

The Messenger

The Magazine of the
villages of Great &
Little Bromley

October 2019

Vol: 3 No: 10



CELEBRATION OF 10K RUN LT BROMLEY

Helpers and sponsors of this year's race were celebrating the success of the event at St. Mary's Church Lt. Bromley. As the day was cool and breezy we retreated into the church for a light snack and a glass of wine. Approximately 50 people attended for a pleasant social occasion. William Marshall gave a brief account of the race and some interesting statistics.

On the day the weather was perfect for runners but the course Records from 2016 still remain. The race continues to be well supported, 548 runners completing the race this year. Eighty people helped to make this

a success by sponsorship, directing cars, marshalling and many more tasks. The profit from this year was £4480 making the total over the four years of £12,000.

Whilst some of this money has been used for fence repairs and tree surgery there is now a lump sum that will go towards the installation of a permanent toilet. William is driving this project with as much haste as the authorities will allow.

The race next year will be held on April 19th.

Roly

THE FIRST PAGE

What a glorious summer weatherwise it has been and I hope you all enjoyed them. I certainly did having, at one time or another, all the grandchildren here to stay. One of them, especially, is now looking forward to Hallowe'en. He tells me that he is dressing up as a zombie (he has a very good zombie walk) his mother is to be an alien and his father a vampire. I am to be a witch! He is three years old - where does he get his ideas from?

Over the holidays we visited Jimmy's Farm which



was much enjoyed. We saw lots of animals, birds, butterflies and also went on the woodland walk where you can build dens from wood lying around.

There are also prehistoric creatures to be found. I especially liked the sabre

toothed tiger. Detouring for a play in the play area I went for the first time ever with young grandson on a bouncy thing. I was doing very well and we were having a lovely bounce until I lost my balance - I decided to call it a day before I did any damage!

The diary of events for the villages is pretty full with lots to see, do and support. Please, when you send in your report do, if you can, include a photograph or two. I will fit in whatever I can and it may even be on the front cover!

I have decided, after much thought, that I shall retire from being your Editor by next May latest. I took on the editorship in May 1993 - 26 years ago! - and feel the time has come for someone else to take over. Please think about it and volunteer. You will need IT skills and a good couple of evenings a month to put the magazine together, you will get to know a good many people from the villages and definitely all that is going on! If you would like to know more do please get in touch either by phone or email. I look forward to hearing from you soon.

Leonie

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

14th OCTOBER 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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PLEASE SUPPORT OUR SPONSORS & ADVERTISERS

REMEMBRANCE SUNDAY

Any group or individual who wishes to purchase a poppy wreath can do so by contacting Mr Eugene Horgan direct on 07939 086034 or by email at eugene.horgan@btinternet.com
Please place your orders as soon as possible

KITCHEN CORNER

At this time of year, courgettes suddenly become enormous overnight, and friends and neighbours shower you with an overabundance of marrows. Here's a tasty recipe to make a meal of them

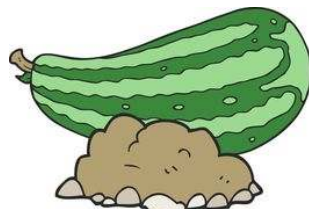
Stuffed Marrow

1 small vegetable marrow or large courgette.
4oz minced cooked meat
3 mushrooms
1 tsp chopped parsley
1 oz breadcrumbs
1/2 oz butter or lard
1 egg yolk
1/2 oz butter
salt, pepper
White sauce to serve.

Peel the marrow and remove a small slice from one end. Scoop out the centre and seeds. Fry the chopped mushrooms lightly in the butter, as remaining ingredients. Bind the mixture with the egg yolk and season with salt and pepper. Stuff the marrow and place in an oven dish with a little melted fat. Cover with greased paper and bake in 180° oven for 40 minutes, basting occasionally. When tender, baste with juices, dredge with flour and put in the top shelf of the oven or grill to brown about 5 minutes.

Serve with white sauce.

Jill Frostick



© Can Stock Photo



VILLAGE HALL TRUSTEES

The main Christmas fundraising event this year is a Christmas

Market, to be held on Saturday 16th November from 10am to 2pm. Entry is free and there will be a wide range of stalls present selling handmade and other festive goods. There will also be a restaurant offering a selection of food and drinks. The annual Grand Christmas Draw will take place during the event.

Grand Draw tickets are available now from management



committee members and will also be on sale at various local events during October and November and at the Christmas Market. All profits from the Draw will go to village hall funds.

There are still vacancies on the management committee for anyone wishing to play a role in managing the village hall. A volunteer with an interest in marketing and maintaining the profile of the hall on social media would be particularly welcome.

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

Cantilena Cellos at Little Bromley Church

On Saturday, 31st August at 12.30pm we opened the doors of St. Mary's church, Little Bromley to around 45 visitors (and a dog) armed with packed lunches, they were looking forward to an enjoyable lunchtime filled with music.

With tea, coffee and cake available everyone settled into the pews. Shortly afterwards, the Cantilena Cellos, a group formed in 2014 started to perform. The performers; Melanie di Benga, Sue Bowerman, Rachel Fulcher and Mickey McBurnie began. 'The Trumpet Tune' by Purcell was the first item played and preceded a varied programme introduced by Gregory Frostick. The Lennon / McCartney 'When I'm 64', was a real toe tapper.

At the end Gregory thanked everyone for coming and gave a small token to each member of the Cantilena Cellos. They then

very kindly obeyed the encore shouts and played for a little longer. £156 was raised for the church.

