

The Messenger

The Magazine of
the villages of
Great & Little
Bromley

December 2019/



theWI

GREAT
BROMLEY

Dorothy O'Grady
demonstrated how to wrap
Christmas presents
beautifully and easily and
then the members had fun



THE FIRST PAGE

By the time you take delivery of this magazine I shall have been to Nepal. I still haven't packed as The Messenger has taken priority in order to get it to the printers!

Time seems to fly by and we are at the end of yet another year. Are we ready for what the next year brings, I wonder? There is to be a General Election shortly and how it is next year will probably reflect which party gets in. I can hardly bear to think of any of it.

So I will not. I will forget, for a couple of weeks at least, about politics (and politicians in particular) and enjoy the warmer temperatures of Nepal and leave behind the miserable weather we have been having these last few days.

There are a number of events taking place in the villages as well as surrounding ones over the next few weeks and I hope you all enjoy at least some of them. I may even see you at some of them. It takes a lot of work to put on an event so support is always welcomed.

I had a little gap on the sponsorship page and decided to find some cracker

jokes. I have plumped to insert only the very traditional type of cracker joke although I have found on the internet some wonderfully funny Brexit jokes and also jokes around most of our leading politicians. I have been laughing out loud at them but felt I could not give them space. I was very tempted though!

Kate is retiring from her garden slot and I would like to say a big thank you on behalf of you all for all her articles on the subject which have been both entertaining and informative. We welcome Andy and Judy to our team of regular contributors.

Whilst thanking I would like to say thank you also to the Friendship Club who every year donate a sum of money to The Messenger.

It only remains for me to wish you, the readers, our sponsors and advertisers, all a very Merry Christmas and a Happy New Year surrounded by good wishes and friends and family.

Until February 2020 ...

Leonie

MATERIAL for the **FEBRUARY 2020** edition of 'The Bromley Messenger' should reach the Editor, Leonie Henderson, by

14th JANUARY 2020 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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Please support the sponsors of our magazine.

PLEASE SUPPORT OUR SPONSORS & ADVERTISERS



more than a pub

Wed 6pm - 9pm
Thu 5pm - 11pm
Fri 5pm - 11pm
Sat 6pm - 11pm
Sun 12 Midday - 3pm

Wed 10am - 12 midday—Post Office,
Coffee Shop & Library

Every Friday night - bar meals available
from 6.30 - 8.30pm

www.greatbromleycross.co.uk
bookings@greatbromleycross.co.uk
01206 621772

Christmas Opening Hours

Mon 23rd—Closed

Tue 24th—6:30pm—11:00pm

Wed 25th—12:00pm—3:00pm



December 2019 Events

Sun 1st	Decoration of Pub Christmas tree
Sat 7th	Come join us for the pub's 3rd Birthday!
Thu 12th	Christmas Quiz Night 8:00pm start, book in advance
Sat 14th	Takeaway night
Thu 19th	Christmas Open Floor Music Night
Sat 21st	Best dressed Cracker, Carol Singing night and guess the weight of the turkey competition
Sun 29th	Winter dog walk and ramble with a selection of soups served at the pub after
Tue 31st	New Years Eve Party 7:00pm till late

Q. What do you get if you cross mistletoe and a duck?

A. A Christmas Quacker.

Q. What do call Santa when he stops moving?

A. Santa Pause!

Q. Where does a snowman keep his money?

A. In a snow bank.

Q. Why do mummies like Christmas so much?

A. Because of all the wrapping!

IN THE GARDEN WITH KATE



It seems unbelievable that I am writing the Christmas article already. This year seems to have whizzed by, I am told this is a sign of advancing age!

My garden seems to have suddenly gone from autumn to nothing much at all. The leaves are falling and almost all the flowering plants have started to look very sad. However, on crisp clear mornings, the garden still has a beauty and it is an excellent time to start thinking about which plants, with an architectural shape, will prolong the interest next year.

Many shrubs are coming into their own now. Not only those with beautiful berries such as holly, ivy and yew, but also a few brave souls that show stunning flowers such as the hellebores (cut back the old leathery leaves) and the Christmas rhododendron. Others smell wonderful such as Christmas box and winter sweet. There may still be time to squirrel away some holly or ivy with berries before the birds eat the lot.

General gardening tasks include leaf raking and composting, winter digging if the soil is not too wet or frosty, watering tubs if it is very dry, pruning back apple and pear trees, tying in any loose climber shoots, and taking hardwood cuttings. Dormant deciduous trees and shrubs can be moved

or planted if the soil is suitable. In the vegetable garden, Brussels sprouts, parsnips and leeks can be harvested.


If you have a pond with fish, ensure it does not become frozen over (a floating ball will help) and if the pond was netted to catch falling leaves, the net can now be removed to prevent small mammals and birds becoming entangled.

