

# The Messenger

The Magazine of  
the villages of  
Great & Little  
Bromley

July 2017

Vol: 1 No: 7

## HAVING FUN AT THE WOMEN'S INSTITUTE



Full report inside

# THE FIRST PAGE

I am endlessly fascinated by insects and their importance in the world but also feel annoyed by the constant decimation of them by everyone with sprays etc. They provide a huge source of food for a large number of creatures - birds, animals, fish.

However, there are exceptions! When I lived abroad cockroaches were in all the houses and I came to hate them but I was also in fear of their skuttering feet in the darkness of the night. They even crawled over the bed during the night. I spent a fortune on cockroach spray to keep them at bay.

During this recent warm weather the flies have come out in force and I dislike them with a vengeance anywhere near food as I know how quickly they land on anything outside that the dog or cat or any

other creature may have done or caught and I don't want them (the flies!) then sitting on my food. I squash flies with no remorse. It also seems to be a good year for clothes moths and again out comes the spray. Tiny little moths who burrow their way into my clothes, carpets or anything else that takes their fancy.

I have a phobia about spiders but have learned to live with them in the knowledge that they are doing their best to feed on the

flies and clothes moths.

And then of course there are the wasps! Useful in eating carrion and the like during the spring and summer months until the little blighters go on holiday once they have no more young to feed after the end of July ...

I suppose our dislike of particular insects comes from our life style etc in general which seems a little unfair on the particular insect in question especially as mankind does its best to annihilate any or all of those that inconvenience us.

It has been very hot and I write this on the, apparently, hottest June day for 70 years. I have spent the morning removing stuff from the house and it was hot work so it is with relief that I turn to the quiet and coolness of the study to complete *The Messenger*. It has once again been a challenge to do and I blame the stress of moving this month on the fact that I decided to delete something in a rush and late at night when I was tired. Imagine my horror when I realised (once the deletion was complete!) that I had deleted the entirety of the 2017 Messenger folder. Swear word, swear word and a certain amount of bad temper ensued. Memo to self: do not do anything in a hurry when you are distracted or stressed .... The morrow was another day and a new beginning! And here you have the result. I hope you enjoy.

*Leonie*

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# PAUL NICHOLLS

Fred and Jenny share with great pride that their son Paul has been recognised in the Queen's Birthday Honours for services to policing, particularly his dedication to the dog section and retired police dogs. Paul has been awarded the Queen's Police Medal.

Paul's grandparents would also have been very proud especially PC Nick Nicholls and Sgt Stan West who for some time were police officers here in Gt Bromley .



## theWI

## WOMEN'S INSTITUTE

The June meeting is traditionally the 'Member's Meeting', meaning the committee have a night off. Before the activities commenced, there was a minute's silence in memory of Mary Hart, who died unexpectedly on 30<sup>th</sup> May. She had been a stalwart of the W.I. and committee. Amongst her many contributions over the years she was Vice-President, organised the Ladies who Lunch, Knit and Knatter, Pins and Needles, a formidable team member when the W.I. entered quizzes, and very supportive of new members. We all have our own memories of her, and will miss her presence and humour.

Following the brief business of the evening, Jenny Nicholls took over the meeting. We'd already been given a quiz as we registered, which caused a lot of head-scratching. (Mary would have been in her element completing this). Already sat at tables of four, we were informed that we would be playing a Beetle Drive. This delighted everyone, as it was a complete change from our usual format. There was much

chatter, laughter and cries of 'Not again' as the die were shaken and rolled.

The eventual winner was Leonie, who was delighted to receive a pot plant, especially as she generally always stayed at the same table when playing this game. Following refreshments – home-made cakes & tea/coffee – we were given the answers to the quiz- lots of groans, and the results of the competitions. As the evening drew to a close, Jenny and her team of June, Joyce, Merriel and Wendy were enthusiastically thanked for organising such a fun evening.



The next meeting is on Wednesday 5<sup>th</sup> July at 7.30 in the Village Hall. The Speaker is Michelle Cook from Acorn Village. Visitors are most welcome.

*Susan Scott*



# VILLAGE HALL TRUSTEES

The village hall AGM and Annual Meeting were held on 24th May.

All five existing elected trustees were re-elected and Jenny Kaye was nominated and co-opted to join them as a trustee. The management committee for the current year now comprises five elected trustees, five trustees representing local clubs and societies and one co-opted trustee. Unfortunately, two co-opted trustee posts remain vacant and the management committee will seek to fill these slots in the next few months - so if you are interested in joining the team then please get in touch; your help with running our village hall would be much appreciated.

Mike Corduff was re-elected Chairman of trustees and Martin Frostick was re-elected Vice-Chairman. Martin Frostick was re-appointed Secretary, Jackie Lear was re-appointed Treasurer and Mary Fawcett was re-appointed Bookings Secretary. Pender Richardson was re-appointed as auditor and was thanked for his excellent work examining the accounts during the past year. Marion Britton was thanked for her continuing hard work as caretaker.

The utilisation of the village hall remained steady during 2016/17 although hire income dropped slightly due to British Gas, our main commercial customer, reorganising their operation locally and no longer needing to use our facilities. The slight increase in hire charges introduced in January and the £2,568 profit from fund raising events helped the hall to cover the additional costs of the ongoing refurbishment programme, which was underpinned by a £10,000 grant from the Community Initiatives Fund and £5000 grant from Solafields. The overall level of reserves increased slightly during the year, but this figure is likely to reduce in the current year when refurbishment work has been completed and paid for.

Refurbishment work continues, with exterior redecoration due to be completed this month and the new patio/Millennium Lounge access

path being laid shortly thereafter. The new notice boards for the main hall have been hand-made and erected by Ivan Arthey. The trustees are grateful to him for making these and for all of the other excellent work he has done for the hall in recent years.

Fundraising events at the village hall have continued apace and continue to generate much needed income as well as providing good opportunities for parishioners to come together, relax, talk and have a good time. The recent plant sale organised by Kate Strowbridge was well supported and raised £536 for hall funds.

The next fundraising event at the village hall is the summer theatre performance on 22nd July featuring Martin Prest in his one man show 'Three Men in a Boat'. Martin is a very pleasant young man and a gifted story teller who has gained excellent reviews for his previous shows. This one should be no different.

