donation
for the raffle. Stalls will be allocated on a
first come first served basis so if you are
interested in having a spot please contact
Rachel Omar on 07758938008 or via
Facebook. Places are limited so please
contact her ASAP.



DAY CENTRE for YOUNG ADULTS

18-25 with learning
disabilities

Doing things that
have a purpose ...

Developing
friendships and

meeting new people ...

Enabling skills for independent living ...



In partnership with Essex Youth Service

EXPERIENCE DAY

30th March 2017
10.00am—2.00pm
Great Bromley Village Hall

Call:
07516 296246 or 07701 349659

Sarahjosfun@gmail.com



Training at
Great Bromley Village Hall
Tuesday 14th March
2 to 3:30pm or 7 to 8:30pm
Contact Kate on 07592735600

CALL PUSH RESCUE

"One morning my mum's
heart stopped beating.
I know CPR and kept the
blood pumping around her
body until the ambulance
came. I helped save her life."

Lifesaver Samantha Hobbs (16),
Parents Mandy and Nick Hobbs.

Become a Lifesaver.
Find out more by
contacting your
CPR lead.

FIGHT
FOR EVERY
HEARTBEAT
bhf.org.uk



RUNNING INTO THE GRAVEYARD 2

9TH APRIL 2017

Running into the graveyard 2 (9th April 2017)

Since the last edition of the Messenger, the run this year has received over 300 entries and a congratulations from the Essex Athletics Association. Bromley 10K was voted as the 4th best road race in Essex last year. Not bad for the first time running of the event. It is important that we try to make the event even better this year, because we have been promised that in 2018 it will be the Essex 10K and therefore count in the Essex Grand Prix series. For us this means recognition, putting the villages on the Athletics map, and seeing the best quality athletes in our region. We had many favourable comments last year, but this only happens when we get everything right!

Help and support are key to making this a village event. We raised over £3000 for the Church last year, but it is not just about raising money. All the contributors, from sponsors to marshals, to people who helped with the clearing up, said how nice it was to be involved with a village event. Please offer some assistance by telephone or email and help make this a special day for the village. (Roly Knott 01206393787 or eandr@harwichrunners.co.uk)
A special message for younger runners.



On Sunday 9th April 2017
at St. Mary's Church, Little Bromley
we will be holding for the second year:
Running into the graveyard.

We have a **10K Run** starting at **10.30am**
To enter go to; [Http://harwichrunners.co.uk/bromley10k/](http://harwichrunners.co.uk/bromley10k/)
and a

2K Children's Run starting at **10am.**
£2 entry on the day.

The Children's run will be on a track around the car park, in Barlon Road, with a small gift for every entry.

Please arrive before 9.30am to sign on and get ready. All the children will start together promptly at 10.00am.

There will be plenty of parking down Barlon Road, Little Bromley.
All money raised will go towards the church / village.

This should be a great village day for all to enjoy. There will be refreshments and lots of other events happening in and around the church.

We welcome all entries if you would like to take part.

For more info call Roly Knott on 01206 393787 or Carol Cordwell on 01206 395103
Organised by the Harwich Runners and Friends of Little Bromley Church

SEVEN RIVERS CHESHIRE HOME

As I mentioned last month we are celebrating our Founder's 100th birthday this year, we have various events planned. One of the first will be 100 People, 100 steps, 100p. Sounds confusing, we are asking anyone who is able or uses a wheelchair to come along and join us on Saturday 15th April. All you need to do is work or wheel a measured 100 steps or multiples of 100 steps within our lovely gardens with entry to this event 100p (£1.00), we are trying to get 100 people to join in. We are hoping that some of walkers will get sponsorship to help raise money for our Group Captain Lord Leonard Cheshire V.C, O.M, D.S.O, D.F.C. Memorial Garden.

This garden will then be open to anyone who wishes to remember a loved one or event. If you would like to take part please phone me on 01206 230345 or call in for more details and sponsorship forms.

On May 20th we will be holding a Spring Market, we will open at 11 am. and plan to close up about 2.30pm. Anyone who would like a stall please contact me on the number above or call into the home.