It is an ideal time to escape the Christmas madness in the shed or greenhouse. Clean the tools, pots and seed trays and, if not already done, the glass itself to make the most of any winter sun. Tools such as secateurs benefit from cleaning, sharpening and oiling.

This is my last "in the garden" article. As some of you know, we are moving early next year to Derbyshire to be closer to our children and grandchildren. The gardening slot is being taken over by Andy and Judy Owens, who have very kindly "volunteered". We have lived in the village for over twenty years and will miss Great Bromley and its residents. We wish you all the very best in the future. It will be interesting to see how the dog copes with steep hills!

Happy Christmas and enjoy your gardens.

Kate Stowbridge



**The Post Office
at
The Cross**

Wednesday mornings
10 - noon



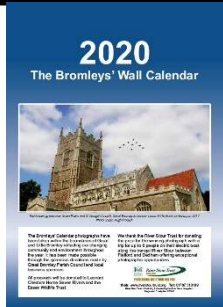
**Community
Library
at The Cross**

Every Wednesday
10.00am-12 noon

THE BROMLEYS CALENDAR

Don't forget your Christmas present!! A lovely local quality calendar, perfect for the family ♡.

Available from The Cross Inn, Courthouse, Haywain, Seven Rivers, St George's School, Deans, Beckys Butchers, or email bromleys2020calendar@gmail.com





SEVEN RIVERS CHESHIRE HOME

Hi everyone, once again you find me still looking out at the trees in my garden rather than at the vegetable garden / lawn at the home. This makes it a little bit difficult to write about what has been going on within the Home. I booked two singers to perform for the residents last month and I have been reliably informed that they arrived and were enjoyed by all. Today is 11/11/19 so we have just had Remembrance Sunday, this year I had hoped to share in the service of Remembrance with the people of Great Bromley, I try to alternate between my own village and Great Bromley as I feel this is nice, plus one of my sisters-in-law comes from Great Bromley so it doesn't seem like I just doing it, it also has meaning, if you know what I'm trying to say.

I am pleased to say the Doctors think they now have me on the right medication, and should be feeling better by the end of this week, so I am hoping to be back at my desk by next Monday, just in time to sort out all the little things for Christmas.

Hopefully the banner will be going up this week for our Christmas Market to be held on Sunday 1 December, doors for this year open at 2pm. We have grown in size and need the bigger room, so we will be in the dining room, but every thing else will stay the same, Santa will be giving out little sweet parcels to all the children young and old and there will be a table if you need to write your letter (he forgets if it is not written down, comes with age). We have new stalls coming in plus you can buy your Great Bromley 2020 Calendars, they are all lovely photos of Great Bromley area with all proceeds going to Essex Wildlife Trust and ourselves, here I would like to say thank you all for the generosity of this wonderful gift to us from all of you. As Santa's helpers are extra busy at this time of year it's

normally me he asks to fill the bags with sweets for everyone. Last year I filled 200 little bags, this year I have asked him if he is going green with reusable bags, and he is more than happy to go back to the old ways, as he calls it.

Seems like I'm rambling on again, sorry too long off work and being unable to walk does funny thing to you, some would say my normal state!

All I have to do is wish you all a very happy Christmas and a Peaceful New Year, and speak to you again if not at the Christmas Market but via here in 2020

Take care
Liz x



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.

Last month the children made some beautiful firework pictures, lots of glue and glitter! – we explored new vocabulary to describe the sounds of fireworks and learned about how to keep safe and have fun.

To commemorate Armistice Day the children made poppies using paint, glue, tissue paper etc. We also made a special big poppy which we laid when we visited the memorial on 11th November and observed a minute's silence.

Week beginning 11th November was also 'anti-bullying' week – with the help of books, puppets and toys, we talked about our feelings and how we should treat others.

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

On the last day of term we invite our parents and friends to join the children in singing some festive songs to the residents of Leonard Cheshire Disability. We will finish with our Christmas party and hopefully a visit from Santa.

Finally we would like to take this opportunity to thank all our parents and friends for their continued help and support over the year

and to wish everyone a Merry Christmas and a Happy New Year.

FUNDRAISING:

Upcoming Event

**** **BIG Christmas Party** ****

Saturday 14th December at Gt. Bromley Village Hall

1.30pm – 3.30pm Tickets £5 (includes present)

****See Father Christmas arrive on his spectacular sleigh****

****Visit his Magical Grotto****

****Disco with DJ Elf****

Children's activities;

Arts and crafts, games, disco, face painting, stalls, raffle, cakes, refreshments and much much more!

Please help us to collect:

We accept **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).