It was a very enjoyable get together and thanks went to the flower arrangers, the cake makers and all those who came and enjoyed.

Our next event is another lunchtime do with the **Anglia Baroque**. It is on the **9th October at 1pm**. Please look for details but remember to bring your own **packed lunch**.

Carol Cordwell

COFFEE BREAK NUTRITION with Suzanne Abbott

European travels

Owing to our road trip to Italy during August I was unable to write the article for the September issue

As I wondered what to write this month I decided to share some of the experiences we encountered along the way. The drive through some of the European countries was very interesting. On the way down we travelled through Belgium, then meandered through some beautiful countryside when not keeping to the motorways. We decided to take the scenic route through the Alsace wine region in France. A lovely drive through pretty villages, stopping for lunch at the picturesque town of Ribeauville where we had a delicious lunch in a pleasant restaurant. The town is famous for the number of storks that reside there. The locals have even built specially strengthened supports for the stork's nests that are precariously positioned on very steep apexes of roofs. Fascinating!

Our next stop for our overnight stay took us through Switzerland towards the Italian border at Lake Lugano. We found a lovely tiny hamlet with a handful of B&Bs, a hotel and a bank. Being in the middle of the high season we were surprised to find a roomy apartment in the first B&B we pulled into. We had a fabulous view overlooking the lake with a restaurant below. A real bonus for only 100Euro per night, including breakfast. A delicious meal to end our long drive that day.

We then travelled on motorways through Italy arriving at our destination. The food in Italy is very good, almost wherever you go. There are many restaurants and even the motorway services have freshly prepared paninis or cooked food and the coffee they serve is first class; a standard in Italy. They love their coffee!

On the way back we couldn't meander as we did on the way down to Italy so we had to take a number of stops in motorway

services. As I said, Italy is not too bad in comparison to the UK service stations. However, when we stopped at some of the other services in Switzerland, France, Luxembourg and Belgium, it was a different matter.

Most of these so called 'services' have just a skeleton staff to take your money. Coffee is usually from automated tea/coffee machines that churn out less than palatable drinks they call coffee/tea.

All 'food' at the 'services' was plastic wrapped. I would say that most of the 'food' was highly processed from drinks to sandwiches and snacks. There wasn't a choice of healthy alternatives. But, as there was nothing else, we had to go along with what was available.

However, it's when you arrive at Dunkerque port that the reality of what's to come (automation) in the future hits you. The Dunkerque car port terminal, which used to be the Hovercraft port, is nothing like what it used to be. A few years back there was the duty free shop, a number of restaurants and coffee shops for travellers to relax before boarding the ferry/Hovercraft. Now the building is empty except for a handful of food dispensing machines (processed sandwiches & drinks) and a microwave to warm up baby food. And that's it! It's absolutely appalling!

The terminal belongs to DFDS and I suppose they don't want you to spend your money in the port. They want to feed you on board of the ferry and spend your money in Duty-free too.

Next time we'll have to go back to doing what we used to do in the 'good old days'. Take food with us in the cool box for the whole journey and not rely on someone else to feed us proper food. Other than that we had a brilliant time and we'll do it again.

Suzanne
Naturopathic Nutritionist

THE 2020 BROMLEYS CALENDAR

The Bromleys' 2020 Wall Calendar is now complete and on sale. It offers a beautiful selection of photographs of Great and Little Bromley taken by local amateur photographers and reflecting the local community.

Available at The Cross Inn, The Courthouse, The Haywain, Deans Nursery, Swiss Farm, Becky's Butchers, and a couple of other outlets to be confirmed. However any problems please contact Bromleys2020calendar@gmail.com or 07973166820 (Gill).

The winning photograph was taken by none other than Becky Wood of Becky's Butchers, who has won a super trip with The River Stour Trust running between Dedham and Flatford (<https://www.riverstourtrust.org>).

We wish to thank Great Bromley Parish Council and all our sponsors who have made this venture possible.

The A3 sized Calendar is **ONLY £5** and **ALL** proceeds for Leonard Cheshire Seven Rivers and Essex Wildlife Trust. Brilliant Christmas present!!

(The Bromleys' 2020 Calendar Committee)


THE FINALISTS ARE (independent Camera Club Judge):-

- January - Snow in Chequers Road Little Bromley BY Eleth Mageehan
- February - Stacies Farm Little Bromley BY Samantha Amber
- March - Sunset over Primrose Farm Great Bromley BY Kelly Buckingham-Garcia
- April- Sunset over St Georges Church Great Bromley BY Terry Shelton
- MAY - Pond Corner Great Bromley BY David Edwards
- June - Sunset over Little Bromley BY James Lodge
- July - Sunflower in Field Great Bromley BY Terry Shelton

- August - St Marys Church Little Bromley BY David Edwards
- September - Clouds over Carringtons Field BY David Edwards
- October - Rear of St George's Church Great Bromley BY Patsy Leach
- November - War Memorial Great Bromley BY Melanie Thomas
- THIRD December - Sheep in Winter Great Bromley BY Rebecca Wood
- FIRST Front - Red Arrows over St Georges Church Great Bromley BY Hugh Frostick
- Highly Commended:**
- Cheshire Home BY David Edwards
- David Edwards Early Dog Walkers Briar Road BY David Edwards
- Great Bromley Church BY David Mead

2020













The Bromleys' Wall Calendar



The Bromleys' Calendar photographs have been taken with the cooperation of Great and Little Bromley reflecting our interesting, colourful and ever-changing landscape of the year. It has been made possible through the generous donations made by Great Bromley Parish Council & business sponsors.