The Village Hall Trustees look forward to welcoming you at one of their fundraising events this year or being able to provide accommodation for you whether it is for a birthday party, reception or commercial event. Details of the facilities available are provided on the village website [greatbromley.org.uk](http://greatbromley.org.uk).

*Martin Frostick*  
[villagehallsecretary@greatbromley.org.uk](mailto:villagehallsecretary@greatbromley.org.uk) or  
01206 250263

The next meeting is on Wednesday 5<sup>th</sup> July at 7.30 in the Village Hall. The Speaker is Michelle Cook from Acorn Village

# GREAT BROMLEY PARISH COUNCIL

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

Clerk: Lizzie Ridout Email: [clerk@greatbromley.org.uk](mailto:clerk@greatbromley.org.uk)

Problems are ongoing for residents with the HGV lorries appearing to travel even faster along the village's roads. The Parish Council will be contacting the neighbouring villages of Ardleigh and Elmstead to establish if a joined-up approach is desired, with a view to a joint letter to the Department of Transport at Cambridge, highlighting the environmental issues the HGVs are causing. Cllr Nicholls will be leading on this issue, and all reports of lorries can be forwarded to [clerk@gbpc.org.uk](mailto:clerk@gbpc.org.uk).

You may have had leaflets through your door advising of a proposed motor rally in April 2018. The proposals show a route through the lanes of Great Bromley, with the roads being closed from 7am until 8pm on Sunday 22 April. Some residents came along to our meeting to put their questions to the event organisers and to find out more information, along with highlighting their concerns such as safety issues around children and adults alike, horses, wildlife and livestock, along with being trapped in their homes for 13 hours on a weekend-day. Residents unanimously and strongly opposed the proposal. Cllr Nicholls has kindly offered to speak to Tendring District Council and will report back to us at the next meeting.

Anglian Water has asked us to help find those residents who have private pumping stations on their property. AW has now taken over the maintenance and running costs of these and are keen to hear from anyone who is yet to have contacted them. For further information please visit [www.anglianwater.co.uk/privatepumpingstation](http://www.anglianwater.co.uk/privatepumpingstation)

The petition to lower the speed limit on Harwich Road to 30mph is still ongoing and needs more signatures to have the desired effect. Please sign the petition at <http://www.essexinfo.net/gbpc/> or pop in to The Courthouse to sign a paper copy.

## Response to complaint regarding increase in Parish Precept:-

*In response to Mr Thomas's letter in the last Messenger, the precept increases for the parish reflect the decision to employ handymen, as was explained in our article published in the February edition of The Messenger. A reduction in the number of volunteers who have the time to carry out routine village maintenance has led to a current backlog of jobs needing to be done. The Council believes that it is in all our interests to maintain Great Bromley as a well-kept and attractive place to live.*

*Recent cutbacks at both County and District level have meant that tasks which were previously performed for the Parish are only done once a year, if at all. The increase to the precept amounts to less than 20p per week per household. Just some of the handyman tasks include; cutting verges, replacing and maintaining notice boards, keeping Church Meadow cut, tending the closed churchyard, watering the flower tubs, maintaining benches and much more.*

*Parish Councillors are clearly listed in the minutes of meetings which are displayed, by statute, on the Council notice boards to be found at Bromley Cross, Church Meadow, the Village Hall, Hare Green and Balls Green, as well as on the Great Bromley website. As far as the accounts are concerned, audited accounts are presented in public at the Parish AGM and subsequently posted on village notice boards.*

*Parish Councillors all work hard to improve and maintain our village. Council meetings, held in the Village Hall, are open to all and we welcome members of the public who wish to attend.*

Lizzie Ridout  
Parish Clerk and RFO

## PLANNING DETERMINATIONS

REFERENCE	PROPOSAL	LOCATION	DECISION
17/00656/FUL Mr D Baldwin	Proposed 2no. three bedroom bungalows.	Land on The West Side of St Georges Close, Great Bromley, CO7 7HZ	Application Withdrawn <b>12.05.2017</b> Delegated Decision
17/00509/OUT Toad Hall Free Range Eggs Ltd	Development of land for residential purposes. (Resubmission of 16/01534/OUT)	Land East of Hall Road Great Bromley, CO7 7TR	Refusal - Outline <b>17.05.2017</b> Delegated Decision
17/00424/FUL Mr and Mrs S Brazier	Variation and amendments to approved scheme 16/01368/FUL	Bush Farm, Hall Road, Great Bromley, CO7 7TR	Approval - Full <b>26.05.2017</b> Delegated Decision

## PLANNING APPLICATIONS

REFERENCE	PROPOSAL	LOCATION
17/00689/FUL Mr T Redfern	Single storey side extension.  Great Bromley Parish Council supports this application.	6 Meadow Close, Great Bromley CO7 7UG
17/00767/FUL A Lochore & Sons	Proposed cart lodge, garaging, and annexe including extension to domestic curtilage.  Great Bromley Parish Council supports this application.	Holly Lodge, Colchester Road Great Bromley, CO7 7TN
17/00865/FUL Mr S Brazier	Variation of condition 2 of planning permission 16/01308/FUL. To permit an addition to the approved dwelling.  GBPC is neutral to this application but draws the Planning Authority's attention to PPS7 annexe A, which is development in rural areas, and would ask to refer to the original application (13/00980/FUL), which was refused as the property was disproportionate in size to its local environment.	Land East of Hall Road, Great Bromley, CO7 7TR
17/00629/FUL	Erection of one detached bungalow and two detached houses (amended application)  Great Bromley Parish Council supports this application.	Land adjacent to and rear of Kia, Frating Road, Great Bromley

## PLANNING APPEAL

REFERENCE	PROPOSAL	LOCATION	STATUS
17/00033/ FHOUSE	Two entrance walls with gates to property.	Brookside, Badley Hall Road, Great Bromley, CO7 7UX	Appeal In Progress

## TREE PRESERVATION ORDER

REFERENCE	PROPOSAL	LOCATION	DATE OF DECISION
17/00005/ TPO	T1, T2, G1, G2, G3.	Little Paddocks, Frating Road, Great Bromley	15.05.2017

## LITTLE BROMLEY PARISH COUNCIL

Email: [littlebromleypc@gmail.com](mailto:littlebromleypc@gmail.com)

Little Bromley Parish Council held its AGM in May, at which Neil Stock agreed to stand as Chairman for another year. We can report that the Village Entrance Gates are a step closer to fruition and we shall continue to push for these to become a reality. Eventually we will be able to choose the design of the gates and this will be discussed at a future PC meeting. Dog fouling is still an issue. Signs asking people to clear up after their dogs have been put up along all the local footpaths. Hopefully these will remind irresponsible owners that they should pick up after their dogs. Thanks to our Clerk and Footpath Warden for doing these.

