

The Messenger

The Magazine of
the villages of
Great & Little
Bromley

April 2019



A taste of the Galapagos

THE FIRST PAGE

My apologies for the late arrival of The Messenger this month. I, with my daughter, have been away. I have been to Darkest Peru where the Incas lived until the Spaniards came and slaughtered every single one. Someone has since asked me if I saw Paddington Bear! The answer? No, I saw no evidence of him - anywhere! What I did see though was the Sacred Valley, Cuzco and, of course, Machu Picchu. All places I have long wanted to visit.

We visited Machu Picchu in the afternoon, which was every bit as amazing as I had hoped and imagined, staying until it closed. Daughter and I returned first thing the following morning, she to climb Wayna Picchu, the next door peak, which was quite a challenge especially as there had been heavy overnight rain, whilst I set off for the Sun Gate in the opposite direction. She made it to the top of Wayna Picchu but I sadly never got to the Sun Gate. I simply ran out of time to get back in time to catch the afternoon train back to Cuzco. Had I done my homework before hand I would have realised that I was never going to get there as the estimated time to reach it was about four hours! Also the heat and the altitude slowed me down. However, I saw en route exotic butterflies, hummingbirds, other small birds with alpacas wandering on and off the path and sometimes accompanying us on the way and it was oh so peaceful up there with fabulous views across to the site of Machu Picchu and Wayna Picchu. The train journey to and

from Cuzco follows the river with spectacular views of the landscape though we never did see the spectacled bar!

Then on to the Galapagos Islands. Almost as soon as we arrived we saw our first frigate bird which reminded us of the shape of a pterodactyl as it glided through the sky. On board the Isabela II, where we lived for the next five days, we island hopped as the Galapagos creatures all have their preferred islands and habitat. We saw pelicans fishing, the giant tortoises, the male frigate birds puffing out their red chests to attract the females, the sealions and pups (though scary when a bull decided, as I bent to do up a shoe lace, that I was too close to his ladies proceeding to charge loudly towards me). Sealions though came and swam with my daughter whilst deep water snorkelling. There were giant manta rays, white and black tipped sharks, both harmless, as well as exotic coloured fish you really only get the idea of in aquariums and the bright red/orange Sally Lightfoot crabs scuttling all over the lava rocks. We saw flamingos, the Galapagos penguin, the Galapagos hawk and of course the fabulous blue footed boobies doing a mating dance in complete unison. Then there were the inscrutable iguanas, many small birds plus Darwin's finches (which I couldn't tell the difference between - they are all differently black).

So forgive me if this is late but I am afraid I have no regrets.

Leonie

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

14th APRIL 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.

Copy can be delivered by hand, sent by post or e-mail (see inside back cover) or via the link on the websites www.greatbromley.org.uk or www.littlebromley.org.uk

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



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

Telephone: 01206 230305

The children met John Willis, founder and CEO of the charity Power2Inspire. The charity's mission is to promote inclusion in sport; their vision is '*A world where everyone has the opportunity to participate in sport, regardless of body type, age, disability, religion or ethnicity, and can do so together.*'

John was born without fully-formed arms and legs but he has not let this stop him achieving his ambitions. He talked to the

children all about his life and experiences and specifically about his Road2Rio challenge.

This involved John trying out all 34 sports in the Olympic and Paralympic Games - you can watch a video of his

achievements at <https://www.youtube.com/watch?v=sP8zTmB96jA>

During his talk, John showed the children some of the equipment he uses in his everyday life as well as some of his specially adapted sports equipment such as a compound bow for archery, a fencing foil and a golf club. The children had the chance to ask lots of questions and were very thoughtful and inquisitive.

John left the children with two very clear messages:

Practice Makes Perfect

hard work leads to success and things don't always come easily

Never Give Up!

and never let anyone (including yourself) tell you that you cannot do something

We welcomed Ryan Crouch into our school. Ryan has a form of cerebral palsy and is an accomplished swimmer, having competed at the Paralympics in Rio in 2016. The children listened to Ryan's story with such interest and respect. His clear message to the children was that if you want to achieve something, you must work hard and perhaps make sacrifices. His sense of achievement at qualifying for Rio was wonderful to see and was the result of



incredible dedication and commitment to his sport. Another inspiring story.

The children had great fun taking part in the PTA's sponsored pancake flip. We were very impressed at the skills demonstrated and the encouragement the children gave each other. Many thanks to the PTA for planning, organising and running the event, it was a great success.



Class Four's Trip to Colchester Castle

Class 4 went on a trip to Colchester Castle to learn more about the Romans who came to England. We arrived at the entrance to the castle and once we were let in a member of staff talked to us about the rules. After that, we split into four groups and



made our way upstairs to the Roman section. There we answered questions and played a game of chariot racing.