All proceeds will be donated to Cheshire Home Seven Rivers & Essex Wildlife Trust.

The 2020 Bromleys' Wall Calendar

Great Bromley and Little Bromley are villages and parishes in the Tendring district of North Essex. The name 'Bromley' is believed to mean 'Broom, clearing' and originates from Bromley as noted in the Domesday Book of 1086. The parishes have had several different parishes and parishes since then. The double barrow has 'not' and 'large tower' is widely considered to be one of the best churches in North Essex.

In Little Bromley, the Anglican Church of St. Mary the Virgin is no longer used for regular worship and is in the care of the Cheshire Conservation Trust. This delightful country church is surrounded on all sides by 400 ft walls. The name is Norman, the church is from around 1100 and the tower dates from a somewhat earlier, but earlier glass windows commemorate the married King Charles I and AnneBoleyn and.

We hope you enjoy this little snapshot of our villages as much as we did in compiling this contribution for the community.

The Bromleys' Calendar Committee
Bromleys2020calendar@gmail.com



SEVEN RIVERS CHESHIRE HOME

Hi Everyone,

The summer has now passed, all the children are back at school and the shops are telling / encouraging us to spend, spend, spend for Christmas. But lots of nice things will be happening before we reach 25 December. Some of us look forward to Harvest Suppers, Bonfire night, Christmas markets and fairs. All these things hold memories for us all. Those of us of a certain age will remember always having to sing All things Bright and Beautiful and We Plough The Fields and Scatter, at every school assemble every year for Harvest. Having a few fireworks in the garden no big organised displays like these days. I remember one year my dad who died nearly 40 years ago now, lit the bonfire which got so high the trees in our, and our neighbour's, garden caught light, and my mum went mad at him. The memory makes me smile every bonfire night. Autumn / Christmas fairs getting every thing set up and hoping someone will arrive.

We all have our own memories of this time between summer and Christmas yet the shops go from summer to Christmas in a blink of an eye. Memories are good and sometimes sad but we need to hang on to them. This helps us in the bad times, as when times are bad you can feel very lonely. We spend time talking to our

residents as the saying goes, 'you can feel isolated in a room full of people'. We encourage them to bring their own stories about what has happened to them during the time before they found themselves living with us. The activities that happen within the home on a daily basis help with all kinds of memories. On a Wednesday afternoon we have a volunteer who comes in and helps bake, making various cakes and pies, today she is making apple pie and the smell that is coming from the residents' kitchen is amazing. This will also bring conversation about how Mother, Nana, and other family members used to make their apple pie, or how to look after apple trees.

Just a couple of notes: on Thursday, 3 October there is an Autumn Fair being held in the Village Hall with all proceeds coming to Seven Rivers. The second thing is our bonfire night to be held on Friday 1 November, tickets on sale from Monday 21 October. You do get a good discount if you pop into the home and buy your ticket early, we will be selling them up to Friday 1st until 12 midday then all sale will be gate prices. Please see poster in this magazine and around the village.

Take care till next time
Liz x

THE DEDHAM EDUCATIONAL FOUNDATION

The Governors invite applications for residents in the Parishes of Ardleigh, Bradfield, Dedham, Great Bromley and Stratford St Mary for financial grants that are available in the following categories.

Secondary Schools and Sixth Form Colleges:

Applicants must be at least 12 years old on the 1 August of the year of application.

Universities and Colleges of Further Education:

Applicants must have lived in one, or more, of the five Parishes for at least two years prior to the application date.

For an application form or further details contact the Clerk to the Governors: Mrs Jean Flewin, Coppins, Crown Street, Dedham, Colchester CO7 6AT. Tel: 01206 322215.

Closing date for applications: 31.10.19

GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

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



Hamilton Lodge update – representatives from DRD Consulting Services Ltd attended our meeting in September to outline plans for the Hamilton Lodge site. Although no specific plans had been finalised, and no numbers of properties projected, it had been agreed that consultation with residents was important, and also the opportunity for residents to visit the site as part of an Open Day.

The overall vision was to create a quality development to celebrate the setting. For every tree that would need to be removed, three would be planted. The establishment of a village green was desirable, and there would be potential assistance with broadband infrastructure. It was suggested that a plaque to celebrate the history of the house would be a fitting tribute.

It was agreed the Open Day would be held on a Saturday morning, to be advised as soon as possible.

Library Services – a reminder that Great Bromley is very fortunate to have two Library services. ECC's Mobile Library visits Church Meadow every three weeks on a Thursday, from 9.45am to 10.15am.

The next dates are:

17 October 2019,
07 November 2019
28 November 2019
19 December 2019

(There is no service on Good Friday, Bank Holiday Mondays or during the Christmas period.)

There is also a Library provision at The Bromley Cross Hub every Wednesday morning between 10am to 12pm. ECC provide the books for this service and it is run by volunteers.

Our next meeting is on Wednesday 9th October at 7.30pm in the Village Hall – everyone is welcome.