A big thank you to both Roly Knott and Ken Hatch for replanting the village planters ready for the summer and for planting flowers in the bales of straw that they have placed around the triangle at the end of Paynes Lane to try and stop lorries turning there and churning up the soil. It was reported that the trees, which were planted by the Tree Warden with help from members of the Amenities Group, have been pruned and tidied up so that lower branches won't protrude over the verges on to the highway.

The Chairman of The Friends of Little Bromley Church gave a report and confirmed that discussions are under way with the relevant authorities regarding a new toilet and also a cremation garden at the church. The exact design of this garden is subject to various regulations. However, once we have a better idea of what features will be allowed we will put forward any suitable ideas that parishioners would like to see incorporated.

The next meeting of the Parish Council is on 20th July at 7.30pm at The Haywain.

# DISTRICT COUNCILLOR NEWS

The Local Plan has been approved by the full Tendring District Councillors at their meeting on 15th June. The plan will now come out for a 6 week public consultation from 16th June until 28th July before it goes to the Government Planning Inspector for approval. The planning inspectorate will hold a public enquiry when individuals or developers can request changes to the plan. However TDC planners are confident they have a robust plan. Details of the enquiry will be published in the local press.

A120/Harwich Road roundabout is moving forward and the works contractor has been appointed. Highways England will be informing all interested residents of the progress and there will be a further meeting for all people who have expressed an interest. It now appears Highways England have sufficient land to construct the roundabout without having to purchase further land. The intention is still to start work this summer.

The Local Highways Panel is being changed. The previous chairman Mick Page stood down as a County Councillor at

last month's County Council elections. The new panel will have Cllr Andy Erskine as its chairman with Cllr. Colin Sergeant as vice chairman. There will be two county councillors and I understand 4 district councillors to be nominated by the leader of TDC Cllr. Neil Stock. In the past members of the public could attend the panel and raise questions from the floor. This will not continue, any member of the public who wishes to attend is required to obtain an invitation from the chairman. All questions must be in writing at least 1 week in advance of the meeting. The time of the panel has been changed from 5pm to 2pm.

The new ECC Highways Portfolio holder is Cllr. Ian Grundy from Chelmsford. I have asked a series of questions about the new set up and await answers.

Next month, July, the boundaries commission should produce the new ward boundaries.

*Fred Nicholls*



# REUBEN FREDERICK BARTON (1884-1917)

Reuben Barton was born in Little Bromley in spring 1893, most likely at his parents' house on Bentley Road. Reuben's father Frederick was originally from Great Bromley, and his wife Emily (nee Sargent), was a native of Little Bromley. Frederick Barton was an agricultural labourer and later a stockman on a farm. Reuben was the second of Frederick and Emily's three children, the others being daughters Eva and Selina.

Reuben volunteered to join the Artillery in December 1914 or January 1915, and he was posted to the Royal Field Artillery with the rank of Driver. A Driver was a specialist rank in certain branches of the Army, which was given to those soldiers trained in the use and management of horses. In the Royal Field Artillery, a wagon or a gun would usually have been drawn by a team of six horses. These would have been driven by up to three drivers, each of whom would have been mounted on one of the horses within the team.

Reuben disembarked at Boulogne in France on 25th August 1915, as part of the 23rd Division. What exactly his role was is not known, but by the time of his death Reuben was with the Division's Ammunition Column. This was a part of the chain which transported the artillery, ammunition and other supplies from the supply dumps in the rear areas to gun batteries at the front. Some of the major battles involving the 23rd Division were The Battle of the Somme in 1916 and The Battle of Messines in June 1917.

On 29th July 1917, the British Army in the Ypres Salient was engaged in a week-long artillery bombardment of the German defences prior to launching the offensive that became known as the Third Battle of Ypres. A party of 1 officer and 70 men from the 23rd Divisional Ammunition Column was sent to the forward areas on "road marking duties". Two men were killed, one of whom was Reuben.

Reuben was buried nearby, and lies in Plot II, Row F, Grave 15 of the Dickebusch New Military Cemetery Extension, near Ieper in Belgium.

*Hugh Frostick*



## GT BROMLEY & DISTRICT CRICKET CLUB



### 100 Club Winners May

- 1st. Mr. D. Lording
- 2nd. Mr. Bryn Jones
- 3rd. Mrs. Vicky Griffiths

# CHILDREN'S PAGE

## Make a Wind Catcher

This is the time of year to go for a walk in the sun and look for and

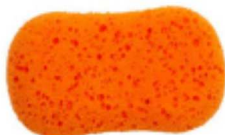
collect from the ground sticks, leaves, seed pods, acorns, pinecones - almost anything really - and if you go to the seaside shells and small pebbles with maybe a little seaweed!



To make your own wind catcher, choose two sticks and an assortment of objects from nature. Cut various lengths of twine or string. Tie the two sticks together to form an X. Tie the nature objects to the sticks but try to make them balance each other out. Hang on a tree. Observe the objects as the wind catches them. Do they all behave the same way?

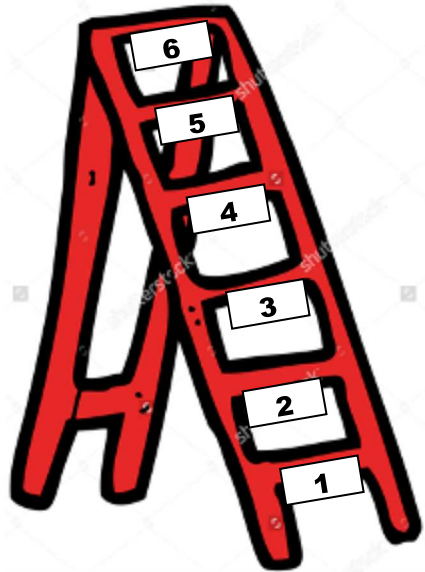
## Sponge-worthy

Give each of your children two buckets - one filled with water and one empty - and a sponge. Instruct them to transfer the water from one bucket to the other using only the sponge. Whoever does it the fastest gets first choice of ice-pops. Solo kids can also play by racing against the clock.