After this, we inspected the Roman artefacts found locally including some *interesting* statues. Later we went into a room to build a Roman villa and a Celtic roundhouse. Two teams were elected. One would build the villa the others the roundhouse, needless to say in the end the Roman villa was more comfortable than the flimsy and badly put together roundhouse!

Did You Know? Romans invented central heating! They would accomplish this by building an underground chasm in which a fire would be lit and the smoke would circle around not escaping into the house.

After this we visited the gift shop where people bought items such as coins, pens and keyrings. After a short lunch we went back to the museum and played the trade game and inspected the helmets and shields left by the attack of Boudicca. Later we went down to the prison of the castle and listened to a story told by a member of staff (it was quite funny). It turns out the prisons of the castles were actually the supports of an ancient temple that used to be there. After this we made our way back to the bus because it was unfortunately the end of the trip.

By *Jack and Josh*

THANKS

A litter pick was organised in Little Bromley last November. There were a number of volunteers who attended from the Village and 19 bags of litter were collected. The Haywain provided tea, coffee and sandwiches afterwards, for which we were very grateful.

In December, a number of us from the village got together for a Christmas meal at The Haywain, which was very much enjoyed by all concerned. The food was excellent, as was the service. This will be an annual event and notice of this

forthcoming event, albeit, some time away, will be in the Messenger nearer the time.

Little Bromley Spring Litter Pick - this will take place on Saturday 06 April, meeting at 10am in the village car park. We look forward to as many volunteers as possible. Hi visibility vests should be worn and can be provided if necessary, along with litter grabbers and bin bags. Refreshments will be provided at The Haywain afterwards.

Ann Clark

DISTRICT COUNCILLOR NEWS

I was very pleased to be able to inform Elmstead Parish Councillors and members of the public at the last Elmstead Parish Council meeting that within five days of a pot hole outside Budgens by the bus stop being reported to me I was able to have the pot hole repaired.

Rosemary, Carlo and myself are also very pleased to inform Elmstead residents the Colchester Road pedestrian crossing that we fought for despite objections from ECC, but was approved by the then Highways Portfolio holder, Rodney Bass OBE, is moving a step closer. We understand the developer is now lodging funds as part of the agreement with TDC, for the construction of the crossing with ECC Highways. Carlo and myself, who sit on the Local Highways Panel, are now pushing the panel to agree for the crossing to be upgraded to a traffic light controlled crossing for safety reasons.

The closure of Tye Road in Elmstead has been a matter of great concern to a number of Elmstead residents. Carlo, Rosemary, myself and members of Elmstead Parish Council have lodged objections with ECC Highways regarding this. We have complained about the lack of consultation with residents. We were eventually informed that we could have a site meeting with ECC Highways, however this did not materialise. The reason for the closure was to ensure Tye Road was wide enough, 5.5m and to build a pavement 1.5m wide for access to the new unwanted development along Tye Road. Although the site meeting did not take place, in company with a local parish councillor we did measure the width of the proposed road and pavement and the measurements submitted by the developer were correct. However the amount of verge that will be left is minimal! Residents who will be living in the new development and use this pavement will have to cross over Tye Road to the pavement, walk along the pavement to Colchester Road and cross over Tye Road

again to enter the village! Despite TDC planning committee refusing permission the developer won the appeal to allow development. Yet another bad example of local decisions being overturned in favour of greedy developers.

Suggestions have been made that fly tipping is on the increase. I have been in contact with TDC waste collection service to obtain an up to date position. I have been informed of the following: "April 2016 to March 2017 1426 incidents reported, April 2017 to March 2018 1300 incidents, April 2018 to March 2019 1027 incidents. Since the closure of Martins Farm tip there has not been a significant impact on the amount of fly tipping in the area."

A Great Bromley resident has raised the wheelie bin collection issue with me regarding the new larger refuse collection vehicles being unable to access some of the smaller rural roads. I did ask the Portfolio holder for the environment for his comments - he has not come back to me.

I have had a meeting with Mr Bill Chidgey from the Disability Trust and Rob Lord, chairman of Great Bromley Parish Council. We had a very frank discussion and were given the reasons for the closure and offer for sale of Hamilton Lodge.

A number of residents will be aware County Broadband have written to them inviting them to attend a meeting at Great Bromley Village Hall.

It is worth reminding residents that County Broadband has a claim on "Broadband" in our village and some other villages. This claim means that Open Reach cannot supply to residents unless County Broadband are unable to supply them. It matters not who is funding Open Reach they cannot help.

Continued on next page .../

/... continued from previous page

At the Local Highways Panel meeting on 14th March I yet again raised the question of reducing the speed limit on Harwich Road to 30mph.

It was agreed that in company with Carlo Guglielmi, our County Councillor I will meet with Kevin Bentley, Essex County Highways Portfolio holder to put my request to him.