Lizzie Ridout, Parish Clerk

Planning determinations

REFERENCE	PROPOSAL	LOCATION	DECISION
19/00915/FUL Mrs Sarah Curtis	Proposed annexe in garden of farmhouse, incorporating the conversion of the existing garage/former wash house.	Hazels, Carringtons Road, Great Bromley, CO7 7XA	Approval - Full 15.08.2019 Delegated Decision
19/01022/FUL Ms Sarah Gallaher	Proposed two storey extension, replacement of dilapidated sunroom and provision of garage and storage building.	Rose Cottage Manor Farm, Mary Lane North, Great Bromley CO7 7TU	Approval - Full 22.08.2019 Delegated Decision
19/01104/TPO Mrs Nicky Robinson	1 No. Horse Chestnut - fell	Badley Hall Farm Badley Hall Road Great Bromley CO7 7UU	Approval - Full 30.08.2019 Delegated Decision

Planning application

REFERENCE	PROPOSAL	LOCATION
19/01259/DETAIL Mr Gray	Reserved matters application for 2no. dwellings. Great Bromley Parish Council had no objection to the application.	Land at Frating Road Great Bromley, CO7 7JN

The Great Bromley Cross

More than a Pub...

Events October

****Every Friday Pub Food 6:30pm to 8:30pm**

Sat 5th The Duke Pizza Van from 6pm until 8:30pm. and Live music "Sammy B" Amy Winehouse tribute.

Thu 10th - Charity Quiz Night in aid of SOS Bus 8:00pm, book tables in advance, sandwiches at halftime £3pp.

Sat 12th Nam Nam Filipino Comfort Food. Served from the car park 6pm to 8.30pm.

Sun 13th Gt Bromley Cross Conker Championship Starting at 1pm Adults and Children £3pp trophies for the winners.

Wed 16th - Pamper Coffee morning. Pre book your treatment at the bar. Open from 10am to 1pm

Sat 19th - Johnny Mac's Fish & Chip Supper, Pre order by Wednesday at the bar from a condensed menu, Meals to arrive for 7:30pm.

Wed 23rd - Wear it Pink for Breast Cancer Coffee Morning as well as Autumn Craft Fair 10:00am until 1pm.

Thu 31st - Open Floor Music Night come and sing, play or listen! Hosted by Brenda Perry from 8:00pm. All welcome.

Opening Times

Wednesday 6pm - 9pm • Thursday - Friday 5pm - 11pm • Saturday 6pm - 11pm • Sunday 12 Noon - 3pm • Cafe/Post Office Wednesday 10am - Noon

info@greatbromleycross.co.uk
www.greatbromleycross.co.uk
Tel. 01206 621772

LITTLE BROMLEY PARISH COUNCIL

Email: littlebromleypc@gmail.com

The Council are pleased to welcome Stephen Sauka as our newest Councillor. We had several applications and we would like to thank everyone who applied for their interest.

Several residents have reported that they are now connected to the Superfast Broadband in the Village and are getting speeds in excess of 100mb which is amazing! Thanks once again to everyone who helped to get this up and running.

For information, the Tendring and Corbeau Rally which is due to be held on the weekend of 25th April next year will actually be a round of the 2020 British Rally Championships. The organisers are coming to the Council's September meeting to talk about this so we will have more information as to what impact this may have on the Village for the next Messenger.

The Council are pleased to announce that they are making an S137 grant for monies toward the Compositing toilet in the Church grounds. This will hopefully make future Village events a more comfortable affair!

The Remembrance Day service will be held on 10th November for a 10.45 a.m. start at the War Memorial.

The next meeting of the Council will be on 21st November, 7.30 pm at The Haywain.

Little Bromley Parish Council

ARDLEIGH DOCTORS' SURGERY

As the summer is drawing to a close and weather is turning colder it's that time of year again to book in for your annual flu jab.

For those eligible for the annual vaccination please phone the surgery to book

ARDLEIGH and DEDHAM

Tuesday 15th October 2pm to 6pm

For those working: **ARDLEIGH**

Saturday 19th October 10am to 12:30pm

We will be immunising the 2, 3 and 4 year olds against flu in the practice with the nasal spray and we will write to parents as soon as the centrally supplied NHS vaccine becomes available. Some primary school children may well receive the nasal spray immunisation at school.

Changes to Prescriptions

Please be aware, new regulation from the EU, called the "Falsified medicines Directive" require your prescription to be collected within 7 working days from the dispensary. The directive is to ensure further safety of medication, but will add additional administration to the dispensary team.

WHAT IT MEANS FOR YOU:

If you do not pick up your medication strictly within the 7 days, the items will need to be destroyed which will be a cost to the NHS and you would need to order again and wait two further working days for your medication to be dispensed again. Hence, it is really important, now more than ever, that medications ordered are picked up in a timely manner and must be collected within 7 days of ordering.

HRT Shortages

HRT shortages are nationwide and have been widely publicised in the media. This can mean different HRT types are going in and out of stock and the dispensary and GPs cannot know for sure what is in, or out of stock at any given time. Please be aware this may mean we have to switch your HRT to the next most similar and available type.

Car Park Ardleigh

We would like to remind you that the car park is for **Blue Badge Holders or Parents**

with children under 5 years old only.

There are only 3 parking spaces directly outside the Ardleigh surgery. Please use the village car park wherever possible, it is free and only a short walk from the practice. Please take care not to block or park in the staff car park, as this can block the Duty Doctor or Nurses and prevent them from getting out on their house calls.

New Website

Ardleigh Surgery has a new web site which is user friendly and has access to our registration forms, travel forms and contact information. On the website there are some useful links to self-help/self-referrals to different local services and pages explaining self-management of common conditions.

