

The Messenger

The Magazine of
the villages of
Great & Little
Bromley

December 2018/
January 2019

Vol: 2 No: 12



The Village Sign

being reinstalled after refurbishment. Thanks to Paul Brown, carpenter and builder from Little Bromley, for coordinating this work, and to Tony from Tabor Farms for kindly volunteering the use of his forklift.



THE FIRST PAGE

Another eventful year in the villages is drawing to its close with, as usual, much in the Diary in the centre pages of this magazine for you all to see, do and enjoy both in December and January and into the future.

The weather has abruptly turned colder and the winter woollies are definitely required when going outside. Maybe this is the year of a White Christmas?!

The Christmas films are being aired on the TV and I must admit to having watched one or two with the grandchildren and they really do 'warm the cockles' of your heart.

reports every month (mostly on time!) without whom there would not be a magazine and also to all those kind people working behind the scenes to get the magazine to you each month.

There is really little else for me to say this month except to wish you all a wonderful merry Christmas wherever you may be having it - in the midst of your family, in warmer climes or in the company of friends and that all your wishes come true. And then go on to wish you a happy, healthy and prosperous 2019.

Leonie

Thank you to all those of you who have sent in articles, photographs and



*Wishing all of our Readers
A very happy Happy Christmas
And Healthy New Year*

MATERIAL for the **FEBRUARY 2019** edition of 'The Bromley Messenger' should reach the Editor, Leonie Henderson, by

14th JANUARY 2019 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.

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For details of availability and costs for **ADVERTISING** in the 'The Bromley Messenger' please contact the Treasurer on 01206 230537

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Sat 5pm - 11pm
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Coffee Shop & Library
Every Friday night - bar
meals available from
6.30 - 8.30pm

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December 2018

Events

- Sat 1st Live Music—Midnight
Ramblers—From 8:30pm
- Sat 8th Decoration of Pub
Christmas tree
- Mon 10th Monthly Monday Club
Pub open from 6:30pm
- Wed 12th Special Craft Christmas
Market Coffee Shop
- Thu 13th Christmas Quiz Night
8:00pm start, book in
advance
- Fri 14th The Duke Pizza Van
serving from 5:30pm until
8:00pm
- Sat 15th Bromley Cross breakfast
8am, last orders 9:00am
£8.50
- Sun 16th Choir and Christmas
sing-a-long from 6.30pm
- Thu 20th Christmas Open Floor
Music Night
- Fri 21st Christmas Raffle and best
dressed Human Christmas
Tree
Competition
- Sat 29th Bromley Cross breakfast
8am, last orders 9:00am
£8.50
Live Music—DMF Jazz
Trio from 8:30pm
- Mon 31st New Years Eve Party
7:00pm till late

2019
New Years Eve Party

Don your masks
and come
celebrate the start of
2019 with us.



Time: 7:00pm till late
Theme: Masquerade

**Free entry, hot supper served
from 7:30pm—9:30pm @
£10.00/head**

**For more information visit our
website at:
www.greatbromleycross.co.uk**

Christmas Opening Hours

- Mon 24th—4:00pm—11:00pm
Tue 25th—12:00pm—3:00pm
Wed 26th—Closed
Thu 27th—5:00pm—11:00pm
Fri 28th—4:00pm to 11:00pm



GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

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



Highways update - Harwich Road Roundabout

Members received an update from Jamie Page, Site Supervisor on the Harwich Road roundabout scheme regarding progress:-

Current planned completion date:

- Junction fully operational (with crossings closed) by end March 2019
- Site works completed by end June 2019

Works over past month:

- Installation of kerbing (and drainage kerbing) arm 1 westbound
- Installation of speed camera and lighting ducting connections
- Installation of chevron paving on the roundabout
- Surfacing of Arm 1 (eastbound approach to roundabout) started

Works over next month:

- Surfacing of arms 1 and 2 and roundabout (end Oct)
- Traffic management switch (early Dec)
- moving traffic onto westbound roundabout alignment
- allowing us to work in the central reserve

Closures planned:

- Early Dec – A120 Horsley Cross to A133 WB – re-aligning TM to new westbound carriageway

A closure of Harwich Road was proposed during Easter school holidays to enable arms 3 and 4 to be completed. Consultation would be arranged with Alex Skinner with all local parish councils. Jamie Page undertook to feed back the frustrations of residents and businesses who were suffering due to the delays of the scheme, as well as clarifying the number of days planned for the Easter closure.

Broadband update

Neil Skinner updated members regarding local broadband issues. Letters had been distributed to the village from County Broadband outlining their plans to implement fibre broadband to all by the end of December 2019. It was suggested that any

public meeting be postponed until their consultation and information event had taken place.

Cllr Nicholls advised that Sir Bernard Jenkin MP had written to Cllr Kevin Bentley, Cabinet Member with responsibility for Broadband, requesting his intervention in encouraging ECC to deal with Broadband issues in Great Bromley.

Tending Rally 2019

Responses to the recent MSA consultation were 12 against and one in favour of the proposed rally for 2019. Thanks to Cllr Strowbridge and Cllr Mander for distributing the letters to residents on the proposed route. It was agreed to write to the MSA and highlight their governance which requires the approval of all; advise of the 12 negative responses and seek reassurance as to how they will address concerns of residents. Cllr Nicholls suggested that the MSA might want to provide something to the community in lieu of the imposed restrictions placed on some residents and other concerns expressed. GBPC will pick up on this point in their letter to the MSA. Parishioners will be informed of that outcome.

Section 137 Grant Applications

The following grants were awarded:-

Organisation	Amount awarded
The Bromley Vision 2020 Calendar Committee	£350
Great Bromley & District Cricket Club	£1000
Great Bromley Friendship Club	£250
Little Dragons Pre-School	£500
Parochial Church Council of the Bromleys	£1400
St George's C of E Primary School PTA	£560
Great Bromley Women's Institute	£200

THANKS

Great Bromley Litterpick

Many thanks to Sarah, Catherine, Kate, Mark, Richard, Sheena, Mick and Mal for their help with the Great Bromley Autumn Litterpick. We filled more than 40 bags of carelessly discarded rubbish and also removed the usual larger items like car wheels and fly-tipped building materials. We were fortunate to have help from the Plymouth Brethren's Rapid Response Team, who did sterling work not only in tidying the part of the village around The Courthouse, but also in providing cakes and biscuits for the volunteers afterwards. Thanks too to Robert at The Courthouse for allowing us to use his car park, to Amanda at The Cross for hosting the post-pick refreshments and to Tendring District Council for supplying the litterpick equipment and arranging collection of all the rubbish.



Owen Blowers with the Rapid Response Team from the Plymouth Brethren in the car park at The Courthouse at the start of their clean up.

HELP NEEDED

Little Bentley Hall Waterways & Garden Show June 2019

Following the resounding success of the sixth Little Bentley Hall Waterways & Garden Show in 2014, the event returns from **31st May - 2nd June 2019** when the Gardens of Little Bentley Hall will again be open to the Public, we are also having an Art Show, Show Gardens and Children's Garden Competition, Plant and Craft stalls, Brass Bands & Tea Garden. The Palmer-Tomkinsons' gardens are considered to be one of the finest private gardens in East Anglia.

Next summer St George's Church, Great Bromley will be one of the recipients of some of the moneys raised from the show. Jenny Nicholls is a member of the Show Committee.

We do need lots of Bromley villagers to be involved and hope in 2019 to again attract 6-8,000 visitors as the show will be back to its old 2½ day format. We need help to run the event and need your help to volunteer to help on the

weekend, and to help us in advance Volunteer as a Gate or Bridge Steward. Serving Wine and Canapes at the Gala Evening etc. Help Setting Up Show. Silent Auction Lots – Our last Silent Auction raised over £12,000 over the weekend from 100 lots. Can you offer something from Sporting Tickets, Meals out, Cook a Meal at someone's home, Beach Hut for weekend, or Something Money cant buy.