We accept plastic air fresheners and plastic cartridges/ refills and flexible wipe packaging, *but no longer accept trigger heads, lids and tops.*

Posters are displayed at preschool with full details of what waste is accepted.

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.

Continued on page 23 ...



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

Telephone: 01206 230305

Egyptian Day

On Thursday 10th October we had an



Egyptian workshop. All of the class dressed up like Egyptians and some of the outfits were amazing. It was so much fun, my favourite part was when we had some brown playdough. We needed to find random objects - watermelon seeds, cherry seeds, fish bones and fake worms. We built an Egyptian house and

also made a boat and filled it with random things. We were amazed by all the facts that we learned and some of them were shocking. My favourite fact was that they didn't have toilets in their houses and they had to use their back gardens! Every once in a while someone would have to remove 'it' with a wooden spade. We played board games and quizzes and Sabeth the man who ran the workshop was very kind and funny. This was the best time I have had in school, I had so much fun.

By Tulip W

On Thursday 10th October Class 3 dressed up for the Egyptian workshop. Sabeth showed us an Egyptian ship and explained how the slaves carried cargo. My favourite part was when I pretended to be Tutankamen and had my leg bitten off. We built an Egyptian house as well as making Egyptian bricks and made flour. We had a very exciting day. By Mathew T

Fire Swim

On Saturday 5th October over 30 pupils, ex-pupils and parents took part in the 2019 Fireswim. It was a great event, with lots of hard work and fun. The effort and encouragement the children gave to each other was super. Our Reception and Year 1 children really impressed us - the length of the fitness pools is a long way for a 4/5 year old! However the competitive spirit of the other lanes was also splendid with a close run race for most laps swam. It is too early to say how much money we have raised as not all of the sponsorship money has been collected. I will let you know our grand total in a future newsletter. In the meantime, well done to everyone who took part, you were a credit to St George's. By Mrs Platt

Christmas Fair

Our PTA Christmas Fair will be on Friday 6th December from 5:00 – 7:00 pm There will be lots of stalls and even Father Christmas will be visiting! Come and join us for some early Christmas shopping.



FRIENDSHIP CLUB

Our October meeting began with various notices and correspondence.

It has been agreed that the collection jar for the Hospice should be continued, and the sum of £13.56 collected this year will be sent to them. It was also decided to send £15 to the Bromley Messenger.

Our December meeting will be Christmas lunch at the Cross Inn on Thursday 19th December at 12.30 for 1pm. Please remember to bring a special raffle prize for the bumper raffle.

Our speaker for the afternoon, Katie Cole was then introduced and we were treated to an excellent talk on "Unlucky Princesses", many of whom had very short lives and even briefer marriages! We look forward to a return visit from Katie soon.

The AGM will be in January when subs of £5 become due. It is hoped also to have a quiz. The competition – a small Christmas decoration.

The speaker for February has yet to be announced.

A happy Christmas and healthy New Year to all.

Sylvia Ward

LITTLE BROMLEY VILLAGE FUND

An amount of £131.96 has been requested from the Village Fund towards materials for the new Village planters. The Trustees have agreed this amount. If anyone has any objections, then please contact either Carol Cordwell or Anita Spall.

Lt Bromley Village Fund

WEA ARDLEIGH BRANCH

CELEBRATE HOW THE BEATLES CHANGED THE WORLD

It was 50 years ago today!

This course explores the history of The Beatles and their influence on everything from music, art, and culture to fashion and politics. While most people are aware of the Beatles, even 50 years on, many will have forgotten how the phenomenon of Beatlemania came about. We will flesh out the pop scene of the time with reference to the promotion of music through foreign tours, recordings, film and TV. We will study the impact of studio technology and press promotion and explore the reasons for the demise of the group (as a collective). Much work will be done on the creative work of contemporary poets, painters, composers and performers. Tutor – Bill Tamblin

A ten week course for £57.75*, starting Thursday 16th January 2020

(2:30 to 4pm)

Book online now, in advance at enrolonline.wea.org.uk, search for course C2226659 or book by telephone 0300 303 3464.

Meeting at Great Bromley Village Hall, Parsons Hill, Great Bromley, CO7 7JA WEA course Spring Term, welcoming all adults, from all areas. For any further information contact the Branch Secretary, Judy Owens on 01206 257429, or the Branch Chairman, John Terry on 01206 397101.



THE DOCTORS' SURGERY NEWS

Ardleigh Surgery



Ardleigh and Dedham Surgery News

We are coming up to the busy Christmas period where many of us will be

meeting up with groups of friends and relations. This increases the risk of flu and pneumonia transmission so make sure your vaccines are up to date.

The surgeries and dispensary will be closed for the three bank holidays only (Christmas Day, Boxing Day and New Year's Day). **The last date for ordering repeat medication to be collected before the Christmas break will be the 19th December**, please don't over order as this will not be necessary.