Carlo is fully supportive and backs my application.

I will not be very mobile for a few weeks in April, however you can still reach me by telephone 01206230688 or by email fred@fryerning.net should you have anything you wish to speak to me about..

Fred Nicholls

LITTLE BENTLEY HALL WATERWAYS & GARDEN SHOW

Saturday 1ST June & Sunday 2nd June 2019 10am-5pm
Gala Preview Evening – Friday 31st May 6pm- 9pm

Plans are going really well for the Garden show in June, which is in aid of Little Bentley Village & Church , Bromley Churches and churches in Beaumont and Lawford , Wix Young Farmers, Canine Partners, ABF the Soldiers Charity and other local charities.

We need as much help as possible to make this another wonderful event. It is likely to be the last time that Little Bentley Hall Gardens will open to the Public, so make sure you all spread the word to invite as many friends and family to come and see what are considered 'One of the finest private Gardens in East Anglia'. We also have 4 Show Gardens, an Art Show, Silent Auction, and over 50 Plant and Gift stalls. Discounted Tickets now on sale via our Web site www.littlebentley.net

If you would like an Invitation to the Gala Evening, when the Parachute Regiment Band will Beat Retreat on the lawn, and you can enjoy Wine and Canapes and a preview of the whole weekend contact Nigel whose details are below.

WE NEED YOUR HELP

Jenny Nicholls from St George's Church, Great Bromley is on the show committee . Any offers of help can be passed to Jenny. We expect between 5-8,000 to attend this event over the weekend.

Please volunteer

Stewards Needed all three days - to Man the Entrance Gates, Help with Teas, Bridge Stewards etc.

We need 300 Cakes made for the Tea Garden, we have Freezer space so can you make some now even if you're going to be away.

We need 7,000 Canapes for the **Gala Preview Evening**. Can you make a few?

If you can help with any of these please contact -

Stewarding/Helpers – Jenny Willson - 07835 077 482

Cakes - Laura Robinson 01206 250387 or email laura@guesswhere.co.uk

Canapes – Rov Tovell 01206 251492 or ros.tovell@btinternet.com

Gala Invitation or anything else - Nigel Dyson 01206 250622 or email nigel@garden-shows.com



**Community Library
at The Cross**



**The Post Office
at
The Cross**

In our programme for 2019 the month of March was planned to be a "Members' Meeting". A Members' Meeting is designed to give our hardworking President and Committee a well deserved rest for the evening. Unfortunately, due to many administrative changes during this year arrangements for this evening were delayed and not organised.

However, despite low numbers for the evening we were to experience a most enjoyable two hours of fun, friendship and good company.

Our wonderful committee came to the rescue and organised a very light hearted programme for the evening. We began first of all with business matters, looking at calendar dates for the coming months, invitations to neighbouring WIs and groups, resolutions and votes for trustees. Listening to reports of activities which run within our WI including our most recent group "Darts Divas" who won their last match against Great Horkesley and are now in the Quarter Finals for Essex. We were pleased to welcome their organiser, Jane, to her first visit to our monthly meeting and she gave us an update on their progress.

Following delicious refreshments organised and served by two of our newer members, Gill and Julie, we were entertained by playing the traditional game of "Beetle" organised by Wendy and Merriel. Although only a small group of players, the games quickly became very competitive and the click, click of the die and the excitement of getting a six for a body, five for a head gained momentum etc, etc. Well done Jean who scored the most points and won a most beautiful Azalea presented by Merriel.

What a simply fantastic evening, much laughter and friendship, time to talk and get to know one another especially Jane and Bridget who we welcomed for the first time.

Thank you to all those who came and made it such a lovely meeting.

All are welcome on April 3rd to our meeting all about the Dedham/Lavenham Cloth Trade, 7.30pm at the Village Hall. Competition is a cloth cap.

May 1st is our A.G.M. when Committee Members and President are elected. Please join us for an entertaining meeting followed by a Ploughman's Supper with wine.

Jenny Nicholls





SEVEN RIVERS CHESHIRE HOME

Happy Easter, A period of new beginnings. I have spoken a lot about how our residents must start again when they come into our home due to illness or accidents. I will talk about something different.

One of our overseas volunteers has become involved in our raised garden, this was set up a few years ago in one of our court yards. She has been busy setting seed ready to go out, we found a part of the home that is used very little and this has made a nice green house to bring all the seedlings on, and has involved some of our residents. While not all are able to help set the seeds they will all enjoy the produce from the plant when it comes to harvest time.

Our second overseas volunteer has been working hard on our Facebook page. So, for the most up to date information why not take a look at, Seven Rivers Care Home – Leonard Cheshire or sevenriversLCD

And my new beginnings? I've just returned to work after having 2 weeks off. It was nice to have time to do the normally boring things like house work and ironing. But not so nice to come back and catch up on two weeks' work, just imagine the emails!