Bake Cakes for the Tea Garden (300 + Required)

Help make Canapes for the Gala Evening (5,000 required)

We need a Show Secretary and Treasurer Art Show – Enter your Paintings, Sculptures or Photos

Show Guide Adverts – A5 Full Page £250/ Half page £130. Do you know someone who would take an advert ?

Sponsors Needed urgently – anything from £50- £5,000.

To Help contact Nigel Dyson on 01206 250622 or speak to Jenny.

E Mail nigel@garden-shows.com

Village Litter Pick

Over 40 bags of rubbish was collected during the Litter Pick on Saturday 10th November - thank you to all the volunteers who helped achieve this, it's really

appreciated.

Our next meeting is on Wednesday 12th December 2018 at 7.30pm in the Village Hall, and all are welcome to join us.

Lizzie Ridout, Parish Clerk

PROPOSED ONE DAY CLOSURE OF CHURCH MEADOW CAR PARK

We are required by law to close the Church Meadow car park for one day each year - this will take place on **Friday 28th December 2018**

PLANNING DETERMINATIONS

REFERENCE	PROPOSAL	LOCATION	DECISION
18/01123/ FUL Mr & Mrs Brazier	Variation of Condition 3 of 17/01720/FUL to allow changes to the fenestration of the proposed dwelling, and to erect a single storey garden room.	Bush Farm, Hall Road, Great Bromley CO7 7TR	Approval - Full 05.10.2018 Delegated Decision
18/01356/ FUL Mr & Mrs Burton	Proposed two storey rear extension and single storey front extension.	Thirn Las, Chase Road West, Great Bromley CO7 7UA	Approval - Full 09.10.2018 Delegated Decision
18/01264/ OUT Mr & Mrs Martin O'Brien	Variation of condition 05 (bus stop provision) and removal of condition 06 (footpath) on planning consent 16/01040/OUT.	Little Paddocks, Frating Road, Great Bromley CO7 7JL	Approval - Outline 23.10.2018 Delegated Decision
18/01515/ FUL Mr & Mrs Lochore	Proposed single storey rear extension, two storey side and rear extension and porch.	Holly Lodge, Colchester Road, Great Bromley CO7 7TN	Approval - Full 26.10.2018 Delegated Decision

PLANNING APPLICATIONS

REFERENCE	PROPOSAL/COMMENT	LOCATION
18/01634/OUT Mrs Stennett	Construction of 7 no. Bungalows. Cllr Heaney left the meeting as she was a member of TDC's Planning Committee. Cllr Nicholls had earlier declared interest under item 3. Great Bromley Parish Council supported the application. Cllr Nicholls to call-in to TDC's Planning Committee and to speak in favour of the scheme.	Land North of Harwich Rd, Harwich Road, Great Bromley CO7 7UH
18/01835/TPO Mr Kenneth Robinson	1 No. Oak - remove overhanging branches to 6m max from ground level Great Bromley Parish Council had no objection to this application.	Badley Hall Farm, Badley Hall Road, Great Bromley CO7 7UU
18/01836/TPO Mr Kenneth Robinson	8 No. Oak, 8 No. Ash, 2 No. Acer - remove overhanging branches to a height of 6m maximum Great Bromley Parish Council had no objection to this application.	Badley Hall Farm, Badley Hall Road, Great Bromley CO7 7UU

LITTLE BROMLEY PARISH COUNCIL

Email: littlebromleypc@gmail.com

The Memorial service held on the 11th November to mark the Centenary of the end of World War One was very well attended. Thanks once again to Gregory Frostick for conducting the service.

As previously reported, the Council have had discussions with Rose Builders, and with the help of the District Councillor, we have managed to stop the majority of the lorries passing through the Village. Thank you to all the residents who wrote in support of this action.

County Broadband have issued letters asking villagers to register their support for the installation of Fibre Broadband. They are also proposing to hold a public meeting in the Spring. This will be discussed at the November Council meeting as, although this would solve the problem of the Village being supplied with fast Broadband, it may not give the Village any choice in supplier/cost. The Council have asked Open Reach for a date when we can expect Fibre

Broadband to be installed from where it is currently in Ardleigh Road. They are looking into this, so we hope to have some more positive news soon.

We have received quite a few emails regarding the proposed car rally in April next year and, while we understand the concerns of residents, we are advised that the Parish Council has no powers to stop this. This item will be on the November agenda.

It is with extreme sadness that we report the Village Tree has been completely destroyed and chopped down along with the plaque that the Village put alongside it. The next meeting of the Council will be held on the 17th January 2019. Any items for inclusion/discussion for January's meeting should reach the Council by 5th January. May we wish all the residents of Little Bromley a Very Happy Christmas and peaceful New year.

Little Bromley Parish Council

DISTRICT COUNCILLOR NEWS

I was fortunate in being able to attend Remembrance Day services at both Great Bromley and Elmstead. Both services were extremely well supported which was a credit to all the residents.

The latest news on the car rally is the Motor Sports Association have issued a permit for the Rally to go ahead. Tending District Council Cabinet on 9th November agreed to support the rally and to take an active part in the promotion and also the safety aspect.

It now appears the roundabout will not now be fully operational until end of May 2019. The "Old Harwich Road" is to be closed for 16 days during the Easter holiday next year 2019 to enable the "arms" of the roundabout to be tied into the roundabout. The problems with the build have been caused by design faults and lack of materials. I feel sure that we all agree that it is a very poor reason.

There will have to be a diversion to enable this work to be completed. I have queried the diversion and have informed the contractor they must have a consultation with the public, parish councils and district councillors.

The Local Highways Panel is being changed, I understand it is to receive more money to enable more local issues to be resolved quicker. It must be remembered pot hole repairs etc. do not come under the remit of the LHP.

Following a meeting I had with Bernard Jenkin MP he has written to Kevin Bentley, ECC cabinet member for infrastructure requesting that he intervenes in the Broadband issue in our ward. This letter is most welcome and hopefully will encourage ECC to become involved and make every effort to ensure all residents can receive a

far better Broadband service.

I am sure residents of Great Bromley will be well aware of the damage caused to Church Meadow hedge by a vehicle driving through it. It appears the vehicle was being driven too fast and the driver lost control unless there was a mechanical failure. The hedge has been replanted thanks to Kate and Carol.

The Chairman of ECC, John Jowers, visited St George's school Great Bromley on Monday 12th November, in connection with a Chinese Cultural Society scheme, which ECC awarded the society £3000 to visit schools as part of this project. Unfortunately I was unable to be with him as I had another engagement.

Edme have acquired Horsley Cross Business Park and are intending to relocate their business there. This must be a very good move, it will keep a long standing respected business in the area and hopefully may create more jobs especially for the people in this area. A public consultation is being held at Tendring Village Hall on Tuesday 27th November between 3pm and 7.30pm.

Rosemary & I would like to thank you for you support during the past year and we both wish you a Merry Christmas and a Happy New Year

Fred Nicholls

REMEMBRANCE SERVICE - 11TH NOVEMBER

A huge thank you to all who attended our service of Remembrance both at the War Memorial and in St George's on Sunday 11th November. The attendance was amazing! I cannot remember for a long time so many folks sharing this very special time together. Well done to all those families with children and grandchildren who came too, it made me so proud to see everyone young and old together remembering those who gave their lives so that we might be here today. Well done everyone!

Thank you to all who put something in the bucket - a magnificent £260 was collected for Help for Heroes and Chavasse House in Colchester.



MORE THAN JUST A FARM

As we approach the end of another year it is a good time to reflect on a year of farming. It is funny to think that at the start of this year we were in a few feet of snow with minus temperatures. We were breaking ice and feeding/watering over 50 animals with buckets out of the house as all other pipes were frozen! And to think that only a few months later we had extreme hot weather with melting roads, hard ground and no rain!



As always the last few months on the farm have been busy, with new arrivals of calves and piglets. Our Boar (Winston) and Sow (Ruthie) produced 12 very healthy piglets back in October. It is

our first time breeding pigs on the farm and, oh, what a joy it has been. We also welcomed a few calves to the farm too, a mix of Holstein cross, Aberdeen



Angus cross and Hereford cross, these I'm sure will keep us busy over the winter. The men have been busy hedge and ditch cutting too, cutting wood and many other maintenance jobs around the farm.