Please note, from February our dispensary will open at 9am on Wednesdays, this is to enable dispensing staff to complete weekly stock checks. Opening times for the rest of the week remain unchanged.

Try not to book routine reviews over the Christmas period (unless your normal working hours make these the only times you are available!) NHS 111 services will be available on the Bank Holidays so if you have a serious illness requiring advice please call them.

May we remind those of you fortunate enough to be planning holidays abroad that you need to complete a Travel Form (available on our website or from the surgeries). The completed form should be returned to us **at least six weeks before you plan to travel** so that we can provide all vaccinations needed.

For those of you staying at home, cases of Lyme's disease in the UK are increasing, there were over 8,000 cases in 2019. Lyme's disease is caused by bacteria spread through the mouth of ticks, most prevalent in long grass and woodland/

forested areas. It can cause serious long term health problems, so if you find a tick on your skin, or think you were bitten, make an urgent appointment with one of the nurses. A blood test can confirm the disease.

For further information go to lymediseaseuk.com

Patient Participation Group: We are hoping to reinvigorate this when our new Practice Manager starts at the end of November. If you are willing to join and can spare an evening every month or so we would love to hear from you. We would like to make the group more representative of our patient profile, so young people and those with young families would be very welcome.

Wishing you all a **Merry Christmas** and a **Happy and Healthy New Year.**



GT BENTLEY DOCTORS' SURGERY

**Merry Christmas from
all the team!**

On behalf of the doctors, nurses and staff at the Surgery, we would like to wish all our patients a very Happy Christmas.



CHRISTMAS/NEW YEAR SURGERY OPENING HOURS

The normal Surgery opening times are from 8.00 am to 6.30 pm Monday to Friday. Over the Christmas/New period the Surgery will be closed on Wednesday, 25 December, Thursday, 26 December 2019 and Wednesday, 1 January 2020.

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

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

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

NHS Winter is here, please use the NHS wisely:

Community Pharmacies – Most people are not aware, but your local pharmacy can provide a wide range of help and advice. They offer advice on common problems such as coughs, colds, aches and pains, as well as healthy eating and stopping smoking. They can also help you decide whether you really need to see a doctor.

A&E – Please remember that A&E is for **emergencies only**. Before going to A&E

please consider if another service might be more appropriate.

Urgent Treatment Centre, Clacton Hospital – This service is available for help with minor ailments such as rashes and minor skin infections, ear and throat infections and coughs and colds. They are also able to deal with minor injuries such as wounds, sprains, strains, minor dislocations, suspected fractures, removal of foreign bodies, burns, scalds, bites and stings. This is not exhaustive but gives you an idea of what NOT to attend A&E for.

Urgent Treatment Centre, Colchester – This service can be used for the same things as the Urgent Treatment Centre at Clacton Hospital.

NHS 111 – This service can be used 24 hours a day, 365 days a year and can provide telephone advice out of hours when we are not available. They can also advise you of the best place to go if you do need to see someone face to face.

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

Sue Mitson, Operations Manager

2019/2020 EVENTS



DECEMBER

- 1 Christmas Market, Seven Rivers
- 4 WI meeting, Village Hall, 7.30pm
- 6 PTA Christmas Fair, St George's School, 5.00pm
- 7 Church Festive Coffee Morning, Village Hall
- 11 Gt Bromley PC meeting & Presentation, Village Hall, 7.30pm
- Ardleigh & District Horticultural Society meeting, Ardleigh Methodist Hall, 7.45pm
- 14 Christmas Party,
- 19 Friendship Club meeting, Cross Inn, 2.00pm
- 23 Christmas Carols, Lt Bromley church, 7.30pm
- 24 Carols by Candlelight, Little Bentley church, 6.00pm

JANUARY

- 1 **NO** WI meeting
- 16 Friendship Club meeting, Cross Inn, 2.00pm
- WEA Course starts, Village Hall, 2.30pm
- Lt Bromley PC meeting, The Haywain, 7.30pm
- 20 WI Quiz, The Courthouse,
- 26 SVAM concert, Constable Hall, East Bergholt, 4.00pm

FEBRUARY

- 5 WI meeting, Village Hall, 7.30pm
- 8 Willow & Rush Weaving Day, Village Hall, 10.00am
- 12 Ardleigh & District Horticultural Society meeting, Ardleigh Methodist Hall, 7.45pm
- 20 Friendship Club meeting, Cross Inn, 2.00pm

MARCH

- 11 Ardleigh & District Horticultural Society meeting, Ardleigh Methodist Hall, 7.45pm
- 19 Friendship Club meeting, Cross Inn, 2.00pm

WI Quiz

20th January 2020
at The Courthouse 7pm for 7.30pm

£5 per person Teams of 6
Fab food Fab quiz



Crib Festival



St Mary Magdalen Church, Thorington
Saturday 14th & Sunday 15th December 2019
11am – 3pm

Christingle Service Saturday 4pm
Come and see an array of nativity scenes.
Refreshments, cakes, raffle
and lots more

Entry Free
Clacton Road, CO7 8AH

Willow and Rush Weaving Day

Under the expert tuition of tutor, Jo Hammond, learn to make a willow and rush basket.