Take care until next time
Liz x



STOUR VALLEY MEN'S PROBUS CLUB

Recent Meetings

On Wednesday 1 February Peter Gant talked to us about "100 years of Postcards" and Dudley Chignell presented "The Four Seasons in East Anglia" on 15 February. Both meetings were much enjoyed by our members.

Future Meetings Diary Dates

On Wednesday 1 March Joyce Kimber speaks on "Ciphers & Enigma" and the Annual General Meeting will be held on Wednesday 15 March when President Hew Naylor will stand down after his year in office. Julian Wong will talk on 5 April about the good work undertaken by the charity "Mary's Meals".

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 Probud Club, we meet on the first and third Wednesday of each month in Manningtree at 10.30am. Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.

love
HEALTH
Through diet and nutrition...

Suzanne Abbott
SMN Dip. Naturopathic Nutrition
SAC Dip. Diet and Nutrition

Registered Natural Health
Consultant specialising
in Naturopathic Nutrition

M 07944 674978
E suzanne@love4health.co.uk
W www.love4health.co.uk





Walk to support St Helena Hospice at Pier to Pier 2017!

Come together with your friends, family and work colleagues on Sunday 2nd April and enjoy the sea air at the St Helena Hospice Pier to Pier 2017 sponsored walk!

You can start your walk at 10am from either Clacton or Walton Piers and have a choice to walk 7 or 14 miles. The walk is a great opportunity to reminisce on good times with loved ones or to catch up with friends! Lots of our walkers take part in memory of someone close to them who has died, walk for a catch up with old friends, or sign up a team from work to get to know each other better!

For regular dog walkers, the Pier to Pier route can offer a change of scenery for the usual Sunday dog walk! Dogs are welcome as long as they are on leads.

Sign up today by visiting sthelenahospice.org.uk/piertopier17 or by calling the events team on 01206 931468. Walk in memory of a loved one, or to help the hospice support families in the local community.



Recent Meetings

On Wednesday 8th February Prof John Midwinter FRAE, FRS., formerly at BT & UCL spoke on "The Truth About Climate Change". His lecture explored evidence that we are changing the climate of our planet, probably irreversibly, and this was linked to a discussion of what this probably portends and why we should be very concerned.

Future Meetings

Mark Mitchels will speak on Wednesday 8th March on "The Sutton Hoo Ship Burial". This will be an illustrated lecture that attempts to re-create the moment. It will tell the story of the excavation and when a remarkable people sent their leader on his final voyage. This was one of the greatest treasure ever found on English soil, and a Royal tomb.

On Wednesday 12th April Amanda Richmond's subject is "Two teachers ascent of Everest" Amanda is a teacher, mountaineer skier, traveller & bell ringer. She will tell in an engaging way the story of two Suffolk teachers' ascent of Everest, the 6 years preparation, planning and hardships involved in tackling this formidable ascent.

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 Gillian Gibbs may be contacted.

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!

A MUSICAL INSTRUMENT STORY - Answer from last month

(The blanks in the story are the names of musical instruments.

The sound of the word is more important than the spelling.)

Joe met Ena on **piano (P & O)** liner. She looked most attractive with a bunch of **violas** pinned to her dress. Hearing her **flute** like voice, Joe rushed to meet her, falling over a **drum** of oil on the deck and bumping into the rail. Later, after making sure that there were no broken **bones**, Joe went to find Ena and saw her waiting for the band to play on the main deck. Knowing that a variety entertainment was about to start in the lounge, he said "Would you like to come to the **concertina (concert, Ena)**? but she said "No, I would rather stay and listen to the **banjo (band, Joe)**"

The sea air made Joe thirsty and he said that he would like to go and have a **bass**. Ena told him to wait for the interval when he could buy her an ice cream **cornet**. By that time Joe's thirst had increased so he had a **double bass** and then lit his **pipe** as he strolled along the deck. He stopped to watch some sailors fishing as they **castonet (cast a net)** in to the sea. When he met Ena again she complained that he had been gone half an hour, to which he replied "**Fiddle** sticks, it was only ten minutes" at which she called him a **lyre (liar)** and continued to **harp** on this until, in

anger, he left her. Next day they became friends again and decided to play cards, but Joe played badly and Ena said "When you should play a high card, why do you always **piccolo (pick a low)** one, and when I play an ace why do you always **trumpet (trump it)**?"