## Bean Bag Ladder Toss

Easy to set up and easy to play: grab a ladder from the garage and toss bean bags through the different rungs to earn points.



Have fun!

## IN THE GARDEN WITH KATE

I am glad, on reflection, that we do not have climate in this country, merely weather. It makes life so much more interesting. Although many enjoy the predictable hot weather found in other countries, I think it would be quite tedious knowing, for example, that every day for six months would be more or less the same, i.e. hot, dry and sunny. To know that an event planned three months hence would be absolutely no problem holding it outside, whereas in the UK.....!

Likewise in the garden, with our unpredictable weather, some plants do very well one year, and bomb spectacularly the next - one of the joys of gardening here. This year I have had, amongst other plants, spectacular broad beans and gooseberries. The roses are wonderful, and the peonies are flowering their socks off. Unfortunately the weeds are also growing extremely well and need constant removal. I have, however, left several clumps of stinging nettles after reading an article which extolled their virtues for wildlife. The seven spot ladybird feeds on the large green nettle aphid, and the leaves are the primary source of food for peacock, small tortoiseshell and red admiral caterpillars. In turn the caterpillars act as a valuable food source for a host of predators such as damselflies and birds. When the seeds are ripe, they are eaten by chiffchaffs, bullfinches and goldfinches. Finally, nettle leaves can be brewed into a nitrogen rich tea, which when diluted 10:1 can be used as an organic plant food, and if filtered and sprayed, can be used as a natural fungicide.

July is the peak flowering time for gardens, and most are a riot of colour. There are, however, tasks that are required to keep the garden looking at its best. Top of the list must be deadheading. Once plants have set seed, the need for flowering is removed, and many will only flower sporadically, but if the seeds are removed,

the plant desperate to set seed will continue to flower. A prime example of this are sweet peas that need picking almost daily to prolong the flowering season. Most established plants in borders will not require watering, but of course those in tubs, hanging baskets, pots and growbags need regular and frequent watering, and possibly if very hot, twice a day. However it is better to give them a really good soak every couple of days rather than a frequent small amount. Other jobs in July include harvesting soft fruit such as currants, sow maincrop carrots, early peas, spring cabbage, kohlrabi, turnips, lettuce and radishes. Any brassicas already planted will need protection against cabbage white butterflies.



Green houses may need another layer of shading, and tomatoes will need regular feeding watering and staking. When five trusses have appeared, the growing tip on the tomatoes needs to be removed. Blight can appear almost overnight on potatoes and tomatoes. If discovered, the plants will need to be dug up and burnt.

Despite this list of jobs, I do hope you have time to enjoy your garden

*Kate Strowbridge*



# THE BROMLEY CROSS

## Brand New Kitchen is Just The Starter for The Bromley Cross Community Pub/Hub

Great Bromley residents will shortly be celebrating the latest addition to The Bromley Cross Community Pub/Hub with the completion of its brand new kitchen at the Starters and Puddings Night which will take place on **Saturday 8th July**.

The work was made possible following receipt of a grant from the GCG Environment Trust, who with Recycled in Arleigh, funded the £20,000 project.

Commenting on the project, Fund Chair, Lynda Chase-Gardener, said: "We are delighted to have supported this important local facility and would like to congratulate the volunteer team at The Cross for their fantastic work on completing the kitchen in such a short time."

The new kitchen is just one project on The Cross's ambitious renovation wish-list which includes: wheelchair access, a new patio, outreach Post Office and bringing the upstairs back into use.

Secretary of the Community Group which runs the pub/hub, Jim Craddock, said: "We are delighted with the new kitchen which means that The Cross will be able to offer even more events and activities to local people and visitors to the area."

The Bromley Cross was bought by the Community last December after a public share offer. It aims to be more than a Pub. Operated by a team of enthusiastic volunteers The Cross has hosted a range of events from a pop-up Barbers, a book launch and an art exhibition with nearby Mother Studios at Arleigh and has an interesting diary of events planned for the Summer months <http://www.greatbromleycross.org.uk/forthcoming-events>

Starters and Puddings Night will be buffet style and will be catered by Sweet Success Catering. £15.00 per head - **7.00 to 9.30 pm**. Booking Essential - to book contact [Linda@sweetsuccesscatering.co.uk](mailto:Linda@sweetsuccesscatering.co.uk) or call **01206 230126** .



## The Bromley Cross Great Bromley CO7 7TL

*Now re-opened as a community-owned, community-managed and community-run village pub*

### Opening Times

Thursday, Friday, Saturday 6:30 – 11:00  
Sunday 12:00 – 3:00

### July Events

- Sat 1 Live music from the Inside Out Trio from 8:30. Rock, blues, classics and little known obscurities.
- Thu 6 Games Night. Darts, Crib, Cards, Dominoes, etc. Beginners welcome
- Sat 8 Starters and Puddings Night - £15.00 per head - 7.00to 9.30pm. Booking essential 01206 230126
- Thu 13 Quiz Night 7.30 for 8pm. All quiz profits to Diabetes Research. Booking essential.
- Sat 15 Curry Night - local Indian Restaurant offering a fixed menu for only £10. Booking essential. From 7:30.
- Thu 20 Local historian, Hugh Frostick will be reading from his new book "Tales of Peter Potter" from 7:30.
- Thu 27 Acoustic Music Night (last Thursday of the month). All welcome to sing, play or listen (no PA). Starts around 8pm.