Great Bromley Village Hall
Saturday 8th February, 2020
10.00am-4.00pm

Cost £60 includes sandwich lunch and all materials

To book or for more information contact
Kate Strowbridge
on 07592 735600



Friends of Little Bromley Church

December 23rd
Christmas Carols
with seasonal refreshments
7.30pm. Free admission



CHRISTMAS EVE
6 pm

Little Bentley church
“Carols by Candlelight”

Carols, Mulled Wine
& mince Pies.
DO Come and join us

Little Dragons Pre-School

**** **BIG Christmas Party** ****

Saturday 14th December
at Gt. Bromley Village Hall

1.30pm – 3.30pm Tickets £5 (includes
present)

****See Father Christmas arrive on his
spectacular sleigh****

****Visit his Magical Grotto****

****Disco with DJ Eli****

Children's activities;
Arts and crafts, games, disco, face painting,
stalls, raffle, cakes, refreshments and much

**Stour
Valley
Arts &
Music**

Sunday 10 November 2019
at 4.00 pm

Trio con Brio Copenhagen
St Mary's Church, East Bergholt
CO7 6TG

Sunday 26 January 2020 at 4.00 pm
Jamal Aliyev, cello
Constable Hall, East Bergholt CO7 6TP

Sunday 09 February 2020 at 4.00 pm
Young Musicians' Concert
Constable Hall, East Bergholt CO7 6TP

Sunday 08 March 2020 at 4.00 pm
Carducci String Quartet
St Mary's Church, East Bergholt CO7 6TG

Sunday 29 March 2020 at 4.00 pm
Kammerphilharmonie Europa
St Mary's Church, East Bergholt CO7 6TG

*Details for booking etc see
www.svam.org.uk*

WEA

**ELEBRATE HOW THE BEATLES
CHANGED THE WORLD**

A ten week course
starting Thursday 16th January 2020
2:30 to 4pm

Great Bromley Village Hall

More details on page 13

**Festive Church Coffee
Morning & Messy Church**

Saturday 7th December
Gt Bromley Village Hall -10.00am-12 noon
Please check for venue (which if works
are finished it may be in the Church) -
watch for further advertising and Banner.
Christmas arrangements, Cakes, Bric a
Brac, Bag a Bola, delicious refreshments
and much more

SEVEN RIVERS CHESHIRE HOME

Sunday 1 December
Christmas Market
from 2.00pm



PTA Christmas Fair

will be held at the School
on Friday 6th December
from 5:00 – 7:00 pm
There will be lots of stalls and even Father
Christmas will be visiting! Come and join us
for some early Christmas shopping.

**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 December 11th

Paula Baker - Suffolk Prickles Hedgehog
Rescue

Wednesday February 12th

Tom Willmot and Stuart Gough – Oak Tree
Low Carbon Farm - Farm, Food & People

REMEMBRANCE SUNDAY AT GREAT BROMLEY

In line with our annual traditions, the community gathered on Sunday 10th November for the Great Bromley service of Remembrance. It was great to see a strong turnout and a true reflection of all quarters of our community. The weather was superb with the sun pouring down on the names of those who made the ultimate sacrifice. The service took its normal form with hymns, readings and last post before everybody moved into the church for the remainder of the service. This year the service was led by Simon, supported by Rob Lord and a number of other individuals from various organisations. A special mention must be given to Oliver, a young lad from Tendring Brass Band who played the 'Last Post' and 'Reveille'; he was superb.

What made this year special was the diverse and varied contribution to the service; from the children from St George's who were brilliant in their poetry through to Barbara from the Great Bromley Friendship Club club who complemented them on the same. I think the community did themselves



Remembrance Sunday
at Great Bromley War Memorial
Sunday 10th November

proud and made a fitting salute to those that have been lost, injured or are still tormented by conflict.

Rob Lord

CHURCH FESTIVE COFFEE MORNING

I am very pleased to tell you that apart from the installation of two radiators our work on the North Aisle for the time being is complete. Now we start planning for Plan B which involves creating a kitchenette in the North West corner. Hurrah! no longer will our team have to take home the washing up, no longer will we have to fill the kettles and urn from the tap outside the Porch - if we have enough money hopefully plan B will come to fruition fairly quickly. In the meantime we can now enjoy our new light, airy and accessible space.