Shooting season is in full swing, we take birds from a few shoots surrounding us. This year we have made some new game sausages. Partridge and Pear and Pheasant, chorizo and chilli. It's great to be able to make something interesting with the meat. In November we had British Sausage week; we entered a few of our products into different competitions including the Harwich Sausage Competition where our Pork and Leek sausage came out victorious!



The shop has been busy and thank you to all those who come and support us throughout the year. We are looking forward to another busy Christmas selling Turkeys, Beef, Pork and Lamb.

Until next time, Thank you
Becky

FRIENDSHIP CLUB

Our Speaker for the October meeting unfortunately had to cancel due to illness. We were celebrating the 57th anniversary of the formation of the Friendship Club and it is hoped it will continue for many more years. We have had to say farewell to three of our members recently who have moved to new homes in other areas and would be pleased to welcome new members at our monthly meetings.

A donation in remembrance of Ida has been sent to her chosen Charity, and our Grant form has been returned to the Council.

Names were taken of those wishing to attend our Christmas meal on 6th December at the Court House, and Barbara has agreed to lay a wreath on behalf of the Club at the Memorial on Remembrance Sunday.

Please remember to bring along a plate of goodies for our December meeting, together with a prize for the bumper raffle.

There will not be a Speaker at the January meeting but we shall have the AGM followed by a quiz. Subscriptions will become due on that day. Please remember items for the Bring and Buy stall. The competition will be an old coin.

Sylvia Ward



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

Telephone: 01206 230305

Bollywood Dancing

Class 4 had a challenging afternoon with Indi the brilliant Bollywood dancer. First, he introduced himself by telling us about his life as a Bollywood dancer and then we did a warm up by practising moves like the lightbulb that we put in a fun dance later. After that, we listened to Indi playing a cylinder shaped drum that you dance to. Then Indi asked for some volunteers to come up and demonstrate some dance moves and chose Archie and Maisie. Indi put on traditional indian short sleeved jackets on them and Archie also wore a turban and then they showed us their Bollywood moves. After that we watched some clips of Bollywood dancing and then we tried it ourselves. Finally, after some tiring dancing we were given some pictures and inspirational sayings to cut out about the suffragettes who fought for women's right to vote. When we had finished that we had another go at Bollywood dancing.

By Grace and Eve

Sleepover

We held our annual PTA sleepover for the Key Stage Two children. The children had a great time, playing on the school field as darkness fell and drinking hot chocolate with marshmallows and cream! It is wonderful to

see the school hall transformed into a giant bedroom and it's a great memory for the children. Many thanks to all staff and parents who supported the event and to the PTA for organising.

Beach School

Mrs Fincken took us to the Beach School at Dovercourt in the car. We worked with children from other schools in our cluster. We had a brilliant day. We built a sand starfish and a sand shark. We made a jellyfish out of shells, stones and seaweed. At break time we had a drink and a chocolate biscuit. The sea was wavy and cold and we made a stone castle near the sea.

By Ahmet, Hugo and Frankie



ST HELENA HOSPICE - BRIAR ROAD STALL

Once again we would like to thank all of you who have supported the stall this year. As you know Bob suddenly stopped bringing vegetables to the stall early in the year so we have had a decline in revenue and people. Nevertheless we have still managed to raise £4,744.80 for the Hospice.

We would like to thank William for the weekly supply of mushrooms and Robert and Peggy for the supply of apples and pears whilst available. Also thanks to everyone who has

brought something along for us to sell. We will shortly be having the hyacinths on sale again this year. We also have a limited amount of Christmas 'Bits and Pieces' together with a lot of children's books, potatoes, onions, bird seed, jigsaw puzzles and kindling.

Once again thank you for supporting the stall and we wish you a merry Christmas and New Year.

Jenny and John

Little Dragons Pre-School - Great Bromley & Frating

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

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



OFSTED INSPECTED **OUTSTANDING**

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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.

30 Hours funding for eligible parents came into effect from September 2017 -give us a call for more details.

Our AGM was held on 8th November, thank you to the Cross Inn for looking after us and providing some lovely sandwiches! We would like to thank our committee members and staff for their continued hard work and support. Also a big welcome to our new members joining the committee, lots of enthusiasm and great ideas already, and a special warm welcome to Margherita who is taking over as Treasurer.

Sadly we must say goodbye to Vanessa, who is stepping down as Treasurer, we would like to thank her for all her hard work and dedication over the past 4 years - we really appreciate it.

Last month the children enjoyed participating in lots of fun activities while learning about 'Diwali' and how the 'festival of light' is celebrated. To commemorate Armistice Day the children made poppies from recycled plastic bottles which were then made into a wreath and laid at the memorial.

We are now looking forward to another busy month. December is always a special and exciting time at pre-school. We are looking forward to visiting the church to help 'unwrap' and set up the figures for the nativity scene and learning about the story of Christmas.

On the last day of term we invite our parents and friends to join the children in

singing some festive songs to the residents of Leonard Cheshire Disability. We will finish with our Christmas party and hopefully a visit from Santa.

Finally we would like to take this opportunity to thank all our parents and friends for their continued help and support over the year and to wish everyone a Merry Christmas and a Happy New Year.

FUNDRAISING:-

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 – across the car park to the right of gate, 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

Dates for diary:

Wednesday 19th December - Last day of term

Monday 7th January – Preschool reopens

IN THE GARDEN WITH KATE



It seems ridiculous to discuss gardening in December. Any sensible person will be inside, preparing for Christmas and, if they have time, looking at seed

catalogues. However, missing out on the garden at this time of year would be a pity. Many shrubs come into their own in the winter months. Everyone knows about beautiful red holly berries (though they also come in orange) and pure white mistletoe, but there are many other beautiful ones that provide a feast for the eyes (and the birds)! Arum has beautiful red or orange berries. Holly has beautiful black ones, snowberry white, and yew, hiding away amongst the foliage, waxy red ones. Witch hazel, if the weather is mild, may be starting to come out, as may Christmas box, both with a wonderful fragrance. Dogwood comes into its own with vibrant red, yellow or orange stems, and the sight of grasses, touched by the frost, is beautiful. There may even be flowers in the shape of Hellebores, camellias and possibly early narcissus. However, if you wish to escape the Christmas madness, or even after Christmas work off a pound or two, there are still jobs to be done in the garden. Leaves need to be swept off lawns if possible, as leaving them may make the grass discolour, and in addition means passing up on the opportunity of making leaf mould. If bare soil is workable and not waterlogged or frosted, turning will expose pests to be eaten by birds, improving the soil (so it can be broken down by frosts) and feeding the birds into the bargain! A wet and cold winter day is also ideal for getting into the greenhouse and giving it a clean and tidy, and washing all old flowerpots. Although we are all told to avoid plastics wherever possible, cleaning, re-using and thus recycling, flower pots is a

sensible compromise.

Bare rooted shrubs, including roses, can be planted now, making sure to incorporate plenty of compost and using micorrhizal fungi, which will give them the best start. They will need to be watered regularly to start with, even if there has been rain, as unless torrential will probably not penetrate far enough.

Tubs and pots outside should be raised on feet if at all possible to avoid becoming waterlogged, and in many cases will benefit from being watered regularly too.

Other jobs that will need doing before the spring include pruning apple and pear trees and cutting down autumn raspberries and asparagus ferns. It is also worth keeping an eye on any climbers as they may need extra tethering if it is very windy.

It is also an opportunity to clean and sharpen garden tools. Secateurs, loppers and shears become inefficient if the blades are covered in sappy plant material, and spades, and lawn edgers will be much harder to use if blunt. They all seem to work better if the mud is cleaned off!

There will be no gardening article until February as the Messenger takes its January break, so may I wish everyone a Happy Christmas and a peaceful and prosperous New Year.