<http://www.greatbromleycross.org.uk/>  
[info@greatbromleycross.co.uk](mailto:info@greatbromleycross.co.uk)

# 2017-18 EVENTS



## JULY

- 1 Summer Fair, St George's School, 12 noon
- Bingo Evening, The Haywain, 7.30pm
- 1-3 Flower Festival, St George's church
- 2 Songs of Praise, St George's church, 5.00pm
- 5 WI meeting, Village Hall, 7.30pm
- 7 Church Lunch, St George's, 12 noon
- 8 Tendring Hundred Show
- 10 Quiz Night, The Courthouse Inn, 7.30pm
- 12 Lt Bromley Amenities Group Lunch, The Haywain, 12 noon
- 19 Lt Bromley Amenities Group committee meeting, The Haywain, 7.30pm
- 20 Lt Bromley Parish Council meeting, The Haywain, 7.30pm
- Patient Participation Group, Gt Bentley Village Hall, 6.30pm
- 22 Three Men in a Boat, Village Hall, 7.30pm
- 24 Messy Church Holiday Fun, St Mary's church, Ardeigh, 10.00am
- Leonard Cheshire Give & Bake, Seven Rivers, 10.00am

## AUGUST

- 10-11 Cricket and Beer Festival, Gt Bromley Cricket Club, from 2.00pm

## SEPTEMBER

- 7 Leonard Cheshire's 100th Birthday Party, Seven Rivers

## OCTOBER

## NOVEMBER

## DECEMBER

### The Big Sing Community Songs of Praise

Sunday 2nd July  
at 5.00pm  
In St George's Church

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



Join us for  
**Holiday Fun** at



Come and have some family time,  
some messy fun and a light lunch on

**Monday 24<sup>th</sup> July**

10.00am – 12.30pm,

at St. Mary's Church, Ardeigh

**All Welcome!**

For more information please contact  
Carol Cordwell: 01206 395103

*The Churches of Ardeigh and the Bromleys*

### Little Bromley Amenities Group

1st July  
Bingo evening  
The Haywain at 7.30pm

12th July  
Amenities Group lunch  
The Haywain at 12.00

19th July  
Amenities Committee Meeting  
The Haywain at 7.30pm

## ST GEORGE'S CHURCH GREAT BROMLEY FLOWER FESTIVAL

### ‘RAINBOWS’



Friday 30 June 10.00am-5.00pm  
Saturday 1 July 10.00am-5.00pm  
Sunday 2 July 12 noon-5.00pm  
Monday 3 July 10.00am-5.00pm

- Art Exhibition
- Grand Raffle
- Tower Tours
- Tombola
- Music
- Scarecrows
- Light refreshments available all day
- Free Parking

Designed and sponsored by St George's C of E Primary School

**Tending District Council**  
16th June—28th July  
6 week public consultation of  
The Local Plan

## CRICKET & BEER FESTIVAL

at Great Bromley Cricket Club

Thursday 10<sup>th</sup> August  
Bar Opens 2.00pm till late  
BBQ available in evening

**Cricket match:** Phil Allam Memorial cup:  
40 overs per side start 2.00pm

Friday 11<sup>th</sup> August  
Bar Opens 4.00pm till late  
Food available from 7:15pm

Live band – The Remnants (evening)  
**Cricket Match:** Great Bromley vs  
Springfield Match start 11.00am (all day  
game)

**FREE ENTRY BOTH DAYS!**  
Adults and children  
welcome



## Three Men in a Boat (By One Man in a Boater)

Saturday 22nd July  
Great Bromley Village Hall  
at 7.30pm

That's My Cue Productions presents *Three Men in a Boat (By One Man in a Boater)* the hilarious new adaptation of Jerome K Jerome's comic masterpiece: *Three Men in a Boat (To Say Nothing of the Dog)*.

Jerome (Martin Prest) recounts the story of an unforgettable boating trip up the Thames in 1889. Travelling with his two friends George and Harris and his faithful dog Montmorency, they learn of the troubles of camping, the hazards of punts, the difficulty of mazes and, of course, the importance of tin openers.

Martin Prest and That's My Cue Productions bring this perfectly English slice of hilarity to the stage, in their third, full length one-man show together.

No interval.

Running time approx. 75 mins.

Box Office: 01206 573948,  
[www.experiencetickets.co.uk](http://www.experiencetickets.co.uk)  
Tickets £12 Unreserved Seating



St George's C of E Primary School PTA



Printed at the Local Centre St George's C of E Primary School PTA Registered Char No. 101700

# Little Dragons Pre-School - Great Bromley & Frating

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

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



**OUTSTANDING** OFSTED INSPECTED

## **BREAKFAST AND AFTER SCHOOL CLUBS - PLACES AVAILABLE**

**Tel: 01206 231823/ 07857 503103**

We are flexible and 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.

## **HOLIDAY CLUB**

We are running holiday clubs on the following days in the summer holidays:  
Tuesdays and Wednesdays - 8.30 am-4.00 pm.

25th - 26th July

1st - 2nd August

8th - 9th August

22nd - 23rd August

See our website for further details or give us a ring to book a place for your child.

To ease the transition of the children who will be starting school in September we have been working closely with St George's Primary School and these children have been attending school assemblies with the preschool staff. Some children will be attending different schools and we have been liaising and have had visits from their teachers too. At preschool the children have also been practising to undress and dress for PE activities to prepare them for school. We would like to wish them many happy days in their new schools; we shall miss them all very much.

The children continue to water and watch as our vegetables grow and have already been enjoying our spinach at snack times. The wheat is growing well and hopefully we will be able to grind some soon to make our own flour!

## **FUNDRAISING:**

### **QUIZ NIGHT Monday 10<sup>th</sup> July 7.30pm**

At the Courthouse Inn, Gt Bromley. Teams of up to 6 people.

£5 per person including hot buffet

### **Please help us to collect:**

Used Printer Ink Cartridges/ biscuit wrappers/ plastic bottle trigger heads and caps from washing up bottles.

### **OUR RECYCLING STATION now makes it easier to drop off items**

We have set up an area – just inside our main gates, on the right, with boxes for you to drop off collected items. Thank you.

We take children from the age of two years and offer a 'home visit' to families of children prior to them starting Pre-school.

This gives the child the opportunity to meet their key-person in their own home, aiding the transition stage to pre-school. It also enables us to collect and share information in a confidential environment.

For further information or to arrange a visit to the setting please contact us on the above number.

### **Party Table and Chair Hire** **Having a party for Pre-School children?**

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

*Deposit only £10 Tables only £5.00 each*

*Chairs Only £1.00 each*

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

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

Dates for Diary:

Quiz Night

Last day of term

Monday 10<sup>th</sup> July

Thursday 20<sup>th</sup> July

## COFFEE BREAK NUTRITION with Suzanne Abbott

### THE CLEVER GUTS DIET –

*How to revolutionise your body from the inside out.*

The above title is the new book by Dr Michael Mosley, (published 18<sup>th</sup> May). I wrote a previous article about him in the April issue. Excerpts from the book were printed in the Daily Mail every day for a week, prior to its publication.