So that we can share our achievement with all of you we are inviting you to our Festive Coffee Morning with Mini Messy Church on December 7th from 10am to 12.30pm

Please come along and see what we have achieved - its brilliant! We are so pleased.

At the coffee morning there will be our ever popular Christmas Arrangements, delicious refreshments will be available, many stalls for you to wander around, Bag-a-Bola, cakes to name but a few or alternatively come for chat and coffee with members from our community.

For the younger folk there will be a "Mini Messy Church". Many Christmas Gift activities for you to enjoy including making your own Christingle.

Do pop in, Simon and all members of the P.C.C would be delighted to see you. We are keeping our fingers crossed and hoping there may be entertainment for you to enjoy.

There is no admission charge but donations are always very welcome.

Jenny Nicholls, Churchwarden

GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

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



The main item on our agenda was the numerous notices around the village from County Broadband regarding telegraph poles. A number of residents attended to put forward their concerns and it was agreed to form a sub-committee to explore the issues further, as well as writing to County Broadband to question and scrutinise their plans, deadlines, consultation phases, construction and commissioning.

The quest to reduce the speed limit along Harwich Road has made some progress, with a further speed survey due to be carried out as part of the process.

The twice yearly litter pick was carried out on the Saturday before Remembrance Sunday with over 30 bags of rubbish collected – a very big thank you to all the volunteers who gave up their time and efforts.

Another big thank you goes to Oliver, who kindly played the bugle at our Remembrance Day service, we are very grateful. We will be sending a donation to the Tendring Brass Band for their help in arranging this.

As you will be aware, the Parliamentary Election for the Harwich and North Essex constituency takes place on Thursday 12th December. Please make sure you are registered to vote – you can register online at www.gov.uk/register-to-vote - it only takes a few minutes.

Members considered S137 applications from local organisations and the following grants were approved:

Organisation	Amount
St George's PCC of the Bromleys	£1,400
Great Bromley Friendship Club	£250
Little Dragons Pre-School	£650
St George's PTA	£615
Seven Rivers Leonard Cheshire	£200
Great Bromley WI	£100
Total	£3215

A presentation of the grants will take place at 7pm on Wednesday 11th December, just before our main meeting at 7.30pm – all are welcome to attend.

Lizzie Ridout
Parish Clerk

Planning determinations

REFERENCE	PROPOSAL	LOCATION	DECISION
19/01303/TPO Mr Mark Lamb	1 No. Lime tree - reduce by 30%.	Lake Side, Badley Hall Road, Great Bromley	Approval - Full 09.10.2019 Delegated Decision
19/01234/FUL Mrs Germana Sinatra	Proposed ground level 20m x 40m manege for private recreational use.	Greshams Farm Harwich Road Great Bromley CO7 7UH	Approval - Full 18.10.2019 Delegated Decision
19/01259/ DETAIL Mr Gray	Reserved matters application for 2no. dwellings.	Land at Frating Road, Great Bromley CO7 7JN	Approval - Reserved Matters/Detailed 15.10.2019 Delegated Decision

Planning applications

REFERENCE	PROPOSAL	LOCATION
19/01476/FUL Mr and Mrs Taylor	Proposed two storey and first floor extensions, front porch and detached garage/cartlodge. Great Bromley Parish Council observed that the application appeared to be overdevelopment of the site and excessive in respect of the original footprint of the site.	Cannston, Frating Road Great Bromley CO7 7JW
19/01481/FUL A Lochore and Sons	Proposed agricultural storage building. Great Bromley Parish Council had no objection to the application.	Holly Lodge, Colchester Road, Great Bromley CO7 7TN
19/01529/FUL Mr & Mrs Taylor	Proposed two storey and single storey rear extension. Great Bromley Parish Council had no objection to the application.	10 Harwich Road, Great Bromley CO7 7UH

... Continued from page 7

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:
Sat 14th December – Big Christmas Party
Thursday 19th December – Last day of term
Wednesday 8th January 2020 – Preschool
reopens
Saturday 7th March – Race night

LITTLE BROMLEY PARISH COUNCIL

Email: littlebromleypc@gmail.com

The Council attended a Highways meeting in October to discuss the 30mph speed limit along Bentley Road. Current Essex Highways policy is that if there is open farmland to one side of a road then the speed limit should be 40 mph. So despite our many arguments that this should be looked at sympathetically, the Highways Committee ruled that the speed limit should stay at 40mph. One of the issues that did come up, was the lack of police incident reports for any accidents along this stretch of the road, so Highways could see no evidence of the problems that we know have taken place. We will continue to look for ways to get the extended 30mph speed limit implemented.