Enjoy your gardens!

Kate Strowbridge



Christmas Services at
St Mary Magdalen Church Thorrington
Sunday 23rd December 2018
Carol Service at 5pm
light refreshments afterwards
Monday 24th December 2018
Christingle Service at 5pm
light refreshments afterwards
Christmas Eve Service at 10pm

All Welcome

Great Bromley W.I. reached an amazing milestone this year celebrating its 70th birthday.

Great Bromley W.I., although part of a much large county and national organisation, is very special. Great Bromley W.I. meets every month on the first Wednesday at 7.30pm in Great Bromley Village Hall.

The programme of events is always varied, may be -- food, music, general knowledge and many more.

In October we organised a super coffee morning raising money not only for our funds but also for the Royal British Legion by the sale of knitted poppies. Thank you to all who came and supported us on the 13th, especially our friends from Seven Rivers. Because it is our birthday Dorothy very kindly organised a super display depicting events over the last 70 years this caused great hilarity amongst some members who didn't recognise themselves a decade or two ago!

Thank you also to family and friends who gave up their Saturday morning to help. Also in October the W.I. were invited to take part in the Parish Council's Annual Challenge Quiz. The W.I. fielded a very knowledgeable team and managed to come a respectable third. The quiz was most enjoyable, well organised and great fun. Thank you Kate and Nick for entertaining us.

W.I. Ladies also like to Lunch Together, so regularly throughout the year we meet at local hostels to enjoy a meal, glass of wine and good company. This month, November, we are off to the Boat House at Dedham and in January the Haywain at Little Bromley. If you would like to join us please phone Joyce 250358.

W.I. Ladies also like to "Knatter" and "Knit" on the second Wednesday of each month at Seven Rivers where we meet the residents who join with us for tea and cake and a Knatter and over the years have become very dear friends.

Our next fund raising is to be held in January on Thursday 31st. Michelle and Robert are very kindly hosting a Quiz

Evening for us. You are very welcome to join us at the Court House for a great fun evening, starting at 7.30pm - teams of a maximum of £3 per person, light refreshments are included.



Please let me know if you would like a table or two on 01206 230688 or Michelle on 01206 250322

If you have recently moved to Great Bromley and are looking for friendship, fun and laughter please come and see us or contact Jenny on 01206 230688. You would be so welcome.

Our meeting on December 5th is to be held at the Court House, it will be a Christmas Lunch with a quiz, competition, raffle best frocks and Christmas Fun.

We would like to wish all our lovely friends and readers a Joyful and Happy Christmas and New Year.

Jenny 230688 and Joyce 250358.



These are some of the poppies that were sold by the WI at the coffee morning. Half the proceeds to the Royal British Legion and half to WI funds.

2018-19 EVENTS



DECEMBER

- 1 Festive Coffee Morning, Village Hall, 10.00am
- 2 Christmas Market, Seven Rivers, 10.30am
- 5 WI meeting
- 11 Coffee with Cops & Partnership activity, Brightlinsea, 10.30am
- 12 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 16 Concert, Village Hall, 4.00pm
- 20 Friendship Club meeting, Village Hall, 2.00pm
- 22 Carol service, Lt Bromley church, 3.30pm
- 23 Community Carols, Gt Bromley church, 6.30pm
- 24 Crib Service, Gt Bromley church, 5.00pm
- 25 25 Christmas Day service, Gt Bromley church, 10.30am
- 27 Tendring Ramblers' walk, Church Meadow, 10.00am
- 28 Church Meadow Car Park CLOSED

JANUARY

- 2 WI meeting, Village Hall, 7.30pm
- 10 Quiz, The Cross Inn (*in aid of HMS Sheffield flag - see age 38*)
- 13 Pelleas Ensemble, Constable Hall, East Bergholt, 4.00pm
- 17 Friendship Club meeting, Village Hall, 2.00pm
- Lt Bromley Parish Council meeting, The Haywain, 7.30pm
- 31 WI Quiz, The Courthouse, 7.00pm



FEBRUARY

- 1 Village Hall car parks and grounds CLOSED

W.I. Quiz

31st January

The Court House

Teams up to 6 people

£3 per person Refreshments included.

Little Bentley Hall Waterways & Garden Show

31st May - 2nd June 2019

More details on page 5

Village Hall Diary Dates

DECEMBER 2018 & JANUARY 2019

Mondays Boxercise 7pm to 8pm (Not 24th 31st Dec)

Tuesdays Men's Club Billiards from 16.30pm

Badminton 6pm to 7.30pm (Not 25th)

Children's Martial arts age 4 to 16. From 4pm to 6pm Tel.01954 211682 (Not 25th Dec) www.childrenskarate.co.uk

Wednesdays

Yoga Karen Maze Tel 07766 242829
930am to 1030am

WI Not Dec. 2nd Jan from 7pm

Bowls 5th 12th 19th Dec 9th 16th 23rd 30th Jan from 7pm

Thursdays

WEA 2pm until Dec 13th

Friendship 2pm Dec 20th and 17th Jan

Ballroom dancing 6th 13th 20th Dec 10th 17th 24th 31st Jan from 7.30pm Tel Angela

07708 982550

Bowls 3rd Jan from 7pm

Saturdays

1st Dec WI and Church Coffee Morning from 10am.

Sundays

2nd Dec Christmas Carol CANCELLED.

Consequently, the Christmas draw will take place 4pm at a small reception held at the VH.



Christmas at St George's church Community Carols

23rd December at 6.30pm
Come and join us, the Choir and the
Community at 6.30pm .
Refreshments for all afterwards.

Crib Service

5pm Monday 24th December
Families come and hear the Christmas
Storey and dress the Crib.

Christmas Day Service

Great Bromley 10.30am
Join us for coffee and mince pies.

Festive Coffee Morning

December 1st Village Hall - see below

ST. GEORGES CHURCH
Great Bromley

FESTIVE COFFEE MORNING

Saturday 1st December
10.00am TO 12 noon

GREAT BROMLEY VILLAGE HALL
stalls, cakes & many other activities.
Entrance £2 inc tea or coffee & mince pie.

Tending Ramblers' walk Church Meadow 10 a.m.

Thursday 27th December
we will be going for a leisurely, 4.7 mile
walk starting and finishing at Church
Meadow car park. Non-members are
welcome to come along. Feel free to bring
refreshments for a mid-walk break. Sorry
no dogs except guide dogs.

Christmas at Lt Bromley church

Carol Service
22nd December at 3.30pm .

Seven Rivers Cheshire Home

CHRISTMAS MARKET

Sunday 2nd December
at 10.30am

Santa will be handing out sweets to all the
children.

Sweet stall * Hand sewing crafts
Frames * Silver jewellery
Adopt a teddy * Cards

Fancy glass and beautiful gifts of all kinds
plus stalls from Little Dragons and St.
George's PTA
Refreshment and a raffle

It's a Celebration CONCERT

Sunday 16th December
Great Bromley Village Hall at 4.00pm
An evening of two halves:

1. Concert for music students
 2. Get up and dance to ... **It's fete
Function band** - www.itsfeteband.co.uk
- Festive concert put together by a local
music teacher
Tickets £5 in advance from Hannah
Wainwright
musard@hotmail.co.uk or 07724 845552

**Stour
Valley
Arts &
Music**

Pelléas Ensemble

Sunday 13 January 2019
at 4pm
Constable Hall, Gandish Road,
East Bergholt

Programme

Bax - Elegiac Trio
Bach - Flute Sonata in E Flat
Corelli - Trio Sonata
Timothy Salter - Mosaics
Jolivet - Petite Suite
Ravel - Sonatine
Luba Tunnicliffe *viola*
Henry Roberts *flute* Oliver Wass *harp*



Tickets £15 telephone. 01206 298426
email - svamtickets@btinternet.com
website - www.svam.org.uk

Common Ground Theatre Company 2018-19 CHRISTMAS SHOW:

The Scarlet Pipistrelle

by Pat Whymark & Julian Harries
Touring East Anglia - 14th December 2018
to 19th January 2019

**Touring to Harkstead, Woodbridge,
Stowmarket, Colchester Felixstowe,
Aldeburgh, Diss & Ipswich**

To book call 07807 341364
www.commongroundtc.co.uk

Happy Christmas everyone,

We have had a very busy year here at Seven Rivers, we've had our first dog show which was a great success, so watch out for the posters for next year's. We celebrated our 60th birthday where it seemed everyone told me about how great the summer fetes used to be and why don't we do them anymore. I was able to get the Red Arrows to do a fly pass again. We raised £100.00 for MacMillan in our coffee morning. Our bonfire night with lights and bangs (we do try and buy low noise fireworks). And our home manager, Jo, attended the Memorial Service on 11-11, which I was unable to attend as I lay a wreath at my own village service, but I was thinking about my second home of Great Bromley.