Dr Mosley tells us about symptoms that we may be experiencing in our every day life, like *'grumpy moods, skin rashes frequent colds, bloating or grumbling gut pain'*, and wondering if these could be due to being perhaps gluten intolerant; or maybe you have put on a lot of weight but blame it on getting older, or that's just the way it is, without an explanation. He then asks the question: *'Have you ever thought that your health problems could be something to do with your microbes in your gut?'*

There are trillions of bacteria in our gut, a mixture of good and bad. And they all have a job to do. Dr Mosley explains that it is only recently that science is beginning to understand what their role is. But most importantly, research is finding how crucial their role is in maintaining good health. Dr Mosley says that until recently, he was very sceptical about all this. And it is the in-depth research that has surfaced in the last few years about the human microbiome that has convinced him otherwise. Of course much of this information has been known for decades; there are hundreds of published papers written about it in all the important medical journals like the BMJ (British Medical Journal) or the Lancet and others.

Whilst some of this information made occasional headlines in the media, the links between food and our health weren't recognised by mainstream doctors for decades, until relatively recently when the importance of the microbiome has finally got the attention of the scientific community.

Some of the doctors I have come across in my studies are known as the pioneers in

the field of nutrition and general health and wellbeing. These are Dr Klenner who worked with ME patients (1980s); Dr Gerson helped many cancer victims with his juicing protocols (1950s) and his legacy lives on through the Gerson Institute; Dr Weston A. Price, whose 10 year long research on the importance of whole food nutrition in indigenous societies all over the world was documented in a book 'Nutrition and Physical Degeneration' – 1<sup>st</sup> published in 1939, with its 22<sup>nd</sup> re-print in 2014. The book has never been out of print! Some years have passed since their invaluable research started, but that doesn't mean we must disregard their work as *'out of date research'*. We have of course much new equipment, data and an enormous amount of knowledge to carry out our new research, and it's about time that we recognised the work of these doctors who lead the way.

And there are many more, currently practicing doctors like Dr Mecola, Dr Alessio Fassano – amazing research into Celiac disease, Dr Thomas Levy, to name but a few.

But back to Dr Mosley. He says all those symptoms, mentioned earlier, may be due to an imbalance in the microbiome and could be affecting us in many different ways. Naturally, we are all different on the inside and out (much is determined by our inherited genes), but most importantly, we are affected by what we eat and our everyday lifestyle.

Dr Mosley gives us many lovely recipes in his new book, be it smoothies, a rainbow coleslaw or fragrant carrot soup with turmeric. They are all excellent recipes, full of goodness, vitamins and minerals. Great to see that we are heading in the same direction.

Best of health!

*Suzanne*  
Natural Health Consultant  
Specialising in Naturopathic Nutrition



## FRIENDSHIP CLUB



As our speaker for May failed to arrive, we entertained ourselves with a few games of Bingo and a general discussion for a summer outing. No firm decision was reached. Members were reminded to

support the August auction after which we shall enjoy a summer tea party.

The Flower Festival, to be held in the Church from 30th June - 3rd July, will include a Songs of Praise service. Would members please put forward their

suggestions for a hymn to be included in this.

A long serving member of the Committee, Gill, has now retired. A big thank you to him for all his hard work for the Club.

In July we welcome the Columbines, a musical trio who will perform a wide range of music from their repertoire. The competition, a back-scratcher.

*Sylvia Ward*

Leonard  
Cheshire  
Disability

## SEVEN RIVERS CHESHIRE HOME

This year is just flying past, July already, I hope you have been able to watch Wimbledon with a big bowl of strawberries. We had our friends and family Strawberry Cream Tea on the 28<sup>th</sup> June with Gary King as Elvis to entertain.

This month sees the Start of the national Leonard Cheshire Give and Bake, our bake sale will be held on Friday 24 July from 10.00am. Please come along for a nice cake for tea or just pop in for a coffee and cake, I will be in the summer house so lets hope the weather holds good. I hope to keep selling cakes until 4.00pm.

I'm in the middle of making arrangements for Leonard Cheshire's 100<sup>th</sup> birthday Party. If you don't know Group Captain Lord Cheshire V.C; O.M; D.S.O; D.F.C; was our founder and we will be sending out invites to lots of local people, if anyone remembers the time when Leonard Cheshire lived at Seven Rivers or meet him please could you contact me on 01206230345 thank you. The party will take place on 7 September we are wanting any photos or information you don't mind sharing with us out on display on the day. Leonard Cheshire

Disability will be holding a flag day on the 9<sup>th</sup>, if you are able to help on the flag day please contact me on the number above.

I am still in need of volunteer gardeners, if you can give just an hour a week please contact me on the number above. I know it's a big ask and this time of year as we are all going away, but please if you can just give me a ring before you go. Maybe, you are thinking of doing some team building within your company gardening is good for team work or a scout leader who need their scouts to get their gardening badge. We have raised beds that our residents also need help with so if you know anyone who lives in a flat but likes gardening this might be the solution for them.

Thank you for your time again  
Take care  
*Liz*



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

Telephone: 01206 230305

## STOMP

On Friday 9 June Naz came and taught us a fun routine that used parts of our bodies and different objects, such as balloons, to make music. The routine was awesome! The second part was the best bit as we got to flick it, hit it and pull colourful balloons. At the end we got to jump on them and when they popped it felt like a giant explosion. We learnt the routine for a Guinness World Record which Naz and his group and lots of school children will be attempting to break on 1 July at 10:00 am in Castle Park. We can't wait, there should be around 1,500 people doing the routine and it should last exactly 5 minutes. Thank you Naz for teaching us the routine.



*By Phoebe, Rachel, Isaac, Imogen and Isabel.*

## KITCHEN CORNER

### Irish Tea Brack

This is the cake we had at Church and proved popular.

510 ml (18 fl oz) strong tea using 3 tea bags.  
225g 8oz dark muscovado sugar  
510g (1 lb 2 oz) mixed dried fruit  
2 medium eggs  
510g (1 lb 2oz) self-raising flour.

Mix the tea and sugar in a large bowl and stir to dissolve sugar. Add the fruit and leave to soak overnight.

Next day beat in the eggs, then fold in the sifted flour. Transfer to a 20.5 cm / 8ins greased and lined deep cake tin  
Bake 170oC 340o F 1 1/2 hrs-2 hours till well risen and skewer comes out clean

when tested. Cool in tin 10 mins before turning out to cool on a wire rack

*Jill Frostick*



## Ardleigh Surgery



### FUTURE OF GENERAL PRACTICE - PART TWO

I realise that last month's article, announcing our merger with other local practices into a super partnership – the Colte Partnership, surprised many people, and I have received a number of questions and comments from patients since its publication. I am delighted that everyone has been very supportive of the change. I thought it may be helpful to share some of the commonly asked questions, together with my answers.

