## **THE BROMLEY MESSENGER**

**APRIL 2014** 

Volume 29 No 1









## THE FIRST PAGE

The rains seem to have passed and everywhere is at last drying out. The leaves are bursting forth on the trees, the birds are singing, the weeds and grass are growing, the clocks have changed and Spring is arriving. How lovely it is to see the sun by day and the stars glittering in the heavens by night. However, the legacy of the wet winter is potholes in the roads which are slow to be mended and signposts which have fallen over - neither being helpful for those using our roads and lanes in the villages.

I have been to London a couple of times recently and walked across the roof of the



O2 (or the Dome as I still think of it as) and also been to see Archie, the Giant Squid, in the bowels of the Natural History Museum. Both great days out and highly recommended although don't visit the squid if you are squeamish nor go domewalking if

afraid of heights!

To find out more easily things to do and places to visit a better internet service is needed and County Broadband (page 7) has written a piece about the progress they are making regarding the availability of faster broadband in Great Bromley.

The Parish Councillors are working hard on our behalf with the A120, flooding, broadband, play equipment for Church Meadow being reported upon. I have also been informed that the ECC are introducing 40mph speed limits from 31 March on various roads in Great Bromley - see page 29 for full details where the speed limits will apply.

Kate, on behalf of the Village Hall, is looking to reinstate flower beds at the Village Hall and needs your plants - see page 9 for how to get in touch with her. Hugh has also been busy updating the website for both villages so do visit the sites and see how they have changed and improved. The Parish Council are looking to commemorate WWI over the next four years and they together with Hugh are going to publish on the websites, and in The Messenger, articles about those who fought, died, were injured and other information relevant to the period and are asking you to send in any information you may have.

Leonie Henderson

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

Please support the sponsors of our magazine.

### LITTLE BROMLEY AMENITIES GROUP

#### **Little Bromley Litter Pick**

Saturday 22nd February was our first litter pick for 2014 and what a glorious day it



was for it. The sun was shining for the first time this year!! We all met in the village car park at 10am where litter pickers and black bags were distributed. We filled 28 black bags and collected two tyres and a car battery. A big thank you to Dawn who fed and watered us all afterwards.

#### **Pilates Class**

The Little Bromley Amenities Group are starting a Pilates class in April (date to be agreed) to be held in the Venue at the Haywain on a Monday evening - time to be confirmed. Numbers will be limited so if you are interested in attending please email <a href="mailto:amenitiesgroup@gmail.com">amenitiesgroup@gmail.com</a> for further details.

#### **Bingo Night - 7th June**

We have set a date for our next Bingo Night - Saturday 7th June commencing at 7:30pm at the Haywain. Our Bingo nights are very popular so put this date in your diary.

## **DINAH JONES - VILLAGE POST OFFICE**

#### A tribute from a friend and former subpostmaster

As most of you will know. Dinah has left the village post office after nearly 10 years of loyal and devoted service. From her first day, Dinah has been much, much more than a face behind the counter. Everyone who uses the Post Office knows how efficient, helpful, industrious, reliable and downright kind she is and both Brenda and I will always be immeasurably indebted to her for making the venture so successful from the start. On behalf of everyone who came into her sphere, whether from Great Bromley, surrounding villages or the wider world, thank you, Dinah, for always being there - whether on official duty or not - your ever-present cheery smile and friendly



greeting will be missed greatly. We all wish you every happiness and success in your future plans.

With every good wish from Richard Perry

## **GREAT BROMLEY PARISH COUNCIL**

www.gbpc.org.uk

At our March meeting County Councillor Guglielmi was in attendance and was able to quickly report the news that Council Tax has been frozen for the next financial year which I am sure will be welcomed by everybody bearing in mind rising living costs. He was also able to report that ECC will be investing an extra £2m county-wide in respect of flood management, and £17m to cover the repairs to the ever increasing number of pot holes locally. On the issue of flooding, District Cllr, Nicholls, who has worked tirelessly in respect of flood management, was able to report that the recent flooding at Hall Road in the village is now being considered a top 5 area in the Tendring District requiring urgent attention. Representatives from ECC have already attended to survey the area, and it is hoped that this issue can be resolved before the next bout of extreme weather.

Many of you over the past month have been in touch with me regards the arrival of Superfast Broadband in the village. The arrival of the antennae at short notice came as a surprise to the Parish Council, which may well have been motivated by the anticipated arrival of rival service providers in the near future. Nevertheless, the Parish Council would be pleased to hear from

anybody who has signed up to the service to see how it is faring so far.