Best wishes,
Ardleigh Surgery

FRIENDSHIP CLUB

We began our August meeting with a minute's silence in memory of Brenda who had been a Club

Member for some years. A donation in her memory has been sent to the Air Ambulance.

We have received a letter from the Flower Festival committee thanking us for our donation to the event which was very well supported.

A decision about the afternoon tea outing has yet to be finalized.

The Auction was then opened and conducted by Pat with a total of £28.50 made for Club funds. Thank you Pat for your hard work.

The Speaker for October is Katie Cole who will give a talk entitled "Unlucky Princesses". The competition anything Royal.

Sylvia Ward

2019 EVENTS

OCTOBER

- 2 Probus meeting, Manningtree, 10.00am
WI meeting, Village Hall, 7.30pm
- 3 Autumn Fair, Village Hall, 10.00am
- 4 Church lunch, Gt Bromley church, 12 noon
- 9 Anglia Baroque concert, Lt Bromley church, 1.00pm
U3A meeting, Constable Hall, E Bergholt, 2.00pm
Gt Bromley Parish Council meeting, Village Hall, 7.30pm
Ardleigh & District Horticultural Society meeting, Ardleigh Methodist Hall, 7.45pm
- 12 WI Coffee Morning, Village Hall, 10.00am
- 12-13 Quilt Show, Ardleigh Village Hall, 10.00am
- 17 Friendship Club meeting, Cross Inn, 2.00pm
- 27 Hallowe'en Craft & Gift Fair, Lawford Venture Centre, 10.30am
- 31 Closing date for application for Dedham Educational Foundation

NOVEMBER

- 1 Bonfire & Fireworks, Seven Rivers Cheshire Home, 6.00pm
- 6 Probus meeting, Manningtree, 10.00am
WI meeting, Village Hall, 7.30pm
- 8 Concert, Lt Bentley church, 7.00pm
- 9 Musical evening & supper, Oak Room, Acorn Village, 6.30pm
- 10 Lt Bromley Remembrance Day Service, War Memorial, 10.45am
- 13 U3A meeting, Constable Hall, E Bergholt, 2.00pm
Ardleigh & District Horticultural Society meeting, Ardleigh Methodist Hall, 7.45pm
- 16 Village Hall Christmas Market, Village Hall, 10.00am
- 20 Probus meeting, Manningtree, 10.00am
- 21 Friendship Club meeting, Cross Inn, 2.00pm
Lt Bromley Parish Council meeting, Haywain, 7.30pm
- 29 The Snow Queen play, Lt Bromley church, 7.,30pm

DECEMBER

- 1 Christmas Market, Seven Rivers
- 4 WI meeting, Village Hall, 7.30pm
- 7 Church Festive Coffee Morning, Village Hall
- 11 Ardleigh & District Horticultural Society meeting, Ardleigh Methodist Hall, 7.45pm
- 19 Friendship Club meeting, Cross Inn, 2.00pm
- 23 Christmas Carols, Lt Bromley church, 7.30pm



Essex & Suffolk Quilters **QUILT SHOW**

At Ardleigh Village Hall

Saturday 12th October 10.00am-4.00pm
Sunday 13th October 10.00am-3.00pm

Charity Raffle Quilts * Craft Stall
Bag Tombola * Refreshments
Traders * Disabled Facilities

Entry £3, accompanied under 12s Free
Supporting St Helena Hospice

*For further information contact
Jean 01206 385330*

HALLOWEEN CRAFT AND GIFT FAIR

In aid of The Multiple Sclerosis Society
Sunday 27th October 10.30am - 4pm
Lawford Venture Centre, Bromley Road,
Manningtree, CO11 2JE

**30 Local Craft Stalls, Home Made
Cakes, Christmas Gifts
Free Entry. Free Car Park.
Refreshments.**

Tel 01206 396868 or email:
louisejoplin@btinternet.com

WI Coffee morning

12th October
Great Bromley Village Hall
10.00am to 12 noon

Great Bromley Women's Institute supporting
Essex and Herts Air
Ambulance.

Many stalls and much, much
more. Entrance £2 including
coffee and cake.

Everyone is very welcome, let's
support this very worthwhile charity



Autumn Fair

Great Bromley Village Hall
Tuesday 3rd October
10.00am-2.00pm

Admission £3
In aid of
Seven Rivers Leonard Cheshire Home

7 RIVERS CHESHIRE HOME

BONFIRE NIGHT

FRIDAY 1 NOVEMBER
GATES OPEN 6.00pm



Price List

Pre-paid ticket are available from our
reception from Monday 21 October:-
Family ticket £10.00 (2 Adults 2 Children)
Single Adult £3.50 Single Child £2.50
On the Gate
Family Ticket £14.00 (as above)
Single Adult £4.50 Single Child £3.50

CHILDRENS FANCY DRESS REFRESHMENTS

Friends of Little Bromley Church
EVENTS 2019
October 9th

Anglia Baroque lunchtime concert

1.00pm. Free admission
November 29th

The Snow Queen (This is My Theatre
group)

7.30pm tickets from

www.thisismytheatre.com

December 23rd

Christmas Carols

with seasonal refreshments

Church Festive Coffee Morning

Saturday 7th December
Gt Bromley Village Hall booked
More details tba

Bocking Concert Band

Concert

FRIDAY 8TH NOVEMBER at 7pm
ST MARYS CHURCH, LITTLE BENTLEY,
CO7 8SE

Will play a wide range of pieces arranged
for brass bands; including
shows, films, TV series, pop
tunes, popular classics,
hymn arrangements and
classic brass band pieces
from the 1930s to the
present day, such as played in the film
Brassed Off.