Just to remind you all about this year's fun dog show on SATURDAY 11 MAY. We have two new judges who have been judging dog shows for many years, and new classes for your dog to enter including a class for dog just from Great Bromley. We have also dedicated classes for older dogs and rescue dogs.

If you would like to join in the fun you can pre-register your dog from Monday 6 May at Elizabeth.barrenger@leonardcheshire.org or pop into the home from Tuesday 7 May, on the day from 11.30am. Judging will start at 1.00pm. We have a few stall vacancies if you are interested it this also.

Sorry must go, so take care
Liz



ST HELENA HOSPICE

Colchester's biggest party returns this May!

St Helena's Midnight Walk, returns this May with a tropical Hawaiian theme and two brand new routes - and registration is open.

The Midnight Walk will take place on Saturday 11th May, starting and finishing at Severalls Business Park, Colchester, and once again, men are also invited along with women and children aged 11 and over to take part.

This year there are two new routes to choose from: either 4.5 miles or 9 miles, both of which will allow you to show off your grass skirts and Hawaiian shirts as you walk through Colchester. Along the route there will be Hawaiian themed entertainment, refreshment stops, and a memory stop where you can remember a loved one and hang a personalised message on our dedicated memory tree.

Lisa Chenery, St Helena's Events Fundraiser, added: "We are so excited for the return of our Midnight Walk and we cannot wait to see all the hundreds of men, women and children dressed up to the nines in their tropical fancy dress, all coming together for one epic night to support St Helena.

"The atmosphere is always incredible on the night and we hope to see lots of familiar faces as well as new ones joining us to make some special memories, not only for themselves as a walker, but for the people supported by St Helena who face incurable illness and bereavement. So whether you're looking for a fun night out with your family, friends or colleagues; want to walk in memory of a loved one, or are just looking for a walking event with a difference, sign up now – we would love to see you there."

To sign up now, visit sthelena.org.uk/midnightwalk

COFFEE BREAK NUTRITION with Suzanne Abbott

All about 'Junk Food'

An interesting documentary caught my eye last month. It was an experiment

In which scientists wanted to find out how our bodies react to a constant junk food diet. The experiment lasted just 21 days with interesting outcomes.

Six well known people took part in this trial: The singer Peter Andre, The Chase mastermind and barrister Shaun Wallace, the MP Nadine Dorries, actress Hayley Tamaddon, Olympian Tessa Sanderson and TV personality Hugo Taylor.

They were split into 3 groups of 2. Each couple had to eat just one type of food for the first week.

Group 1 had to eat burger and chips at every meal, group 2 ate fried chicken and chips and the third group had to eat pizza at every meal. The groups then swapped over eating the different food for the next 2 weeks.

The diet was high in bad fat, too much salt and sugar. This type of diet meant that the participants were eating 50% more calories per day than they should have been.

Some developed intestinal problems like constipation and bloating, sleep problems, high blood pressure, bad indigestion and headaches.

The scientists found that eating junk food also affects the brain. Nadine Dorries became aware of being noticeably more forgetful.

During the second week of the trial Hugo Taylor dropped out as he couldn't eat another mouthful of junk food. It affected him psychologically.

Tessa Sanderson, a fit athlete, had to abandon the trial as her blood pressure shot up to 190/100, which meant she could have had a stroke at any time. Her heart rate went up as well as the bad fats in her blood. Fast food was taking its toll!

The last victim to drop out of the trial was Hayley Tamaddon who, even before the trial, was suffering with IBS – Irritable bowel syndrome. The junk food just exacerbated her condition and she developed IBD – irritable bowel disease. The inflammation in the gut got a lot worse and this can

irreversibly damage the gut wall. Therefore the team decided it would be best if she stopped the trial immediately.

Peter Andre had put on 3.4 kg in weight but he didn't look fat. In fact, this kind of weight gain is the most dangerous. The fat accumulates around the internal organs; the heart, the liver, the intestines etc. It's called visceral fat and it puts a lot of strain on the organs. It's dangerous because we cannot see it.

At the end of this experiment everyone was shocked to see how a junk food diet affected the body just over a very short period of time.

It is a known fact that the UK is hooked on junk food – takeaways, pizza, fish & chips, burger & chips and other processed foods.

Apparently, most teenagers nowadays eat fast food. Some as often as twice a day. This is a worrying statistic because this type of diet will bring with it the chronic diseases that will show their ugly face a lot earlier than these children think possible – Diabetes, heart disease, IBS, cancer and also dementia to name but a few.

Of course it's absolutely fine to have a takeaway now and then, but to live on it day -in, every day is a recipe for a trip to an early grave.

The trial showed that eating processed food regularly will cause a huge amount of invisible damage in a devastatingly short space of time.