And coming up on Sunday 2 December our Christmas market, this year we have new stalls coming in, Santa will be handing out sweet to all the children. We have a Sweet stall, hand sewing crafts, frames, silver jewellery, adopt a teddy, cards, fancy glass, and beautiful gifts of all kinds, plus stalls from Little Dragons and St. George's PTA, we will have refreshment and a raffle. We open our doors at 10.30am, so why not join us for a cup of tea and slice of cake.

We have 2 EVS students who arrived late October and early November. They will be with us for one year. We have been having overseas volunteers for years now, and it always adds a different dimension to the home. We have been learning how they

celebrate Christmas in their home and they learn how we celebrate in the UK. I'm never sure what they must think of Panto, but we will find out as once again this year our residents are going to Colchester Mercury theatre. We also have a Theatre company coming into the home with a performance of



The Wizard Of Oz, for those who are unable to get to the theatre. I will be busy wrapping the 29 parcels just to save Santa a job, I expect he will want me to buy them again this year as well!

Just before I go, I would like to take this opportunity to thank you ALL for the support you have given Seven Rivers again this year. On behalf of everyone here at Seven Rivers

Happy Christmas and a Peaceful New Year
Take care
Liz x

THANKS

Little Bromley church - Lunchtime Concert

On 14th November Anglia Baroque gave their debut concert to a large and appreciative audience. The four string players and accompanist on the spinet played music by 17th Century composers concluding with a suite from Purcell's Fairy Queen. Thanks to the recent mild weather

the church wasn't too cold. Hot drinks were provided while the audience enjoyed the lunch they brought with them. Autumnal colours in the floral arrangements and a good supply of homemade scones and cakes all contributed to a delightful event. Thanks to Stephen Cheek and Anglia Baroque for giving the concert to us. Admission was free and generous donations were made to the Churches Conservation Trust

Laurie Arnold Nicholl (1885/6 – 1918)

Laurie Arnold Wright was born in late 1885 or early 1886 in Colchester, the second of three sons born to Agnes Madeline Wright. In the late summer of 1888 Agnes married Percy Nicholl from a prosperous Colchester family. Their family business Charrington Nicholl operated the East Hill Brewery in Colchester and owned a number of public houses in the local area.

Percy adopted Agnes' three boys who took on the Nicholl surname. Percy and Agnes would go on to have at least nine children together, though two died in infancy.

The Nicholl family appear to have lived in several different locations over the next 20 years including Colchester, Dovercourt and Burnt Heath at Ardleigh. By April 1911 they were living at Morants in Great Bromley and Laurie worked as a Brewer.

Evidence suggests that Laurie probably volunteered to join the British Army under what was called the Group Scheme in late 1915, or early 1916. He was posted to the Army Service Corps, whose role was to supply the Army with food, equipment and ammunition. As such, anybody with experience of motor vehicles was sought after. Given the relative wealth of the Nicholl family, it is quite likely that Laurie had access to Motor Transport and knew how to drive.

We do not know exactly when Laurie was sent overseas but certainly by late 1918 he was serving with the 648th Mechanical Transport Company of the Army Service Corps. The 648th Company had originally been formed in February 1916, and were later sent overseas to East Africa. They initially operated as a Water Tank Company which delivered potable water in lorry-mounted water trucks. Later, they operated in the Artillery Support role, quite possibly moving the big guns using caterpillar tractors.

The East African campaign was one of the longest campaigns of the Great War, and lasted from August 1914 to November 1918: In a series of battles and with the use of guerrilla tactics the German colonial forces tied down British colonial forces many times

their size. The German forces in East Africa formally surrendered on 25th November 1918.

On 8th December 1918 – at the height of the Spanish Flu Pandemic - Laurie died of influenza at Dar-es-Salaam, in what is now Tanzania. Laurie now rests in the Dar es Salaam War Cemetery.

Remembering John Henry Biddis

We were delighted to see the article about John Henry Biddis in the Bromley Messenger last month and touched by your mention of us.

I'm writing to let you know that, on the 27th of October our village celebrated John along with another soldier who was wounded on the same day as John's death and probably in the same attack but only died from his wounds on the 27th and was buried in Fontaine au bois, about 3kms away from Robersart.

This other soldier's grand-niece and her family came over for the occasion exactly 100 years after his death and we took the opportunity to remember them both.

A moving Last Post, God Save the Queen and La Marseillaise were played. "In Flanders Fields" was read by his great-grand-nephew and a minute's silence was observed.

*Frédéric Hautecoeur
Robersart, France*



COFFEE BREAK NUTRITION with Suzanne Abbott

It's Christmas time!

With Christmas approaching fast, we already know that it's a time of plenty. We are, without doubt, going to overindulge, whether it's eating too much food or having 'one-too-many' drinks. With this in mind it is almost inevitable that many of us will suffer with indigestion.

We all overdo it from time to time, especially at Christmas. But if you suffer from indigestion frequently, it's good to know what may be causing the problem.

It is generally believed that it's too much stomach acid which leaks out into the oesophagus and creates a burning sensation. This condition is known as GORD (gastro-oesophageal reflux disease) where a mixture of stomach acid and food particles leak upwards into the oesophagus. The cause is believed to be a weakness in the lower oesophageal sphincter (which is a valve at the base of the oesophagus) due to inflammation and which is allowing food to enter the oesophagus. It results in an unpleasant burning sensation. If left untreated it can cause many more problems in the future.

Often, indigestion is treated with over-the-counter antacids which give temporary relief, until the next time.

Your doctor may also prescribe a PPI medication (proton pump inhibitor) or H2 blocker medication. Both work differently to reduce stomach acid.

However, is it possible that perhaps we are fighting the wrong enemy?

Mr Majid Hashemi, consultant surgeon at the University College London NHS Hospitals, and a specialist in stomach and oesophageal cancers, laparoscopic surgery, obesity surgery and reflux disease, states the situation plainly. *"GORD is not due to excess acidity. In fact, non-acidic GORD causes symptoms of other conditions resulting from GORD as well. PPI and H2 blocker use is a simple method to set aside the symptoms. They do not address the cause of GORD or provide a cure."*

"Worse", says Dr Wayne Andersen, former open-heart and critical care surgeon at Grandview Health Care Centre in Kansas

City, *"by absorbing stomach acid and lowering the pH in the stomach, and blocking the production of hydrochloric acid (HCl) through taking antacids, PPIs and H2 blockers actually creates the conditions for further indigestion and GORD by impeding digestion, creating a cycle of ever-lower levels of stomach acid, leading to more indigestion and more reflux. Instead of less acid, GORD sufferers actually need more acid in their stomachs—which is why the old home remedies of drinking lemon water or mixing apple cider vinegar with water and drinking it are so effective for both indigestion and GORD symptoms."*¹

An excellent quote from Dr Mosaraf Ali, head of the Integrated Medical Centre in London: *"Digestive problems are caused by Hurry, Worry and Curry! Everything has to be in moderation"*.

I think there is a wise message in that quote, especially with Christmas in mind.

Don't overindulge but enjoy your eating and drinking sensibly and don't forget to keep a lemon and a bottle of apple cider vinegar nearby.