Tickets £10 including Interval Drinks.
Available on the Door or from Nigel Dyson
01206 250622 nigel@garden-shows.com

CHRISTMAS MARKET
SATURDAY 16
NOVEMBER
10AM-2PM

IN AID OF VILLAGE HALL FUNDS.
LOCALLY PRODUCED, HANDMADE
AND OTHER FESTIVE GOODS.

Great Bromley Village Hall
Parsons Hill, Great Bromley, CO7 7JA.

Follow us on FB or Twitter @GreatBromleyVillage
Email: gbvillagehallmarketing@gmail.com

FREE ENTRY!
Refreshments and cakes available in our café area and tickets will be available for our Grand Christmas Draw taking place on the same day.



GT BENTLEY DOCTORS' SURGERY

I wrote about it being flu vaccination season last month, but I will again this month too! We still have our second major flu vaccination clinic due on Saturday 5th October, so if you are eligible for a free NHS Flu vaccination and haven't had yours yet, please get on the phone to us or go online to book your slot! Our staff can check your record to see if you are eligible if not sure.

Winter is coming...



Winter is nearly here, so we want to remind patients that many minor ailments resolve themselves in time and do not need medical attention. You will get good professional advice from your local pharmacist, so please

do use their services and help us keep our GPs time for our very sick patients. Pharmacists know when it's important to see a GP, so there's no chance of something important being missed. Here are examples of conditions that can be safely managed yourself:

Coughing can be good for you!

This might seem a strange statement to make as coughing often makes us or our children feel uncomfortable as well as affecting those around them. It can keep us all awake and generally make life feel pretty miserable. However coughing is usually there and happening for a very good reason! Almost all coughs are due to upper respiratory infections (common colds caused by common viruses). During these viral infections (which antibiotics will **not** cure) horrible sticky mucus can form throughout your respiratory tree (nose, throat and deep into your lungs) and that's really not nice. If this mucus stayed there it will attract bacteria who would enjoy themselves in the



lovely warm sticky environment and reproduce quickly making loads more mucus and causing inflammation. Fortunately we have a marvellous built in way to get rid of the horrible sticky mucus before it gets loaded with bacteria. This process is called "coughing". Coughing brings the mucus up and out of the lungs and respiratory tract and is usually swallowed which renders it completely harmless as it cannot survive in your stomach. Coughing also agitates mucus preventing bacteria from developing their defensive biofilm and creating a huge colony of pus-filled goo!

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

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

Patient Participation Group

PLEASE NOTE THAT THE OCTOBER PPG MEETING HAS BEEN CANCELLED!

The next meeting will be the annual general meeting held on Thursday 21st November 2019

Richard P Miller, Practice Manager

We had local speakers for our September meeting. Liz Barringer, and Jo Auger came to talk to us about their work in the Leonard Cheshire residential home.

Leonard Cheshire certainly was a fascinating man. He was a highly decorated RAF pilot during the second world war, receiving the Victoria Cross for gallantry. He was the youngest group captain in the RAF. In 1948 he founded the charity now named Leonard Cheshire Disability which provides support to disabled people around the world. A philanthropist, he dedicated his life to supporting disabled people in the UK and supporting projects around the world.

He met and married Sue Ryder in 1959. Sue had already founded the Sue Ryder Foundation in 1953 and both dedicated their lives to their charities.

The Leonard Cheshire disability charity's mission is to encourage and move disabled individuals towards independent living, giving them the freedom to live life their way. It supports disabled people through local care services including residential homes, supported living and day services. About 90 percent of its income comes from government grants and it received about £20 million from donations. There are over 270 homes in 49 countries.

The Leonard Cheshire residential home in Great Bromley sits in seven acres of grounds and is home to 29 adults with physical disabilities. It offers respite and palliative care, on a short- or long-term basis supporting people with brain injury, Huntington's disease and other disabilities.

It was opened by Princess Margaret in 1958 and the charity celebrated its 60th anniversary in 2018.

The home has four wheelchair capable vehicles that take residents out for trips and activities. Volunteers come into the home each day to help the residents with a variety of different activities such as computer classes and quizzes.

It has had several events at its Seven

Rivers site including a dog show earlier this year and is planning other events such as a coffee morning and a Christmas market so that residents can buy Christmas gifts for their friends and loved ones.

Do come along and give this great institution located right here in Great Bromley your support.

Our next meeting is on 2nd October with a Speaker from the National Garden Scheme. Linda and Neal Holdaway at 7.30pm in Great Bromley Village Hall. Visitors very welcome.

Eileen

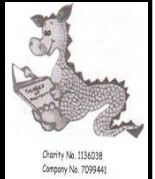


Little Dragons Pre-School - Great Bromley & Frating

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

Ofsted Inspected

Website: www.littledragonspreschool.org



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.

The children have all settled back in after the holiday and we have been welcoming our new children too, we hope you enjoy your time with us. We are continually assessing and striving to improve our provision and over the summer holiday the staff have been very busy rearranging the indoor layout – it's proving a great success with the children.

It's a busy time of year for gardening; in our sensory garden the children have been harvesting potatoes, carrots (including our special purple carrots!), tomatoes, cucumbers, strawberries and squash. Our apples and pears will be ready soon too. We have also been planting out some sprouting broccoli ready for springtime harvest and learning about how to protect them from rabbits and birds!!!