Joe suggested that they stopped playing and go out on deck where he told her that he loved her and kissed her as a **cymbal (symbol)** of his affection.



GERALD (GERRY) CANHAM

23 APRIL 1938 - 23 DECEMBER 2016



Gerry was born on April 23rd 1938 at 'Arcan', Great Bromley, the third of Kathy and Joe's sons. He had a very happy childhood, spending much of his time out all day in the countryside having adventures with his pal Ivan, or in the woods with his brothers and cousins. Sadly, at the age of 15, he lost his brother Rex in a motorcycle accident.

When he left school he started work as an Apprentice Plasterer, until he was called up for National Service. He soon realised he could get more money in the Army, so he signed up for 3 years. The Army wanted him to go into the guards, because he was tall, but he didn't fancy the standing around, or the pomp and ceremony. Instead he went into the Infantry, where he became a Corporal. He enjoyed his time stationed in Germany and Aden. When he left the Army, he went back to being a plasterer and in his spare time he started motorbike scrambling. It was at one of the Scrambles that he and Sue got together, and soon decided they were right for each other; they got engaged after just 5 weeks, and married after 5 months on Boxing Day 55 years ago.

Fifteen months later, to their delight, their son Mark was born, and two years later, Rex arrived. By this time Gerry had given up plastering and worked as a Storeman at Kent Blaxill. He later became Chauffeur to Colonel Judd at Ardleigh Park and, with Sue, bought their first house - "Brambles" - moving in with their boys. Gerry spent all his spare time renovating and extending the cottage. Later they rented out the cottage and moved into a lovely bungalow in the grounds of Ardleigh Park, where the boys had an idyllic childhood, including learning to ride motorbikes on the meadow with their Dad.

Gerry had a happy working life with the Colonel for 23 years, in which time he learned to fly, taking both his parents and his boys for flights but Sue, in her own words, was too much of a coward. Gerry also formed a lovely relationship

with the Colonel's three young sons, having to drive them back to boarding school after the holidays. This was always a difficult time for them and he did his best to cheer them up.

In 1986, Ardleigh Park was sold, and the family moved to Boxted. Gerry still worked for the Colonel, who had moved to Kersey, but there wasn't really enough for him to do, so reluctantly he left and became Chauffeur to Nick Lancaster at Lancaster Garages in Colchester, and then to H R Owen in London.

During this time his grandchildren had come along - Lenni, Hannah and Daniel - who he adored. He taught them all to ride their bikes in the Close at Brightlingsea, and took them on adventures, such as being marooned on Mersea Island!

Gerry and Sue enjoyed their retirement, including having Granddad Joe live with them and looking after their adopted Mum Renee next door; over the years Gerry loved their seven dogs. They helped run a model car club. He took up motorcycling again and would ride 100 miles on a Thursday to Andrews Airfield to meet up with the "Old Bikers". He only gave up motorcycling last summer when some of the bikers (and a wife!) came to visit him instead.

Gerry always said how lucky he had been in his life. He'd been happy, never been out of work, had reasonably good health, and got to celebrate his Golden Wedding with Sue and his family and friends around him for a really lovely day in 2011. The family are so glad that Gerry was able to spend the end of his life at home as he had wanted.

Sue, Mark and Rex Canham

Magnetized Jar Lid Photo Frame

This Magnetized Jar Lid Photo Frame is a lovely gift to make for your mother for Mothering Sunday, 26th March

You need

Jar lids (plastic or metal)
Air dry clay (e.g. Crayola Model Magic or Amaco cloud clay) or salt dough
Small or medium-sized magnets
Paper
Scissors
Glue
Glue gun
Photo
Small decorative materials (Optional)

Instructions

Collect plastic or metal jar lids. Wash them and dry them off.