And on that note I would like to wish you all a very Happy Christmas and a healthy and prosperous New Year!

Suzanne, Naturopathic Nutritionist

Ref: Read the full article here: <https://www.wdty.com/magazine/2016/april/fire-in-the-belly-natural-ways-to-beat-indigestion.html>¹



**The Post Office
at
The Cross**

Wednesday mornings
10 - noon



**Community Library
at The Cross**

Every Wednesday 10.00am-12 noon



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

St Helena returns with its tree-mendous effort to recycle Christmas trees

Much to the relief of those wanting to avoid the inevitable trip to the recycling centre this festive season, St Helena has launched the Christmas Tree-cycle to once again recycle real Christmas trees in return for a donation.

The charity is collaborating with Colchester Borough Council to recycle the trees and will have a large number of volunteers out to collect them on Saturday 12th January.

A donation of just £10 could pay for home-cooked meals for a day for someone staying in The Hospice this Christmas. Every penny raise will help local people to face incurable illness and bereavement so please give generously.

The collection will take place in CO1-CO9 and CO11 and you can register your tree at sthelena.org.uk/treecollect19 or call 01206 931 468.

Want to volunteer?

St Helena are looking for volunteers to help with the collection and/or vans to use on the day! If you can help, on Saturday 12th January please contact

ideed@sthelena.org.uk or call 01206 931 468.

St Helena Tree of Memories appeal

For some, Christmas can be a time of difficult memories, unhappy times and a place missing at the table but it's also a time to make lots of wonderful memories and that's no different for those who are staying at The Hospice or receiving care in their home.

Will you make a donation this Christmas so families can continue to make every memory matter?

A donation of just £10 could pay for home cooked meals for a day for someone staying at The Hospice over this Christmas. Visit sthelena.org.uk/memories18 to donate and help local people face incurable illness and bereavement.

Tree of Memories Services

St Helena invite you to let your memories become part of your Christmas and celebrate those you miss. They will be holding three services, giving you the chance to reflect and light a candle in memory.

Find out more about the services by visiting sthelena.org.uk/events.

Kickstart your Christmas with some festive jumper fun!

St Helena is inviting local businesses and community groups to get creative this Christmas and do a dress down day with a difference! This December the charity would like people to dress up in their most Christmassy attire and donate to help local people face incurable illness and bereavement.

Sarah Wilson, Corporate Fundraising Manager said "Some may just opt for a Christmas jumper which is great but we love a bit of festive cheer and we would like to challenge businesses and community groups to get as artistic as possible.

"This is a great way to bring colleagues together over what can be a busy season for some industries. Businesses and groups can ask members to donate as much or as little as they wish and St Helena will provide a collection bucket to collect the much needed funds."

Nantmor Blinds are very pleased to be involved with St Helena, by sponsoring their Kickstart Christmas campaign this year.

Director of Nantmor Blinds, Terry Feek said "For some years now the extent of our donations to St Helena has been limited to having a collection box in our Clacton showroom, and heavily discounting any blinds that we've installed into their premises. Whilst we've been moderately successful with our showroom box, I think in one 3 year period we'd raised over £1,100.00, we did feel that more could be done. My personal experience with the work St Helena does in our community is that this is an absolutely invaluable service and, given the now competitive nature of charity fundraising, it was time we did more. We're gearing up our social media and

/continued ...

... continued/

digital presence and, especially given that we're now entering an exciting period of growth for our company, we felt it appropriate to support this most worthy charity".

Terry added "I was also taken aback by our staff's enthusiasm for supporting St Helena

– we're already talking about supporting the various fundraising events through the year and planning on engaging with our staff on these as team building exercises". To get involved in Kickstart Christmas, email fundraising@sthelena.org.uk or call the team on 01206 931 468.



STOUR VALLEY MEN'S PROBUS CLUB

Recent Meetings

Recently we were privileged to have Sally Chicken introduce "The Regeneration of Shotley Pier". Sally is one of a committee focused upon bringing back to life Suffolk's only railway pier that is in a bad state and unfortunately were recently refused planning permission for their plans. Peter James talked about "The Great Essex Earthquake" and later in the month Jo Harrison talked about "Going Underground". All meetings were much enjoyed by Members.

Future Meetings

Our December meeting features Brantham's Famous Quizmaster Paul Oliver presenting his now famous "Xmas Quiz" with a valuable prize for the winner. We hold our New Year Lunch at The popular Haywain on 6th February when our spouses and Probus Widows join us for what will be an enjoyable event and a tasty meal.

Meeting Venue

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

New members are welcomed

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. New Members are always very welcome to join us at a future meeting of the Stour Valley Men's Probus Club just join us at 10am on a meeting date. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. We meet on the first and third Wednesday of each month in Manningtree at 10 for 10.30am. Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.

Past Meetings

Our November 14th meeting featured Davis Simmonds, a National Trust speaker and volunteer, introducing "The Coast Of East Anglia". The East Anglian coast is full of contrasts and has much beauty, history and wildlife. His presentation focused on National Trust coastal properties in Essex & Suffolk.

Future Meetings & Diary Dates

We do not have a speaker meeting in December but hold our popular Christmas lunch this time at the Best Western Hotel, Copdock on Wednesday 5 December. This is always a very popular event and so early booking is advised.

Sally Dearman will speak to us on Wednesday 9 January on "Woman Can Fly". This is the story of one women's journey from jumping out of a landing window, then out of planes, to becoming a civil pilot, then the first women through the RAF's fast-jet flying trains system. NEW - each month the Coffee Grinders will meet at The Lambe School, Gaston Street, East Bergholt, CO7 6SD from 10-12 noon. This meeting especially welcomes new members but gives all members the opportunity of meeting the activity Group Leaders and the Committee whilst enjoying a cup of coffee. The next meeting is on Friday 28 December.

Membership

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 370 members and 35 active 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 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 December. Whilst Visitors are welcome to join us on a limited number of occasions, paying a donation each time, Members are given priority to speaker meetings, for safety reasons, due to the halls capacity limit.

Remember

It's never too late to learn! Join over 400,000 members across over 1,000 U3As throughout the UK today!

Running into the graveyard 2019



This 10K run based around our villages will take place again next year on April 14th. The entries opened two weeks ago and already more than half are sold. The ambition of the Friends of Little Bromley Church is to buy a composting toilet for the church and so improve and increase the use of the church. This project is supported by the Parish Council. The run next year will make a significant contribution to funding this purchase. If you have intentions of running, please put your entry in soon as I anticipate that the event will be full before Christmas. As in previous years I am hoping that I can rely on the support of people from the villages to marshal, bake cakes and give their vocal support to the runners. Many runners who have participated in the previous year's describe this as a special race.

Roly Knott (race organiser)



The Christmas Market at the Village





VILLAGE HALL TRUSTEES

The village hall trustees held a routine meeting on 4th October

at which it was decided to proceed with further refurbishment work at the hall. A grant application has been made to the Essex County Council Community Initiatives Fund to replace the kitchen roof, which leaks and is beyond repair, and also replace the kitchen floor, which is uneven and badly worn. These projects will be undertaken by local contractors next year. The grant application, which has the full support of our County and District councillors, will be considered by the awards panel in November/December and we should know whether we have been successful before the end of the year.

Other improvement works undertaken in recent months include the replacement of the Millennium Lounge and Committee Room carpets, installation of new blinds in the Committee Room, some lighting enhancements, enhanced security measures, new drainage for the men's toilets, some internal and external redecoration, cleaning and resealing of the main hall floor and the purchase of a small freezer for use by hirers.

There have been several well-attended events held in the hall this autumn and members of the management committee are thanked for the considerable effort they have put into making them successful. The Macmillan coffee morning held on 28th September raised £454 for the Macmillan charity and the Christmas Market held on 10th November raised well in excess of £600 for village hall funds. The latter also provided a good opportunity to sell a considerable number of Grand Christmas Draw tickets, the proceeds from which will also benefit the village hall. The management committee was delighted to welcome back the Common Ground Theatre Company to Great Bromley on 4th November when over 50 people enjoyed a performance of their latest play 'The

Mariner'. Unfortunately, Martin Prest decided to cancel both of his one-man shows planned for the autumn, including 'A Christmas Carol' on 2nd December. The Grand Christmas Draw was due to take place at the end of the performance of 'A Christmas Carol' but will now take place during a simple afternoon reception on 2nd December to which regular hirers of the hall will be invited to send representatives.