The children continue to stock our bird table regularly and leave fresh water for them.

FUNDRAISING:- **CLOTHES COLLECTION – 11TH** **November**

Had a clear out over the summer? Have any unwanted clothes? - please drop off any unwanted clothes to preschool, collection date is 11th November and help us raise funds. Thank you.

Please help us to collect:

We are now collecting **CRISP PACKETS** – reduce landfill waste and help us raise money too! Any brand of crisp packets accepted including multi-pack outer packaging.

We are still collecting 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:

Monday 28th October – Half term week

Monday 4th November – Preschool reopens

IN THE GARDEN WITH KATE



It appears that autumn has arrived - at least that's what the calendar says, but some of the days we have had recently appear to

contradict that! The plants however know better, and many of my summer flowers are looking decidedly tired. Some of them have been flowering their socks off for the last four months, so I suppose they do have an excuse, but it is sad to see them go. I will, however, keep deadheading, and hopefully they will continue for a few more weeks until we have a frost. I find it interesting to note which plants do well each year. This year, the petunias were (and still are) magnificent, the geraniums have flowered for Britain, and my cosmos have put on a wonderful show.

The vegetable garden has been a mixed bag, my runner beans and courgettes have not really performed this year, but I had an amazing crop of apples and pears. Friends who have plums seem to have laden trees, and I have had a wonderful harvest of damsons.

I know autumn is coming, despite the lovely weather, because seed catalogues have started to drop on the mat. It allows me to indulge in a favourite fantasy of a wonderful garden full of flowers, all grown by me from seed, obviously, but conveniently forgetting the toil that has to be put in to produce such a show! I am also hoping to move next year, so will need to decide what, if anything, I will grow. On that note, I have been writing this gardening article for some years now, probably around seven, and will be unable to continue after the move; so if anyone would like to volunteer to take on the gardening article, it will ensure continuity.

October gardens can be quite glorious with a ripening harvest of nuts (the squirrels sadly take all mine), bright berries and seedheads. Leaves are turning shades of

orange and red, and are starting to fall. However, there are still lots of jobs to be done! Mowing of lawns can be, in theory at least, reduced from now on, though I must confess my husband frequently continues as it is an easy way to collect leaves, which then compost more quickly as they have been shredded.

It is important to check ties and supports for plants before the winter gales to prevent wind damage. Hedges can be trimmed and tidied back. Pots can be planted up with winter bedding, but check the containers are frost free. I have lost a very beautiful terracotta tub as I assumed, as it was sold in England, that it was frost proof. Unfortunately I was wrong!

Pumpkins and squashes may be ready to harvest and need to be stored, with some stem still attached, in a cool frost free area for their skins to cure. Apples and pears may be ready to harvest, but only stored if perfect. All others should be eaten or cooked. Frost tender plants will need protection, and towards the end of the month, tulips can be planted. Enjoy the beauties of the autumn in your garden!

Kate Strowbridge

	The Post Office at The Cross
Wednesday mornings 10 - noon	
	Community Library at The Cross
Every Wednesday 10.00am-12 noon	



STOUR VALLEY MEN'S PROBUS CLUB

Recent Meetings

Our speaker on 4 September was Mervyn Linford introducing us to the river from "Cattawade Bridge to Ha'Penny Pier" and Ted Wheatley returned again and his subject this time was "Speakers' Corner" on 18 September. Both meetings were much enjoyed by Members.

Future Meetings

On 2 October David Prynne will talk of "China, past and present" and two weeks later on 16 October Cherry Mullins will present "Confessions of a Tour Manger". Andy Malcolm will talk about the good work undertaken by "The Fishermen's Mission" on 6 November and two weeks later on Wednesday 20 November Sara Waterston of local Hunnabale Funeral Directors will talk

on "The Humorist Side Of Funerals".

Our speaker on Wednesday 4th December is Simon Gallop introducing us to "The unknown Constable Country". We end the year with our popular Annual Christmas Quiz and it is rumoured that there are some valuable prizes to be won on this occasion.

Meeting Venue

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB on the first and third Wednesday of each month in Manningtree at 10 for 10.30am. Please contact President Dave Carman on 01255 880202 for further details.

THE THIRD AGE TRUST



THE UNIVERSITY OF THE THIRD AGE

STOUR VALLEY U3A

Past Meetings

The theme of our meeting on 11 September was "Great Composers Of Film Music". Steve Johnson, a film enthusiast, recalled the history of music in film from the beginnings of sound, with emphasis on specific composers who have made significant contributions to music in film.

Future Meetings & Diary Dates

Jenny Gibbs will talk to us on "An Englishwoman's Life in Rural Turkey" on Wednesday 9 October. Her stories capture a simple, serene, pastoral way of life in a Turkish mountain village unchanged for centuries, from the day she first arrived there 25 years ago to today.

On 13 November Magistrate Graham Higgins will talk of "Tales From The Bench". He will look at our legal heritage, particularly the part played by Suffolk. He will relate how the role of magistrates and local events have played a part in this history and will bring us up to date with an opportunity to decide how a defendant

should be sentenced by briefly outlining a case. He will also include some of his unusual experiences on the bench.

We don't hold a speaker meeting in December but instead a Christmas lunch and this year it is being held on Wednesday 11 December at the Ipswich Best Western Hotel, Copdock IP8 3JD. This is always a very popular event so an early reservation is advised.