The only way around it is to eat a good healthy diet, which means eating loads of vegetables, good quality meat and fish and maybe have the odd takeaway meal now and then.

Best of health!

Suzanne

Naturopathic Nutritionist

2019 EVENTS

APRIL

- 3 WI meeting, Dedham/Lavenham Cloth Trade, Village Hall, 7.30pm
- 6 Barn Dance, Village Hall, 7.30pm
Hadleigh Choral Society, Hadleigh church, 7.30pm
- 7 Dedham Footpath group, opposite Ardleigh church, 10.30am
- 8 Coffee with Cops, McDonalds, Harwich, 10.00am
- 10 Gt Bromley parish council meeting, Village Hall, 7.30pm
- 13 Clacton Choral, St James' Church, Clacton, 7.30pm
- 28 Running into the Graveyard 2019 10K Run
- 29 Road Rally

MAY

- 3 WI AGM, Village Hall, 7.30pm
- 5 Dedham Footpath Group meet Manningtree Coop Car park, 10.30am
- 8 Gt Bromley parish council meeting incl AGM & Annual Parish Assembly, Village Hall, 7.30pm
- 9 Quiz, The Cross Inn
- 11 Plant Sale, Village Hall, 10.00am
Dog Show, Seven Rivers, from 12pm
Midnight Walk, St Helena Hospice
- 15 Village Hall AGM, Village Hall
- 16 Friendship Club, Village Hall, 2.00pm
Lt Bromley parish council meeting (comprising AGM, Parish Assembly & Council meeting), The Haywain, 7.00pm
- 31 May-2June Little Bentley Hall Waterways & Garden Show

JUNE

- 5 WI meeting, Savoury Nibbles Demo, Village Hall, 7.30pm
- 20 Friendship Club, Village Hall, 2.00pm
- 28-30, 1 July Gt Bromley Church Flower Festival
- 30 Service followed by Benefice BBQ, Gt Bromley church

JULY



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.

Dedham Footpath 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@gmail.com

Running into the Graveyard 2019 10k RUN

14th April
From Little Bromley church
For more details contact
Roly Knott 01206393787.



Monday 8th April 10.00am-12 noon
McDonalds, Harwich, Essex

Quiz Night

at the Cross Inn Community Pub
on Thursday 9th May
In aid of Village Hall funds

Plant Sale

Saturday 11th May
10 am - 12 midday
Great Bromley Village
Hall



Dog Show

Saturday 11 May
Seven Rivers Cheshire
Home



Registration from 12 noon

If you are interested in having a stall
please phone (01206230345) Liz ASAP.

St Helena Hospice The Midnight Walk

Saturday 11th May
starting and finishing at
Severalls Business Park, Colchester
See page for more details

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.

1. Our April 2019 walk will be on Sunday 7
April at 10.30 am.

Meet the free public car park on the A137
immediately opposite Ardleigh church for a
4-5 mile walk.

2. Our May 2019 walk will be on Sunday 5
May at 10.30am.

Meet at Manningtree Coop Car Park for a 4
-5 mile walk across fields and through
bluebell woods.

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

Hadleigh Choral Society

J S Bach - St John Passion
St Mary's Church, Hadleigh
Saturday 6 April at 7.30 p.m.
TICKETS: £14 (under-25: free)
www.hadleighchoralsociety.org.uk

Little Bentley Hall Waterways & Garden Show

31st May - 2nd June 2019

See page 11 for more details

CHARITY CYCLE RIDE

Essex & Herts Air Ambulance Colne Valley

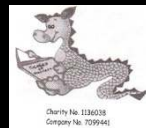
Sunday 28th April 2019 Earls Colne
Business Park, Colchester, CO6 2NS
For more information and to register today
visit ehaat.org/cvcr
or call us on 0345 2417 690
Help raise vital funds for your local life-
saving Charity by joining Essex & Herts Air
Ambulance on the unmissable Colne
Valley Cycle Ride.

Four routes to choose from: an 80, 50 or
20 mile route or a 3 mile family ride.

Little Dragons Pre-School - Great Bromley & Frating

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

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



OFSTED INSPECTED OUTSTANDING **BREAKFAST AND AFTER SCHOOL** **CLUBS- PLACES AVAILABLE**

Tel: 01206 231823/ 07857 503103

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.

Thank you to everyone who dropped off their unwanted clothes for recycling in February – the collection raised £137.50 which this year we will be splitting with 'Clacton Relay for Life'.

On March 7th we celebrated 'World Book Day' by dressing up as our favourite characters, children and staff all looked great. We also had a role play library for the week and lots of story related activities. One of our parents even dressed up as 'stick man', which caused lots of excitement, and came to read us the story.

With spring on the horizon we have been looking at new growth and the changes happening around us, creating some lovely daffodil pictures for our display. Indoors we have planted herbs and cress for our windowsill and the children have also been involved in planning which vegetables and flowers they would like to grow in our sensory garden this year.