All members of the public/users of the village hall and its grounds are requested to note that the village hall and grounds (including the car parks and cricket field) will be closed for all access and use on Friday 1st February.

Following a review by the management committee, it has been decided to increase certain hire charges for rooms and facilities at the hall with effect from 1st January 2019. This is the first increase for two years and the additional income will help to pay for yet more improvements to the hall, planned for next year. If you want to know more details about the increased rates or what the hall can offer or if you want to make a booking then please contact the bookings manager Mary Fawcett on villagehallbookings@greatbromley.org.uk or 07543974751. A tour of the facilities can be arranged on request.

Martin Frostick
villagehallsecretary@greatbromley.org.uk
or 01206 250263

Coffee with cops & Partnership activity

Tuesday 11th December
10.30am – 11.30am

The Parish Hall, Victoria Place,
Brightlingsea CO7 0BP

Ardleigh Surgery



Dear partners in care,
I hope you are all enjoying the mild winter we are having. Its flu season and for the first time this year flu vaccines for those over

65 years and those younger than 65 years are different. We have had a shortage of the vaccine for over 65's and apologise if you have been affected by this and had your appointment cancelled. We have now had a delivery of the vaccine for over 65's so please contact the surgery to book an appointment for your flu vaccination now.

Patients of Ardleigh surgery may or may not be aware that we have a GP Care Advisor Lucy Hardwick. Lucy has been with the team for two years and works within the GP Practice and in patient's homes. The role of the GP Care Advisor is to facilitate people to access social care, welfare benefits and self-help support to help them maintain their independence at home.

Among Lucy's key roles are:

- To listen to patients, carers and their families.
- To provide advice, support, information and assistance in obtaining services from other agencies and where appropriate, make initial contact on the patients behalf.
- Provide assistance in particular to carers of patients with dementia.
- To help with the completion of welfare benefit claims forms.
- To provide assessment of needs for Telecare equipment and services in the patients home.

Lucy is looking to reach the patients who are not aware of this service and see what help and advice she can offer them promoting self help and independent living. GP Care Advisor referrals can be made by your GP, the practice nurse, district nurse, relatives, friends or of course yourself. The service is FREE!

As Christmas is now just over 4 weeks away we will begin to get requests for 2 months' worth of medication to "cover the holiday period". Please refrain from doing this. We are closed on the 25th, 26th and the 1st and we are open until 1830hrs on Christmas Eve and New Year's Eve. Please order your medication online, by post or by telephone. The prescription line is open between 1000hrs and 1600hrs on 01206230732. Please note that the line will be closed between 1300hrs and 1400hrs.

If you need to order your medication over the holiday period please ensure you allow enough time for our team to process your request. If

repeat medication is due to on the week beginning the Sunday the 22nd of December please orders on or after Monday the 17th of December. If your repeat is due on the week beginning Sunday the 29th of December please order on or after Monday the 21st of December. The practice will be holding a Christmas Jumper day on Wednesday the 12th of December from 0830hrs until 1830hrs. Everyone who enters the surgery wearing a Christmas jumper or T shirt will be asked to donate £2 to the Save the Children charity. You have been warned! We would like to congratulate our GP trainee Dr Koralage on the birth of her baby son earlier this year. Dr Koralage will be back at the practice early in 2019. We now have two doctors on maternity leave and have the services of two locum GPs, Dr Parvathy Subramanian and Dr Jacqueline Van Minnen who will be covering Thursday and Friday all day respectively. Unfortunately this still leaves us short of appointments with the regular GPs at the surgery. Our advice is to make an appointment with any available GP if the matter is urgent, if it is non-urgent and you can wait 10 working days you should be able to get an appointment with your regular GP (except Dr Bettie who is now down to 2 days a week only). Please bear in mind that the length of appointments are only 10 minutes so if you do have a number of things to discuss with the doctor please book a double appointment to allow sufficient time for this. Ardleigh Surgery is part of The Colte Partnership. This is a collection of local practices who are working together and are now able to offer an extended access service to our patients. This means that as a group of practices we are able to offer appointments up to 8pm on weekdays and also on Saturday & Sunday mornings. These extended access clinics are held at one of 4 local practices; Creffield Road, Tollgate, Ambrose Avenue and Wivenhoe surgery. A range of clinics are available - from GP's and nurses to physiotherapists. Please speak to a receptionist who can give you further details on the clinics available.

When you book your appointment the receptionist may ask you what the appointment is for, Some of you may be reluctant to inform the receptionist about the reason for your request, as it is your right, but please be aware that they are doing this at the request of the clinicians. Our receptionists are trained to fit you in with the most appropriate person, be it a doctor, nurse or healthcare assistant. Please help us by being prepared to answer a few general and non-intrusive questions regarding why you need to be

seen. Please try and cancel appointments if you cannot make it and do let us know if you are running late. It is practice policy not to see patients who are more than 15 minutes late. Ultimately we do want to provide a service to you and if you feel you need to be seen before our next available appointment, the duty doctor will call you and try to manage the problem. Lastly I came across this website of useful medication to stock up on over the holiday

period. These include Pain killers, Antihistamines, Oral rehydration salts, Anti-diarrhoea tablets and Indigestion treatments. For the full list see <https://www.nhs.uk/Livewell/Pharmacy/Pages/Yourmedicinecabinet.aspx>. **Have a merry Christmas and a happy new year.**
Ardleigh Surgery.

Great Bentley Surgery

Merry Christmas from all the team!

I have a couple of important reminders about this time of the year below which I repeat every year, but they are important!

PRESCRIPTIONS: Please order your December prescriptions as early as possible before Christmas to ensure you get them in time.

HOME VISITS: One home visit takes up to an hour of a GPs time, whereas if seen in the practice it takes just 10 minutes and the GP will have all necessary equipment to hand. Please do not take offence if we insist that you come in. This service is only for truly housebound patients. We cannot be responsible for lack of transport.

“10 insider tips I bet you don’t know about your GP”

I came across a great online blog by a Dr Jon Griffiths recently which really struck a chord with our GPs. As a result I am going to ‘serialise’ this blog with Dr Griffiths’s permission and share its contents with our patients:

We’ve all been to the doctor, right? We know how it works; we know how to get an appointment and what to say when we go. I’m always surprised at how little people do understand about how their doctor’s surgery really works, and how to get the best out of them. Most people don’t realise that a GP runs a small business and that they get paid a set fee to provide all of your care. Do you have any idea how long your appointment slot is, or how many patients your GP will see each day? Hopefully you won’t need to visit your GP very often, but a bit of insider knowledge can help you when you do need to go! How many of these insider tips and nuggets did you already know?

1 Your Doctor would like to give you more time -

Most GPs provide just 10 minutes for an appointment. Although this might not seem very long you must remember that this has increased over the past 20 years from a typical 7.5 mins per appointment, and from even shorter appointments before then. GPs can choose to offer longer appointment times, but there is a balance between length of appointment and how many appointments they make available. This is obvious when you think about it – do you offer fewer, longer slots, or more, shorter ones? What would you do? Depending upon your reason for attending, 10 minutes might be more than enough time, or woefully inadequate. Got a sore throat? You might be in and out in 5 minutes. Hearing voices and suicidal? You might be in there for half an hour, or probably longer. Your doctor will rely on a variety of problems presenting to balance these demands on their time, and hopefully will run roughly to schedule. Often they will run late.

You can help this by understanding how long your appointment slot is (just ask when you book), and working with your doctor to get things done in the time allowed. If you already know you are going to need more than 10 mins, ask reception if you can have a longer slot. They will probably be happy to oblige.