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 25 October.

For information please visit www.stourvalleyu3a.org.uk where our membership secretary Val Pretty may be contacted.

NEWS FROM ST G'S

The long awaited re-ordering and alterations in the North Aisle of St. G's has begun.

It is so interesting when major works begin because nobody quite knows what we shall find or which directions the works will progress.

Just to remind you of our plans - we are creating an accessible space for **all**, reusing as much of the original wood and stone which has been in place for many years as possible. At the same time we are installing two new radiators under the windows on the North Wall, making our new space a comfortable area.

Phase one of the works is to install the new radiators, lay a new floor using existing white bricks and more sourced (with difficulty) from various places. Re instate the pews (which have been modified to be free standing) against the wall.

Our contractors are Lodges - a cheerful crew led by Darren.

So Friday 6th September saw a great deal of activity, plumbers, carpenters, ground workers all collaborating on this exciting project.

Yesterday (9th September) our archeological survey was completed in the area which probably hasn't seen the light of day for one hundred years, Mark from Colchester Archeological department spent the afternoon carefully checking the area. This project is both extremely interesting and exciting and we are extremely grateful to Gregory for coping with the mounds of paperwork, applications and endless meetings which are necessary for a project of this size.

Phase Two (fingers crossed) is to build a kitchen in the northwest corners of the North Aisle, (hopefully using the remaining wood from the pews). Help is always welcomed, there is so much to do - especially when the workmen go home for the weekend and the cleaning for the Sunday services begins. If you would like to volunteer to help in any way please give me a ring, you are all welcome.

Jenny
01206230688

Manningtree and District/Frankenberg Partnership Association

Invites EVERYONE to enjoy a Musical Evening with supper on Saturday 9th November 2019 at 6.30 for 7.00 pm

Oak Room, Acorn Village
Clacton Road, Mistley, CO11 2NJ

Super Entertainment by: "The Columbines"
3 talented musicians singing and playing folk music including some German songs

Tickets are only £12.50 including nibbles on the tables when you arrive, a tasty supper of cold meats, cheese & salad, followed by dessert and of course great music!

There will be a raffle and we ask you to bring your own drinks, but glasses will be provided.



If you have never been to a Partnership event, do come along, support this community initiative of nearly 50 years and make new friends!

To book to for more information, just contact our secretary.

Landline 1255 870509; mobile 07891 963005 (call or text); or email dagmargrafton@gmail.com
Cheques payable to MDFPA.

FROM THE RECTORY

In the world of sport, scoring systems range from the simple and easily understood to the downright bizarre.

Football is straightforward enough, as are hockey, badminton, volleyball and squash. Tennis though seems needlessly complicated.

A match in tennis consists of three or five sets, the winner being the first to two or three sets, each of which has a number of games. The aim is to be the first to get 6 games to win a set, and be ahead by two. If the number of games is tied at six each then there is a tie breaker to decide who wins a set. Unless it's the final set, then the players keep playing until one of them is two games ahead. Each game sees the players seek to be the first to score 4 points, and be ahead by two. But rather than points increasing in the obvious progression of 1 - 2 - 3 - 4, instead the scoring system goes 15 - 30 - 40, and then the next point the game is won. Unless they are at 40 for each side, in which case it's called 'deuce', and the next player who wins a point moves to 'advantage', then winning the game if they successfully take the next point, or moving back to deuce if they don't.

There are all sorts of theories as to how the scoring system arose, but its true origins are somewhat obscure, various alternative origins having been suggested for nearly 500 years.

Finding a way to keep score is not just limited to sport.

In music there's the number of albums sold, the frequency a song is played on the radio and the size of crowds at a gig.

In the jobs' sphere it is often the salary being paid or the title on the plaque fixed to the office door.

When it comes to seeing things God's way, the view can be markedly different.

Rather than achieving monetary wealth, sporting triumph or a number one single, success is in keeping the hungry fed, the homeless housed, and above all else loving God. It may not see the same public plaudits or swelling of the bank balance, but the end result is definitely a win!

Simon

Rev Canon Simon Heron
Lawford, The Bromleys & Little Bentley
Area Dean of Harwich
01206 392659
www.lawfordchurch.co.uk
'Loving God. Living Life.'

Ardleigh & District Horticultural Society

Evening meetings are the 2nd Wednesday of each month at Ardleigh Methodist Church Hall, Colchester Road, Ardleigh and start at 19:45.

Admission is free for members and just £1.50 for visitors, who are always welcome. Refreshments are available after the talk.

Membership is only £5 for each season and you can join at any meeting or at the show

Wednesday October 9th

A.G.M. followed by Vivia Bamford - The Wonders of Foraging

Wednesday November 13th

Chris Cork - Beeleigh Abbey Gardens



ST. GEORGE THE MARTYR, GREAT BROMLEY

October



Welcome to our services

October 6th	Trinity 16 9.15am	Holy Communion (BCP) with hymns
October 13th	Trinity 17 10.30am	Parish Eucharist (CW1)
October 20th	Trinity 18 9.15am	Family Service
October 27th	Trinity 19 10.30am 6.30pm	Parish Eucharist (CW1) 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
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
Begins again in September
 Parents and children welcome
 Drop in for fun, games and laughter
 3.00pm to 3.45pm
 Refreshments, activities

Church Lunch

October 4th
 at 12 noon
 All welcome
 (In the church or in Jenny's conservatory)