Roll a small chunk of white air dry clay or salt dough into a long sausage shape and wrap it around the edges of the jar lid. Continue until you have covered the entire edge of the lid with clay. Pat the clay with your fingers to smooth it out and even out the thickness of the clay around the lid. Add details with more clay or dough. If the clay around the lid has started to set and you have difficulty fusing the new clay parts with the base clay, you may moisten the joint areas a little bit.

*You can also start out with coloured self-hardening clay or salt dough. With coloured clay, you can immediately see the final look of your clay project and it allows you to embed small decorative objects like wiggle eyes or beads while the clay is still soft. Remember to pat the clay around the embedded objects to fix them in place. Not a must, but you may add clay along the sides of the lid.

Allow the clay to set completely (will take 1 to 2 days). If your clay frame has some thin parts, it is best to position the frame with the bottom side-up so that the thin parts don't sag or break.



Once the clay has set, apply hot glue gun adhesive at the back of the jar lid. Put a magnet on top of the adhesive and press to fix it in place. Remember to use a larger magnet for a big jar lid. Test if your jar lid magnet frame can support itself. If it slides down your fridge door, then you will need a larger magnet or use a pair of small magnets instead of one.

If you started out with uncoloured clay or dough, paint your clay magnet frame with your chosen colours of poster paint or acrylic paint.

Cut out your photo to fit snugly at the centre of the magnet frame and glue it in place. The best way to get a perfect fit is to test the right size on paper. Once your paper circle fits well inside the frame, use it as a pattern to mark the right size on your photo.

<http://www.freekidscrafts.com>

FROM THE RECTORY

I wonder if you have ever fancied the life of a professional sportsman. The big house, the fast cars, the expensive restaurants, the adoring fans, and for that you only have to be seen working in public for a couple of hours or so each week.

The salary that the biggest stars of sport receive have their attractions too. From Premiership footballers, to tennis wonderkids, to the star quarterbacks in the NFL, millions of pounds are the going rate.

All this dwarfs into insignificance when compared to the career of one Gaius Appuleius Diocles. Diocles was a second century charioteer who took part in more than 4000 races over twenty four years. He was hugely popular, and extraordinarily successful. His victories earned him an amount that would be the equivalent of some \$15 billion today.

The pursuit of glory and wealth is a common story. So often the richest and most powerful individuals in our society are feted, celebrated and admired.

But in God's economy things look a little different. This is where it's very much more about what you do with what you have.

The bible tells us that Jesus was in the temple when he saw the rich putting their gifts into the treasury. He also saw a poor widow put in two very small copper coins. Jesus spoke to his followers 'this poor widow has put in more than all the others. All these people gave their gifts out of their wealth; but she out of her poverty put in all she had to live on.'

Generosity is not tied to an absolute figure or the preserve of the rich and famous.

There is a prayer of King David from the bible that we sometimes use when monetary gifts are collected together in a church service. It reads 'all things come from You, and of Your own do we give you'. Everything we have, great or small, belongs to God in the first place. We are only temporary custodians. Giving freely and unselfishly can only begin to honour God's amazing generosity to us

But it's a good place to start.

Simon Heron

WORLD WOMAN'S DAY OF PRAYER

March 2017 at Bradfield
All welcome.

EASTER LILIES

If you would like to contribute towards the purchase of Easter Lilies which (decorate, beautify) our Church over the Easter Tide, in memory of loved ones. Please contact either Jenny (01206 230688) or Yvonne (01206 230360)



ST. GEORGE THE MARTYR, GREAT BROMLEY



Welcome to our services in March

March 1 st	<i>Ash Wednesday</i> 9.30am Holy Communion & Imposition of Ashes
March 5 th	<i>1st Sunday in Lent</i> 8.00am Holy Communion (BCP) 6.30pm Sung Evensong (BCP)
March 12 th	<i>2nd Sunday in Lent</i> 10.30am Parish Eucharist (CW1) 11.45am Annual Church Meeting
March 19 th	<i>3rd Sunday in Lent</i> 8.00am Holy Communion (BCP)
March 26 th	<i>Mothering Sunday</i> 10.30am Parish Eucharist (CW1)

Starting 2nd March a Lent Group meets at 10am on Thursdays at Little Bentley Church Room

The church is open daily and you are welcome to visit.
More details and information at www.greatbromley.org.uk, Facebook or Twitter
[@StGeorgesGtBrom](https://twitter.com/StGeorgesGtBrom)

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

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 LUNCHES

Friday 3rd March at 12 midday
Please come and Join us for friendship
and fun.