**Will patients still be registered with Ardleigh Surgery?** The simple answer is yes. Patients will still register with the surgery of their choice and will be seen at that surgery. There are no plans for patients to be seen in other partnership premises for normal, routine appointments. However, the partnership is looking to stay open longer and possibly open at weekends too. In that case, it may be that out of normal hours, you would be asked to attend one of the other surgeries within the Partnership.

**Will our GPs still be here?** Absolutely. Our partners are now partners within the new organisation and all the doctors within it are keen to retain their own autonomy within their practice. There is no intention that the GPs will move. However, it may be that some part time GPs may work in more than one location. Dr Lenart, Sister Harrison and myself are all part of the super-partnership's management structure.

**What are the benefits?** As an organisation with nearly 120,000 patients we can bid for contracts and commission services. We have a much greater bargaining power. For example, in the future we may be able to commission our own District Nurses, attached to the practice, rather than rely on

the current service. It may be possible to get hospital consultants to do outreach clinics in our premises to save visits to the hospital.

For the practice there are economies of scale. Before the merger, each practice was running a payroll, purchasing equipment, had to register with various bodies like the Care Quality Commission (CQC) and the Information Commissioner. We are now moving to centralise some of these functions so that we have, for example, one CQC registration. This will free a considerable amount of practice time.

I will be arranging a Patient Participation Group Meeting shortly, so that all patients, not just those on the committee, are able to ask questions about the merger. Information as to the date will be in the magazines, at the practice and on our website.

Best wishes  
*Stephanie Durrant, Practice Manager*

# THE DOCTORS' SURGERY NEWS

## Great Bentley Surgery



As we rapidly approach the summer (it's the end of May as I'm writing) we will of course see our hard working doctors, nurses and healthcare

assistants having their well-deserved annual holidays. Of course the down side of this is the extra pressure on the system by way of less appointments being available. We do not get any extra money to cover these gaps and even if we did, we are not exactly swamped with an excess of GPs and nurses in North East Essex (or anywhere come to that!). It's therefore just as important that as in the winter months, patients use NHS services wisely freeing up resources for those who really need it. Please remember to make use of your local pharmacies who can give advice on all sorts of minor issues. There's also a walk in centre that you can use in Colchester when we are closed from 7.00am in the morning and up to 10.00pm in the evening.

**Prescriptions (again)** – Despite what feels like a constant message being passed on to patients through the years, we are still getting a huge amount of last minute prescription requests. Most medications are dispensed in amounts to last exactly 28 days, but many patients still struggle to plan even though they know 4 weeks in advance exactly when their medication will run out. Most patients will also see how many they have left every day, so how can it be a surprise?

We ask for a very reasonable 3 days' notice and I don't think this is much to ask. I've listened to several calls this month and have heard aggressive demands, manipulating language and I would even go so far as to say some bullying of our staff. This is completely unacceptable and these individuals have received a warning letter as a result under our zero tolerance policy.

With immediate effect, if a patient inappropriately requests an urgent prescription inside the 3 working days' notice we require, a note will be added to their record. Serial offenders will be sent a warning letter asking for them to respect the system and if this continues further action may be considered.

It's a shame we have to take such draconian action with things like this, as well as missed appointments and missed urgent triage calls, but we have to protect the integrity of our systems in order to provide the best service we can to those patients who play by the rules.

**Patient Participation Group (PPG)** – This is the last meeting until after the summer break in August. Come along at 6.30pm on Thursday 20th July to the Great Bentley Village Hall and get involved. The PPG welcomes new members at all times.

Richard P Miller, Practice Manager



For the last 12 months or so this part of our newsletter published suggestions from this 103 year old book called "**Hints to Mothers**" on the health and wellbeing of children prior to the NHS existing. The contents have now come to an end, but we hope you found this interesting and in many instances still useful even today. I hope the NHS continues to take care of us all into the future and we never have to fall back to these times.

*In loving memory of Joyce Priestley and Jackie Green.*



## STOUR VALLEY MEN'S PROBUS CLUB

### Recent Meetings

Tom Tyler returned on 7<sup>th</sup> June to talk about "When holidays were Fun" and on 21<sup>st</sup> June John Field spoke to us about "The Redevelopment of Ipswich Docks".

### Future Meetings Diary Dates

On 5 July Lewis Tyler presents "Daddy, what is TV" and on Wednesday 19 July we are holding our summer lunch to which we invite our Spouses and Probus Widows to join us. This year we have moved to The Haywain to enjoy the occasion. We do not hold a meeting in August and return after our break on Wednesday 6 September when Tom Williams presents "Everyone has a book in them" and on Wednesday 20 September Philip Roberts' talk is entitled "The Mary Rose".

### 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 Speaker Secretary Dave Carman on 01255 880202 for further details.



## STOUR VALLEY U3A

### Recent Meetings

Alan Goldsmith's, talk on Wednesday 14<sup>th</sup> June was entitled "Giving It Both Barrels". It was an amusing and light hearted talk of Alan's 50 years in the Rock 'n' Roll and entertainment business, from growing up in the 40s & 50s & being at the beginning of the birth of Rock 'n' Roll, & then running early rock concerts, air and stunt shows.

### Future Meetings

On Wednesday 12<sup>th</sup> July Dr Stephen Ashworth, Senior Lecturer, UEA, will talk on "Kitchen Chemistry". A science show using readily available materials to illustrate some of the principles of chemistry. Acids, bases, catalysts & indicators are all part of this exploration of some of the chemicals that are all around us.

We do not have a speaker meeting in August but our popular Summer Dinner takes place once again at the Constable Hall on 4 August Our speaker on 13 September is Sean Day who will Update us on The Harwich Mayflower Project

### 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](http://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 for 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 over 400,000 members across 1,000 U3As throughout the UK today!*

# A GOOD HOLIDAY READ

I haven't read any of these books but a friend has recommended them and feels you will enjoy them too.