The Memorial event on the 10th November was very well attended and thanks to Gregory Frostick for conducting the service.

There have been reports of cars and trailers being stolen in the Lt Bromley area so residents should be vigilant with their vehicles.

The Memorial kerbing has been damaged again by vehicles driving over it and one of the village planters was hit by a car in a recent accident. Following a letter from the Council, agreement has been reached for payment to be made towards this damage.

The Council would like to wish all residents a very happy Christmas and will see you again in 2020. Our first meeting of next year is on the 16th January at 7.30pm at The Haywain.

Lt Bromley Parish Council



STOUR VALLEY MEN'S PROBUS CLUB

Recent Meetings

Andy Malcolm talked 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 Hunnable Funeral Directors talked on "The Humorist Side Of Funerals". Both meetings were much enjoyed by members

Future Meetings

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.

We will not be meeting on the 1st January and so our first meeting in the New Year will be on Wednesday 15 January when our Member Michael Hole will talk to us about "First & Second World War Prisoner of War Camps".

Carole Wheatley will enlighten us on "Internment in Guernsey during WW2" on 5

February and on 19 February Colin Hopper will present "The Story of London Bridge".

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 at all meetings 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 President Dave Carman on 01255 880202 for further details.

COFFEE BREAK NUTRITION with Suzanne Abbott

IT's CHRISTMAS!

Many of us will, by now, be in our kitchens preparing those special treats like mince pies, Christmas pudding and Christmas cake for the festive season, which is approaching even faster this year for some reason.

The local-grown turkey is on order, the Christmas list of organic or locally grown vegetables like Brussels sprouts, carrots and parsnips is being put together before the big day. It's a time of plenty, very easy for us all to overindulge - whether it's eating too much food or having 'one-too-many' drinks. With this in mind it is almost inevitable that many of us will suffer with indigestion.

An excellent old home remedy for this is drinking a glass of water with lemon juice or mixing apple cider vinegar with water. Both drinks are really effective for indigestion. Let's also not forget the three kings of Christmas spices – cinnamon, cloves and nutmeg. Cinnamon has a wonderful aroma, but that's not all. It's also a natural anti-microbial product, which means that in the gut it reduces the population of undesirable yeasts and bacteria. So if you have eaten something which gives you a tummy problem, cinnamon can be extremely effective. It can also reduce flatulence. Cloves also have similar medicinal properties to cinnamon. And if you happen to get a toothache during the festive season, a dab of clove oil on the affected gum will numb the pain temporarily. Nutmeg and its aromatic seeds is mainly used as a culinary spice; it aids appetite, can stimulate digestion and relieve flatulence, though it should only be used in small quantities for flavouring food.

Aiding digestion during the festivities:

Eat only when hungry.

Don't overeat.

Relax when eating – avoid stress.

Eat slowly and chew each mouthful thoroughly.

Don't drink too much with meals. The liquid,

whatever it is, will dilute the digestive juices and make digestion more difficult. To aid digestion, drink peppermint tea with your meal. To reduce gassiness, drink cinnamon tea after a meal. And throughout the day, don't forget to drink plenty of water too.

If you happen to end up with a hangover this is because the body is dehydrated and has been depleted of many vitamins and minerals. You therefore need to replace these and rehydrate the body. What helps? Add a pinch of sea salt to every glass of water you drink the morning after. This is good for the maintenance of some of the body's vital nutrients that control the water balance of the cells.

Magnesium gets depleted during a drinking session; eat green leafy vegetables to replace this important nutrient.

Eat eggs and wholegrain bread – for B vitamins and magnesium.

Use garlic, onion – raw with salad or the coleslaw, plenty of fresh vegetables, especially Brussels sprouts or broccoli, extra virgin olive oil, Peppermint tea and curry spices. Most of the above mentioned foods are used for stimulating the bile from the gall-bladder. The bile naturally reduces the population of bad bacteria and yeasts and acts as a natural antiseptic in the gut.

But there is something even more important you could do this Christmas – and that is – get connected with your friends, and not just the elderly. Keeping in touch with friends is vitally important not just for our own wellbeing but theirs too. Wishing you a very Happy Christmas and a prosperous and healthy New Year!

*Suzanne
Naturopathic Nutritionist*

Past Meetings

On 13 November Magistrate Graham Higgins talked of "Tales From The Bench". He looked at our legal heritage, particularly the part played by Suffolk. He also related how the role of magistrates and local events have played a part in this history and brought us up to date with an opportunity to decide how a defendant should be sentenced by briefly outlining a case. He also included some of his unusual experiences on the bench.

Future Meetings & Diary Dates

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.