Further discussion was held at the March meeting regards the war commemorations - for which a planning application will be submitted soon relating to a structure at the war memorial. The Parish Council are very much looking forward to marking this momentous occasion and once plans have been finalised we will announce them.

Further discussion was also had regards the proposed play equipment to be built at Church Meadow. By the time the Messenger goes to press he aim to have drawings of the proposals on the Parish Council web site, with paper plans being placed on the notice board on the left hand side of the car park as you drive in. Any comments on these, positive or otherwise, are welcomed.

Lastly, the Parish Council is obliged one day a year to close the Church Meadow car park. It has been decided this will take place on Easter Monday for a 24 hour period. It was felt that to close on this day would limit the disruption on church and school users.

Laura Austin

#### A120 update

The long promised installation of average speed cameras to enforce a 50mph speed limit between the A133 turn off and Horsley Cross has once again missed the deadline. The cameras, speed limit and junction improvements were promised to be in place by March, however the inactivity from Highways Agency means that this will not be happening.

Great Bromley Parish and Tendring District councillors will continue to press for an update that we can rely upon.

#### WW1 commemorations

As a part of the WW1commemorations

Great Bromley Parish Council are proposing to erect a memorial at the war memorial which will stand for the four years 2014-18. An indication of how this will look can be seen from the picture overleaf, colour copies will be in the noticeboards and on the website soon. It really does look striking in full colour.

We need planning consent for this and so we are now applying to TDC for their approval.

We will also be publishing details of those men who gave their lives in the war, on the month of their death, we would also like to commemorate those brave men who went to war and returned, possibly wounded. This looks like quite a task to identify the men and



then their military record, if anyone has any information that may help – diaries, letters, photos etc or if you would like to help in this research then please contact myself at <a href="mailto:chairman@gbpc.org.uk">chairman@gbpc.org.uk</a>

We will also be publishing the entries from the Parish minutes of that time, where they relate to war time activity in the village, I have had a quick look at this and some of the stuff is fascinating.

#### Flooding

Although compared with other parts of the country Great Bromley has got away quite lightly, there have been some areas causing concern in the village which Cllr Fred Nicholls has been dealing with at District and County level on our behalf. This very wet winter has highlighted the importance of

maintaining the drainage systems in the village, ditches and culverts mainly.

Generally speaking ditches are the responsibility of the people who own the adjoining land and culvert where they pass under the highway are the responsibility of Essex Highways. As always if only things were that straightforward and it is not always easy to trace the responsible land owner.

If you are aware of any ditches that need attention will you please bring them to our attention at clerk@gbpc.org.uk

#### Parish Council owned land

The parish council owns some areas of land on behalf of the community, these are Church Meadow, the village hall and cricket club and Hare Green recreation ground. The village hall and Hare Green are not registered with the Land Registry so in order to normalise this situation the council has started the process of completing this registration.

#### Meetings

Our next meeting is scheduled for Wednesday 9<sup>th</sup> April at 7:30pm in the village hall, as always I would be delighted to welcome you and would value your contribution.

Alan Thomas Chairman Great Bromley Parish Council

PLANNING				
Decisions				
APP REF	LOCATION	PROPOSAL		
13/01452/FUL - approval, full	Land East of Hall Road, Great Bromley	Erection of an agricultural dwelling to replace temporary mobile home approved under 10/00585/FUL (re-submission of 13/00980/FUL		
Applications				
APP REF	LOCATION	PROPOSAL		
14/00270/FUL	Land adjacent to The Cross P.H., Colchester Road, Great Bromley	Erection of 1 No. 4 bedroom dwelling with detached garage		

## Play Equipment for Church Meadow



The Parish Council are considering installing some play equipment on part of the grassed area in Church Meadow.

As the Meadow is a Village amenity, we would like to hear from anyone who has suggestions or comments about the idea.

You can see a digital impression of one proposal in the Footpaths Noticeboard which is located in Church Meadow.

There is also a link to the design on the Parish Council website, gbpc.org.uk.

The equipment is made of durable wood, which does not require maintenance and will blend well with the surroundings. It is

designed to be accessible to all children including those affected by a disability, and has been developed through detailed study of the way children play and interact with each other.

We would welcome any comments you have, so please contact me on 07708 616326 or via the Parish Council website.

Susie Burnby, Parish Councillor



### **BROADBAND**

Superfast Broadband has arrived! Fantastic news! Superfast broadband is now available across the Great Bromley village.

As you may remember County Broadband started a project to bring broadband into our village, and after a number of significant delays and challenges this service is now finally available to anyone in the village who would like it.