St GEORGE'S CHURCH, GREAT BROMLEY

CURATE IN CHARGE Rev'd Simon Heron 01206 392659

CHURCHWARDENS

Mrs Jennifer Nicholls, Fryerning, Hall Road, Great Bromley CO7 7TS 01206 230688

Mrs Yvonne Cobbold 01206 230360

PCC SECRETARY

Mr Gregory Frostick 01473 424469

PCC TREASURER

Mrs Marion Bromfield, 4 St George's Close, Great Bromley CO7 7HZ 01206 230089

CAPTAIN OF BELLS

Mr David Wenden, Girlings, Stone Rd, Gt Bromley, CO7 7UR 01206 250260

SACRISTAN & VERGER

Mr Peter Wenden, The Pippins, Waterhouse Lane, Ardleigh CO7 7TE 01206 230613

Every Sunday at 8.50 am ROMAN CATHOLIC MASS
at St. Mary the Virgin, Ardleigh

TRINITY METHODIST CHURCH
Every Sunday at 10.30 am at Bromley Road, Elmstead Market

ARDLEIGH METHODIST CHURCH
Sunday—Twice monthly Morning Worship at 10.45 am at Colchester Road,
Ardleigh CO7 7NP

PLEASE CONTACT the church office (01206 392301) for Baptisms, Weddings and Funerals.

MEETING VENUES & TIMES

1st Ardleigh Beavers Wednesdays (*term time only*) Village Hall, Ardleigh,
6.00-7.00pm

1st Ardleigh Cubs Tuesdays (*term time only*) Village Hall, Ardleigh, 6.00-
7.15pm

1st Ardleigh Scouts Wednesdays (*term time only*) Village Hall Ardleigh,
7.15-9.00pm

Badminton Club Tuesday 5-7pm Village Hall

Bell Practice Fridays St. George the Martyr Church, 8.00pm

Carpet Bowls Wednesdays (*except 1st Wed in Month*) Village Hall,
7.30pm

Friendship Club 3rd Thursday in month Village Hall. Doors open 2.00pm

Parish Councils:

Gt Bromley 2nd Wednesday in month (*normally*) Village Hall, 7.30pm

Lt Bromley Contact Parish Clerk for dates & venue 7.30pm

Knit & Knatter 2nd Wednesday in month Seven Rivers Cheshire Home, 2-4pm

Men's Club Tuesdays Village Hall, 7.00pm

Women's Institute 1st Wednesday in month Village Hall, 7.30pm

BROMLEY MESSENGER – SPONSORS - 2017



SEVEN RIVERS CHESHIRE HOMES DISABILITY

Gt Bromley, Colchester,
Essex CO7 7TR
Tel: 01206 230345
Fax: 01206 231011

GREAT BROMLEY PARISH COUNCIL

Parish Clerk: Lizzie Ridout
E: clerk@greatbromley.org.uk
W: <http://www.gbpc.org.uk>

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Hall Road,
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Mob: 07860 774729

R. GWINNELL & SONS

Funeral Directors

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01206 391506
01206 868585

LITTLE BROMLEY PARISH COUNCIL

Email: littlebromleypc@gmail.com

THE PARISH CHURCH OF ARDLEIGH & THE BROMLEYS

Rector: Rev'd Simon Heron
T: 01206 392659

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PERSONAL AND CLUB DONATIONS

LUCKY DRAW

SPONSORSHIP

If you would like to sponsor $\frac{1}{3}$ $\frac{1}{2}$ or 1 page on page 2 of The Bromley Messenger for the month of your choice please contact *Richard Perry* 01206 230537

LUCKY DRAW: In October all advertisers and sponsors will be entered in a draw. The winner will get a free advertisement on the sponsor page for November, size dependent on

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THE BROMLEYS & LITTLE BENTLEY ON THE WEB

www.greatbromley.org.uk and www.littlebromley.org.uk
www.littlebentley.net