On 8 January Chris Parfitt, a retired teacher, will enlighten us on "The Mysteries Of Easter Island." He will present an illustrated talk in which he will look at life on this remote island today and he will explore its unique history revolving mainly around the famous statues and some of the theories surrounding them.

Tracy from the Giggly Pig Co will talk on "The Life & Times Of An Essex Bad Girl" on Wednesday 12 February. From prison to a successful Brand is her story. Just how did she manage to change the direction of her life into being a pig farmer and successful sausage producer.

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 31 January.

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 400 members and 40 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 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!

GT BROMLEY AUTUMN LITTERPICK

Many thanks to Kate, Mick, Mal, Carole, Sarah, Barry, Chris and the Plymouth Brethren's Rapid Relief Team for their help with the Great Bromley Autumn Litterpick in November. Thanks too to Bill and Lewis for retrieving filled rubbish sacks, to The Courthouse and The Cross Inn for the use of their car parks as assembly points and to Amanda and Sheena at The Cross for hosting post-pick refreshments. We removed more than 30 bin bags of rubbish from the village together with several larger items too big to fit the sacks!

FROM THE RECTORY

Usually found only between two halves of a burger bun an all beef patty and special sauce, gherkins are one of those food items that divide consumers neatly in two. Those that find them awesomely delicious, and those that would chew off their own fingers rather than eat one. Quite why they should become a popular if somewhat surprising decoration for the Christmas tree in some nations is something of a mystery.

Of the most popular origin legends, one from Spain suggests that it is done in honour of St Nicholas who rescued two young boys who were being held captive in a pickle barrel. Another from Germany originating in the 16th century has it that a pickle is hidden somewhere in the branches of the tree, and is then given as a gift to whichever child can find it. An exciting treat for some, world's worst treasure hunt for others.

Although there is nothing especially unusual about the two main protagonists in the Christmas story, Mary and Joseph find themselves involved with a whole series of surprising discoveries, encounters and events. Dealing with the unexpected is an underlying theme. Messages from God delivered by angels. A once in a lifetime census. A birth in a grim and wearying environment. Visits from all strata of society - royalty from the East, local labourers & shepherds. An angry King with murderous intent.

At its very heart, the story of the birth of Jesus is all about the coming to earth of the baby who is the Saviour of the World. But it's also a story of ordinary people faced with extraordinary circumstance and meeting for the first time a God who is so intimately involved with the world that he created, that he was willing to step right into it.

This is where our story meets with the stories of Mary and Joseph.

There's every chance that you might well encounter God while sitting in a pew in a church building, singing carols, or joining in

a Christingle. It's far more likely that you'll meet him somewhere surprising or unexpected. In the faces of the hungry or homeless. Over coffee with a struggling single mum. On the school gate with a bereaved dad. Perhaps even hanging decorations on the Christmas Tree, whatever they are!

Simon

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

"Church Clean Team"

Thank you all those who very kindly gave their time and energy to help clean St. G's We now clean as a team (which is much more fun, putting the world to rights as we have our coffee or tea and cake)

Such energy, enthusiasm as the Henry's and Dyson spin around the aisles. Most welcome if you would like to join us - the more the merrier,

Thank you team.

Church Lunch

6th December at 12 noon

3rd January at 12 noon

All are very welcome to enjoy together home made tasty soup. Donations only



J.A.M. DROP-IN

Every Friday in St George's church
After school club for families. All welcome
Drop in for fun, games and laughter
3.00pm to 3.45pm
Refreshments, activities

ST. GEORGE THE MARTYR, GREAT BROMLEY

December 2019 / January 2020



Welcome to our services

December 1st	<i>Advent Sunday</i> 9.15am Holy Communion (BCP) with hymns
December 8th	<i>Advent 2</i> 10.30 Parish Eucharist (CW1)
December 15th	<i>Advent 3</i> 9.15am Family Service 6.30pm Community Carols
December 22nd	<i>Advent 4</i> 10.30am Parish Eucharist (CW1) (No evensong today)
December 23rd	<i>Carol Service</i> 7.30pm at St Mary's Little Bromley
December 24th	<i>Christmas Eve</i> 5pm Crib Service 11.00pm Midnight Communion at St Mary's Lawford
December 25th	<i>Christmas Day</i> 10.30am Eucharist (CW1)
December 29th	<i>Christmas 1</i> 10.30am Benefice Service at St Mary's Lawford
January 5th	<i>The Epiphany</i> 9.15am Holy Communion (BCP) with hymns
January 12th	<i>Baptism of Christ</i> 10.30am Parish Eucharist (CW1)
January 19th	<i>Epiphany 2</i> 9.15am Family Service
January 26th	<i>Epiphany 3</i> 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
Facebook or Twitter @StGeorgesGtBrom***

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