The children have been very busy and creative making Mother's Day cards and gifts and also getting ready for Easter. On Friday 5th April we will be taking part in the 'Silly Sock Day to raise money for Autism Anglia.

FUNDRAISING:-

Upcoming events – make a note in your diary.

SUMMER FAYRE -Saturday 15th June –
details to follow

Please help us to collect:

Biscuit wrappers (sweet and savoury)/ 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:

Friday 5th April – Last day of term and Silly Sock Day

Monday 8th April – Easter Holiday

Tuesday 23rd April - Preschool reopens

Monday 6th May – Family Week

Saturday 15th June – Summer Fayre

GT BROMLEY & DISTRICT CRICKET CLUB



100 Club Winners

February winners

1st - Mr B. Fuller

2nd - Ms V. Law

3rd - Mr P. Wareing

FRIENDSHIP CLUB

Many members were absent from our February meeting due to ill health. So far our plea for new members has not produced any response, but we hope some will be forthcoming in the coming months.

The Bring and Buy stall did well last month and the Quiz was enjoyed by all.

Our entertainment for the afternoon was supplied by Mr. Pritchard who sang a variety of melodies old and new after which tea and delicious cakes were enjoyed by all.

Speaker and competition for the April meeting to be announced.

Sylvia Ward

Glorious Music for Easter from Clacton Choral

Clacton Choral is crossing the sea for Easter, with a wonderful variety of choral, solo and instrumental pieces by French composers Gounod and Fauré, and Franck from neighbouring Belgium. All the music has a serene and simple beauty, perfect for Easter.

Musical Director Gilli Dulieu has chosen a mix of familiar pieces and new delights: Franck's Psalm 150
Franck's 'Panis Angelicus' is next, in a wonderful arrangement by Wolfgang Hochstein.

Gounod's 1855 'St Cecilia Mass', 'Ave Maria' and 'O Divine Redeemer'

Fauré: 'Cantique de Jean Racine' arranged for choir, harp and cello by local musician,

Peter Kenvyn Jones.

Fauré's 'Maria Mater Gratie'; and the much-loved instrumental piece 'Sicilienne' is followed by the famous 'Pie Jesu' and 'Libera Me' solos from his Requiem.

Soloists will be Meriel Barclay (harp); Melanie Woodcock (cello) Stephen Smith (organ); Laura Pooley (soprano); Daniel Joy (tenor) and Peter Grevatt (baritone). The concert, on Saturday 13th April 2019, takes place in St James' Church (Tower Road, Clacton CO15 1DA) It begins at 7.30pm, and tickets are £10 including programme, available by phoning 01255 221511 or emailing debbietccs@gmail.com.



Great Bentley Surgery

This month's newsletter is dedicated to a section of the blog I've been serialising as this particular bit is on the long side, but I think very important for patients to know. Before I worked in general practice I didn't have a clue this is how most practices worked:

"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 serialising this blog with Dr Griffiths's permission and share its contents with our patients and numbers two and three are below. You can read the full blog online here: <https://bit.ly/2GHljRt>

6 Your Doctor is self-employed

- Did you know this? Why does it matter? GP partners own the business of the practice and are 'independent contractors' to the NHS. Many members of staff at the surgery, including some of the doctors, will be employed, but by the surgery not by "the NHS"; This has a number of implications:
 - Firstly, your GP receives a set amount of money per patient per year to provide all of their care. It doesn't matter whether you see your GP every week all year, or don't attend for 5 years; your GP gets the same amount of money for looking after you. You must not think that by seeing your GP you are 'doing them a favour' by bringing in money for your attendance! The amount of money your GP earns varies from practice to practice (they are all individual small businesses) but the average is around £140 per patient per year. This is really good value (less than 40p per patient per day), particularly when you consider this is the money the practice receives to provide all the services and pay all the staff including the doctors.
 - Secondly, this means that your doctor's surgery is contracted to provide certain

things, and not others. It's worth remembering this as this is why you will sometimes be asked to pay for things. In simple terms your GP is contracted to provide medical care, but not to do things outside of this such as the multitude of letters they are asked to sign. If ANYONE asks you to "get a note from your doctor", you should really question this before heading off to the surgery. Many of these requests are unnecessary and just seek to move a perceived risk from one person to the doctor, who may not be in a position to carry that risk.

- The payment GPs receive is not affected directly by referrals or prescribing – the costs for this are in a separate budget. If your GP decides to prescribe an expensive medicine for you they are not paying for it themselves. People often think that GPs switch medicines to cheaper ones in order to personally benefit financially. NOT TRUE! They are doing this to help the NHS budget as a whole, which I would hope we would all be in support of.
- Despite what The Sun might tell you, your doctor does not earn £700k per year (unless your GP happens to be the sole one in the country that does ...)