You can read the full blog online here: <https://bit.ly/2GHIjRt>



Please remember the Patient Participation Group does not meet in December.

Richard P Miller – Practice Manager

LITTLE BROMLEY CHURCH

Memory Tree at Little Bromley

From the 1st December, at St. Mary's, Little Bromley we will have a Memory Tree up inside the church.

This Christmas tree is there for anyone who wishes to write a message to a loved one on a tag. Once you have filled it in you can then place it on the tree. The tree looked lovely in the church last year and we are sure you will enjoy seeing it again this year. After you have filled in your tag (should you wish to), a small donation to the Churches Conservation Trust would be very welcome. There is information beside the tree on how to do this.

We would also like to remind you that on **Saturday 22nd December at 3.30pm** we will be having our **Carol Service**. Everyone is welcome.

Carol Cordwell on behalf of The Friends of Little Bromley Church.

Lunchtime Concert at Lt Bromley Church

On 14th November Anglia Baroque gave their debut concert to a large and appreciative audience. The four string players and accompanist on the spinet played music by 17th Century composers concluding with a suite from Purcell's Fairy Queen. Thanks to the recent mild weather the church wasn't too cold. Hot drinks were provided while the audience enjoyed the lunch they brought with them. Autumnal colours in the floral arrangements and a good supply of homemade scones and cakes all contributed to a delightful event. Thanks to Stephen Cheek and Anglia Baroque for giving the concert to us. Admission was free and generous donations were made to the Churches Conservation Trust.

ST G'S BLOG

I'm very pleased to tell you that there have been a few "light bulb" moments, people are talking and thinking about helping us. I am hoping that 2019 we will find a Chairman, I know your there. Perhaps you will come to our coffee morning on December 1st and surprise me?

Our Festive Coffee Morning this year will be full of delightful surprises!

Lovely refreshments, Christmas Arrangements, wonderful jewellery, books, craft stalls, Christmas fun stall friendship and fun.

Our last fundraiser of 2018, so please join us from 10am until 12 noon.

Wishing you all a Happy and Peaceful Christmas.

'HELP RAISE THE FLAG'

HMS Sheffield, a British warship, was sunk during the Falklands conflict on 4th May 1982. A missile hit the ship, creating a 15 foot hole in the hull and starting a fierce fire. Twenty of the crew were killed and 26 injured. Two days later she sank.

Last year, after spending over 30 years in the USA, the ship's Union Flag was returned to the Sheffield Association. The remaining crew members would like it to hang in Sheffield Cathedral alongside the ensign of WW2's HMS Sheffield. The Cathedral's fees are in the region of £5,000

for installation and lighting and this amount is beyond the Association's means. Having served for 17 years in the Royal Navy, I want to help to raise the required amount so I am hosting a quiz night at the Cross Inn on Thursday 10th January 2018. I hope you will book a table and help me help the Association achieve its very worthy ambition.

Richard Perry



FROM THE RECTORY

Following a recent survey, the retailer Matalan reported that 82% of people own a Christmas jumper and that young adults between 25-34 year were the most likely to purchase one. Over three quarters of people buy their festive jumper to wear for an event at work. More than half wear one on Christmas Day. The options are near enough limitless, from a traditional Christmas tree, snowman or reindeer, to the less conventional 'We Three Gins' or Darth Vader in a Santa hat. Even computer game character Sonic the Hedgehog is available for the discerning fashionista looking for an original take on festive attire.

Although the Christmas Jumper is only a recent tradition, specific clothes worn for a special occasion has a much longer history.

The first documented princess to wear a white wedding dress was Philippa of England in 1406, although this didn't become a common choice for hundreds of years, and up until the Victorian Era brides wore any colour they chose. Black was an especially popular choice.

In Papua New Guinea, the coming of age ceremony for boys involves dressing up in a conical hat which has log strands of leaves attached to its edge. Young girls who were transitioning to adulthood in ancient Rome wore a tunic recta, or 'upright

tunic', to mark the event.

The account of the birth of Jesus, a significant occasion if ever there was one, has just the one reference to clothes which is easy to miss on a cursory reading. The gospel of Luke tells us that Joseph had gone to Bethlehem to register at a census ordered by the Roman Emperor Augustus. While they were in the town, Joseph's wife Mary gave birth to her firstborn son and wrapped him in bands of cloth.

These "swaddling clothes" were wound tightly round a newborn. They restricted the movement of the infant and were understood to help babies both fall asleep and then to stay asleep as well.

Which makes Jesus just like any other baby born at that time. He didn't look any different, he didn't behave any differently, he was dressed the same. But still angels sang in celebration. Shepherds and kings came to worship him. Even the stars in the sky announced his arrival.

Our Yuletide choice of outfit will say something about how we see the Christmas season, but it's what we wear in our hearts that speaks of how we see Jesus.

Simon

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

01206 392659

www.lawfordchurch.co.uk

'Loving God. Living Life.'

DEDHAM FOOTPATH GROUP

Enjoy walking, meeting new people?

Then why not come along to walks organised by the Dedham Footpath Group

We walk 4-5 miles on the first Sunday morning of each month from various locations.

Our **DECEMBER** walk will be on Sunday 2 December at 1030am.

Meet at Car Park at the Case is Altered, Bentley, Suffolk IP9 2DN (the Community owned village pub) for a 2 hour walk along some of the many footpaths in the village. If you wish to have lunch at the pub on our return, booking is essential (01473 805575)

Our **JANUARY 2019** walk will be on Sunday 6 January at 1030am.

Meet at the War Memorial, High Street Dedham, CO7 6DE for a New Year ramble in and around the village of Dedham for approximately 2 hours. There are many options for lunch or refreshments on our return.

The group welcomes all walkers and those with well behaved dogs, kept on leads at all times, are welcome to join us.

For more information email DedhamFG@outlook.com



Services for November

St George's Church, Great Bromley

Welcome to our services

December 2 nd	<i>Advent 1</i>	9.15am Holy Communion
December 9 th	<i>Advent 2</i>	10.30am Parish Eucharist
December 16 th	<i>Advent 3</i>	9.15am Family Service
December 22 nd		3.30pm Carols at Lt Bromley
December 23 rd	<i>Advent 4</i>	10.30am Parish Eucharist 6.30pm Community Carols
December 24 th	<i>Christmas Eve</i>	5.00pm Crib Service
December 25 th	<i>Christmas Day</i>	10.30am Eucharist
December 30 th	<i>Christmas 1</i>	10.30am Benefice Service at Little Bentley
January 6 th	<i>Epiphany</i>	9.15am Holy Communion
January 13 th	<i>Epiphany 2</i>	10.30am Parish Eucharist
January 20 th	<i>Epiphany 3</i>	9.15am Family Service
January 27 th	<i>Epiphany 4</i>	10.30am Parish Eucharist 6.30pm Evensong (BCP)

Vicar:	Revd Canon Simon Heron	01206 392659
Churchwardens:	Mrs Jenny Nicholls	01206 230688
	Mrs Yvonne Cobbold	01206 230360

*The church is open daily and you are welcome to visit.
More details and information at www.greatbromley.org.uk
Facebook or Twitter @StGeorgesGtBrom*

St Mary's church, Lawford

Every Sunday	8.00am Holy Communion
1st Sunday	10.30am Holy Communion
2nd Sunday	10.30am Family Service 6.30pm Evensong
3rd Sunday	10.30am Holy Communion 6.30pm Café Church
4th Sunday	10.30am Morning Worship
Wednesdays	9.30am Holy Communion

St Mary's church, Little Bentley

1st Sunday	10.30am Morning Prayer
3rd Sunday	10.30am Holy Communion

St Mary's church, Ardleigh

1st Sunday	10.3am 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 and children welcome
All are welcome
3.00pm to 3.45pm
Refreshments, activities

Church Lunch

Christmas Lunch.– 7th December
Friday February 1st 12 noon.
Please note **NO** Lunch in January (Sorry)
All welcome to join us at 12 noon.
All welcome.