Trilogy including Wolf Hall and Bring up the Bodies by Hilary Mantel

Dissolution, The Shardlake Mysteries Book 1 by C J Sansom  
There are a further five books in the series

Treachery (Gordano Bruno Book 4) by S J Parris

The One from the Other (Bernie Gunther Thriller 4) by Phillip Kerr  
A Quiet Flame (Bernie Gunther Mystery 5) by Phillip Kerr

A Fine Balance by Rohinton Mistry

Nor have I read any of these either but these are  
Amazon's Top 2017 Suggested Holiday Reads

One Endless Summer by Laurie Ellingham

Last Seen by Lucy Clarke

The Kicking the Bucket List by Cathy Hopkins

All is Not Forgotten by Wendy Walker

Sister Sister by Sue Fortin

The Cows by Dawn O'Porter

Trust Me by Gemma Metcalfe

The Breakdown by B A Paris

Playing by the Rules by Rosa Temple

Good as Gone by Amy Gentry



# RAINBOW FISH AT MESSY CHURCH

On Tuesday 30<sup>th</sup> May at St. George's Church, Great Bromley we held our Rainbow Fish Messy Church session.

At 10.15am around 35 children gathered in the pews to hear the story of the lovely but lonely rainbow fish who shared his scales with the other fish and made lots of friends.



Around the church we then had lots of activities taking place. A timed fishing game in the church entrance and inside making jelly fish and decorating pretty foam fishes, weaving fish and making a fishing game plus colourings all to take home. The children were also making items for our church Flower Festival at the end of June

when Messy Church will be having a Rainbow Fish display.

After gathering again for some singing, prayers and a recap of the morning, the children then went outside to play a parachute game. We then went back inside to eat the food from the picnic bags which had been filled earlier, before going home.

We had a lovely morning and would like to thank all those who came and a special thank you to our helpers. Please look out for our next event on **Monday 24<sup>th</sup> July at 10am at St. Mary's Church, Ardleigh.** This will be 'Holiday Fun at Messy Church'.

*Carol Cordwell*

## DINBATS 03

[www.quizmasters.biz](http://www.quizmasters.biz)

[www.quizmasters.biz](http://www.quizmasters.biz)

CUT CUT CUT	PREIST	HIS HAT	STANDING MISS
01	02	03	04
WETHER	WHEEL WHEEL WHEEL WHEEL DRIVE	GIVE X 4 GET X 4	LITTLE LITTLE LATE LATE
05	06	07	08
Bob Bob	bc u	Pod Pod Pod	ZON IZM
09	10	11	12

*Answers of page 24*

# FROM THE RECTORY

Several years ago, the company that make Swan Vesta matches encouraged their employees to make suggestions that might improve their business. History doesn't record how many different ideas they were presented with, or how truly dreadful the majority might have been. One however, ended up with a change to the business that had a significant financial impact.

Every box of Swan Vesta matches had a strip of sandpaper stuck to both sides of the box for the matches to be struck on. An ingenious member of staff asked why two were necessary - surely one would be enough.

The company agreed, reduced the number of sandpaper sides to one, and saved themselves tens of thousands of pounds a year in the process.

Questioning the accepted way of doing things will often yield unexpected results, and one small change can make an enormous difference.

From turning off the light when leaving a room, to showering instead of taking a bath, altering behaviour around the home has a direct impact on the energy consumed, and by extension the health of the planet. Swapping our ice cream for frozen yoghurt will have a positive impact on the waistline. Walking instead of driving short distances does the same, as well as reducing pollution.

When Jesus walked the earth, he had very little to say on diet, or motor vehicles of any sort for that matter. But speaking about change was a subject he came back to time and time again.

On one occasion, when he was speaking to crowds of people on a mountainside, Jesus asked them to think about the law they knew so well. The Ten Commandments were ancient laws that his listeners would

have been very familiar with. He suggested changing the way that they looked at them, especially when it came to showing love.

'You have heard it said love your neighbours and hate your enemies', says Jesus. 'But I say love your enemies and pray for those who mistreat you.'

At a time when hate and mistrust and suspicion are so rife, showing God's love to those who are unable to love us back can be hard. But it might just change the world.

*Simon*

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

01206 392659  
[www.lawfordchurch.co.uk](http://www.lawfordchurch.co.uk)  
'Loving God. Living Life.'

## Answers to the Dinbats on page 23

1. A cut above the rest
2. A clerical error
3. A bit of this and a bit of that
4. A big misunderstanding
5. A bad spell of weather
6. Four wheel drive
7. Forgive and forget
8. Too little too late
9. 2 bob (2 shillings - old £sd money!)
10. Be seeing you
11. Tripod
12. One square meal



# ST. GEORGE THE MARTYR, GREAT BROMLEY



## Services for July

*Welcome to our services*

<b>Sunday 2<sup>nd</sup></b>	<b>Trinity 3</b> 8.00am 5.00pm	Holy Communion (BCP) Flower Festival Songs of Praise
<b>Sunday 9<sup>th</sup></b>	<b>Trinity 4</b> 10.30am	Parish Eucharist (CW1)
<b>Sunday 16<sup>th</sup></b>	<b>Trinity 5</b> 8.00am	Holy Communion (BCP)
<b>Sunday 23<sup>rd</sup></b>	<b>Trinity 6</b> 10.30am	Parish Eucharist (CW1)
<b>Sunday 30<sup>th</sup></b>	<b>Trinity 7</b> 10.30am	Benefice Eucharist (CW1)

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

<b>St Mary's church, Lawford</b>			<b>St Mary's church, Little Bentley</b>		
Every Sunday	8.00am	Holy Communion	1st Sunday	10.30am	Morning Prayer
1st Sunday	10.00am	Holy Communion	3rd Sunday	10.30am	Holy Communion
2nd Sunday	10.00am	Family Service			
	6.30pm	Evensong			
3rd Sunday	10.00am	Holy Communion	<b>St Mary's church, Ardleigh</b>		
	6.30pm	Café Church	1st Sunday	10.3am	Parish Eucharist
4th Sunday	10.00am	Morning Worship	2nd Sunday	8.00am	Holy Communion
Wednesdays	9.30am	Holy Communion	3rd Sunday	10.30am	Parish Eucharist
			4th Sunday	8.00am	Holy Communion

### Church Lunch

Friday 7th July  
12 midday

Please come and Join us for friendship  
and fun.

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

Every Friday in St George's church  
Term time only  
Parents and children welcome  
All are welcome  
3.00pm to 3.45pm  
Refreshments, activities