The next meeting of the Patient Participation Group will take place at 6.30pm on Thursday 18th April 2019 at the Great Bentley Village Hall.

Richard P Miller – Practice Manager



STOUR VALLEY MEN'S PROBUS CLUB

Recent Meetings

Brian Wills presented a lecture of particular local interest on Wednesday 6 March when he spoke about "Constable and his Paintings" and we held our Annual General Meeting on Wednesday 20 March.

Future Meetings

On 3 April Chris Parfitt will introduce us to the "Bhutan, Land of The Thunder Dragon" and David Ablewhite will return again and this time present "The Horrible Hanoverians" on 17 April.

Francis Boardman will talk about "Son Of A Gun - Woman in Nelson's Navy" on Wednesday 1 May and on 15 May Bill Roberts will recall "Memoirs Of An Armed Protection Officer"

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.

LITTLE BROMLEY PARISH COUNCIL

Email: littlebromleypc@gmail.com

County Broadband held a meeting at The Haywain last month to discuss their proposal to put Superfast Broadband in the Village. As we published in last month's Messenger, OpenReach is currently working to install Broadband into most of the Village (with Fibre to the Premises connection - FTTP). The Council has been advised that the OpenReach network will be available from July 2019 onwards. We are trying to ascertain whether this will change if County Broadband install their Broadband network, due to the EU Directive in place as previously mentioned. The Council understands that the OpenReach network will support the delivery of Broadband from different suppliers, giving residents choice of packages and costs.

If anyone needs to discuss this further, then please email the Council. This is a hot topic for the Village and the Council will continue to report any updates or changes through "The Messenger".

The Council has been contacted by a few residents regarding the continued problem of lorries using the Village as a cut through from the Lawford Green site. The Council will be writing to Rose Builders again to ask that this is addressed.

We have again asked Highways at their last meeting to consider the 30mph request along Bentley Road so hopefully we will have an answer for the next meeting.

The next meeting of the Council will be held on 16th May at 7.00 pm at The Haywain. This will consist of 3 meetings, the AGM, the Parish Assembly and the normal Council meeting.

Past Meetings

Toni Neobard & Kate Broad, family historians and authors presented "For Better or Far Worse" on 13 March. This was a light-hearted look at marriage and relationships through the eyes of Victorians. What happened if they didn't marry and what if you did but were not happy with your choice? It was a glimpse at bizarre goings-on showing wedded bliss wasn't always so!

On Wednesday 20 March our first Member's Quiz Night took place at in The Constable Hall. This event was much enjoyed by all present who thanked the organiser June Escott.

Future Meetings & Diary Dates

On 10 April the popular speaker Mark Mitchels will talk to us on "The Genius of Charles Dickens". Dickens rose to become a great novelist by sheer talent and determination. He worked a self-imposed schedule that never relaxed and in the end he probably brought about his early death. But the novels survive, to be rediscovered by each generation. What sort of man was he? His genius is astonishing and this talk uses biography and extracts from his books to re-create the man and his achievements.

Our speaker on 8 May is Dr Helen Geake, National Finds Adviser, Portable Antiquities Scheme. She will talk about local finds recorded by PAS, archaeology found by the public. She will explain what to do if you find an historic artefact whilst gardening, beachcombing or walking the dog. This talk look at how archaeologists reconstruct items and will include details of local finds. Dr Stephen Ashworth, Senior Lecturer at UEA will talk on "Lies, Damned Lies & Statistics" on 12 June. How good are we at intuitively judging probabilities? Should everyone be able to earn more than the average wage Is it a scandal that doctors/ dentists/academics are below the national average? An excursion into statistics & probabilities, which is hoped, will encourage critical consideration of the statistics with which we are bombarded every day.

Each month, the Coffee Grinders 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 26 April.

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 our membership secretary Val Pretty 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, for safety reasons, due the halls limited capacity.

Remember

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

**THE DEBBIE MILLAR
SCHOOL OF DANCE**
CLASSICAL BALLET · TAP · MODERN THEATRE · DISCO

The Debbie Millar School of Dance is once again presenting its annual show at the West Cliff Theatre in Clacton on Sea.

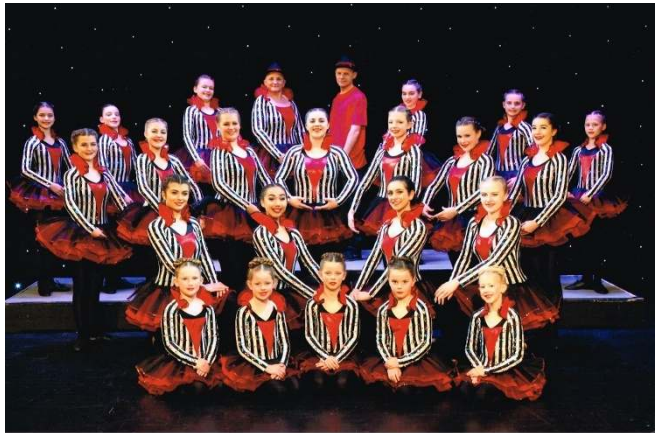
This year's show from the Lawford based dance school is entitled "A Visit to the Musicals" and as the name suggests, features dance routines from a wide range of popular musicals from both stage and screen.

Students from eighteen months old to eighteen years old will perform dances from a number of genre including Classical Ballet, Tap, Jazz, Modern and Disco Freestyle with a touch of Musical Theatre as well. The adult classes will also be making their contribution.

As in previous years, the Debbie Millar School of Dance likes to support local charities out of the show proceeds with recent recipients including the East Anglian Children's Hospice, the Children's Ward at Colchester General Hospital and the Essex and Herts Air Ambulance.

This year the chosen charity is Ipswich based "Fresh Starts - new beginnings" which was set up to provide a therapeutic service for children and young people up to 21 years who have reported being sexually abused and to offer support for their families.

There are two performances of the show, Saturday 4th May at 6.00pm and Sunday 5th May at 2.30pm. Tickets available from the Box Office on 01255 433344 or via the website www.westcliffclacton.co.uk



FROM THE RECTORY

Cornerstone, Stone Age, Harry Potter and the Philosopher's Stone, Gallstones, Stonehenge and The Rolling Stones. If you're asked to think of a stone it's far more likely that one of these will spring to mind rather than the much duller dictionary definition of 'a hard solid non-metallic mineral matter of which rock is made'.

More than fifty years after its first broadcast, the Hanna-Barbera animated sitcom The Flintstones still regularly tops polls among viewers asked about their favourite cartoons. The juxtaposition of primitive technology into mid-twentieth century American suburbs was a ratings winner, although how stone tyres on a stone car could get a puncture was never satisfactorily explained!

Whether it's the main crux of an argument, an alchemist's dream or a painful medical complaint, the use of 'stone' as part of a description often affixes a quality of strength and toughness to whatever it describes.

There is another stone that lies right at the heart of the story of the first Easter.

The bible tells us how following his arrest and sham trial, Jesus was crucified just outside Jerusalem, at a place called Golgotha, which in Aramaic means 'the place of the skull'. His body was taken down from where he's been executed and laid in a tomb. In Matthew's gospel, we read how a rich man from Arimathea arranged for a large stone to be placed in front of the entrance to the tomb to seal it.

And there the stone stayed, until on the first Easter Sunday two of Jesus' closest friends arrived at the place where he had been buried to find that it had been rolled away and Jesus' body was gone. Over the course of the following days and weeks hundreds of people met Jesus, very much alive.

For Christians, Easter is the most important day of the year. Yes, we remember the birth of Jesus at Christmas, and rightly so. But on Easter Sunday, which one songwriter

has described as 'the greatest day in history', we celebrate the amazing resurrection of Jesus. Death is no longer something set in stone.

Happy Easter!

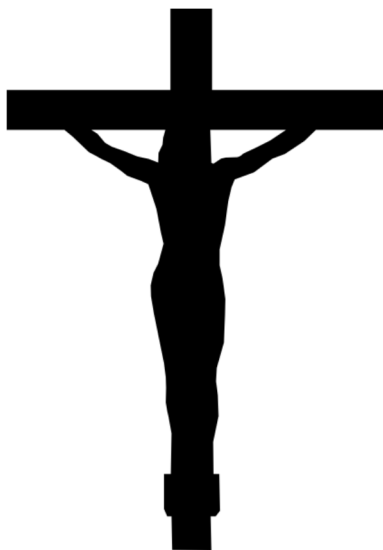
Simon

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

01206 392659

www.lawfordchurch.co.uk

'Loving God. Living Life.'



ST. GEORGE THE MARTYR, GREAT BROMLEY



Services for April

St George's Church, Great Bromley

Welcome to our services

- April 7th** **Lent 5 (Passion Sunday)**
9.15am Holy Communion (BCP) with hymns
10.30am Annual Parish Meeting (coffee from 10.15am)
- April 14th** **Palm Sunday**
10.30am Parish Eucharist (CW1)
- April 18th** **Maundy Thursday**
7.30pm Holy Communion at St Mary's Lawford
- April 19th** **Good Friday**
2.00pm Hour at the Cross
- April 21st** **Easter Day**
9.15am Holy Communion with hymns
- April 28th** **Easter 2 (First Sunday after Easter)**
10.30am Parish Eucharist (CW1)
6.30pm Evensong (BCP) with choir

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***

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

**Friday, 3rd May
12 noon.**

All welcome to join us at 12 noon.
All welcome.