County Broadband are a "Wireless" provider of broadband, so rather than digging up the road and laying expensive cable they use aerials to bring the broadband service into the village and onto your homes and businesses. This low cost deployment means they can deliver superfast (up to 32Mb) broadband speeds into rural areas, and the more difficult to get

to locations.

After a lot of work they have now finished building their

broadband network across
the village which, as of today
enables the village of Great
Bromley to receive superfast
broadband; so instead of
getting your broadband from a large
anonymous national company you can
receive it from a local Colchester based
business.

County Broadband offer a range of services from 4Mb up to a blistering 32Mb and starting from as little as £9.99 per month, and as you do not need a telephone line to run the service so there are potential savings there too.

There are already a number of people in the village who are enjoying this network and should anyone be interested in talking to County Broadband about what this service can offer please call 0845 686 5000 to speak with one of their experts.

James Salmon, County Broadband

### **BRAND NEW WEBSITE**

Two brand new village websites have been published! The sites should be friendly to use and far easier to maintain, so myself and the regular local contributors can add more content for you. If time allows we will try to put more news from the magazine on the site, in addition to the magazine itself that is uploaded every month.

As always we welcome your news, events and reports of happenings. Any of the clubs and organisations may have a log in to maintain their own page; just ask.

A reminder of the website addresses:

www.greatbromley.org.uk

www.littlebromley.org.uk

One incentive for building a new design was to expand the genealogical and history side, and in particular remembering the men on our war memorials, those who died fighting in the two World Wars.

There is much in the media about commemorating the 100<sup>th</sup> anniversary of the start of the Great War. (I personally would prefer to wait four years and celebrate the end, rather than the start. But then again, 100 is only a number. Grateful remembrance of the terrible sacrifices made by so many throughout these great conflicts remains important at any time.) Over the next four years we will be trying to find out all we can about each of the men who were killed from our villages. Mark Ashmore has already done a great job researching the war and grave records of many of them. We have over the last few years had correspondence concerning the lives and backgrounds of a number of others.



This information will be published on the websites as it comes in. We then plan to publish each man's details in each *Bromley Messenger* magazine published in the month and year falling 100 years after his death.

If you have any information, or leads to relatives of any of the men on the memorials, please do get in contact. We are currently looking for any information at all about: W Dove, EB Lucas (LB) and Frederick & Harry French (GB).

We would also like to remember those Bromley people who served during either World War and thankfully made it home, and those who helped the war effort in other ways. There will be quite a few of them! I would be grateful if you could contact me about your own relatives so I can add their page.

Also, I would be very glad to hear from anyone with some spare time, and possibly internet search skills, who would care to help search for details of these men and their families.

Hugh Frostick Tel: (01206) 617324 email: web@greatbromlev.org.uk

## GT BROMLEY & DISTRICT CRICKET CLUB



The cricket club recently held its AGM and was extremely pleased with the turn out from the committee and playing members.

Pip Allam (Chairman) thanked everyone for

attending and also thanked the committee and members of the fund raising subcommittee for all their hard work and endeavours over the year.

The following people were elected:

Linda Allam President Pip Allam Chairman Trudie Dodd Secretary Matt Folev Treasurer Richard Lawson Club Captain Robert Wareing 1st XI vice captain Nick Holyman 2nd XI Captain Adam Cuthbert 2XI vice captain Pip Allam Colts Manager **Tracey Wareing** Fixture Secretary Sarah Fairley Child Welfare Officer Tracev Wareing Registration Secretary Committee members:

Matthew Wareing, Andy Fowles, Lance Grainger, Dave Hardy

The Club had some very pleasing news over the closed season, several of our colt players (11-16 year olds) were asked to trial for either Essex or North East Essex places. Very pleasing for the Club, Cameron Fairley and Harvey Robinson have got through the trials and into the next stage of North East Essex Coaching. Beth Dodd has been chosen to play for Essex U15s development squad and Jessica Bird for Essex Performance squad and has also been invited to play for Essex U19s in Dubai next February. We are also pleased to see the continued development of Jake Foley who has now been asked to play for Suffolk 1st team as well as playing for The Club is extremely proud Essex U19s. to see this continued successful development of youth players and with 2 level 2 qualified coaches in the club we

hope to see more of the same in the future. This also proves that even though we may be perceived by some as a small Club it proves that we can nurture young talent and aid progression into representative cricket.

On a final note we are still looking for businesses who may wish to advertise their company via our advertising boards around the boundary fence. 1st year cost is £175 which includes board set up and thereafter £75.00 per year which includes a free advert in the cricket club handbook. For more information please contact Nick Holyman on 07818 418452.

Tracey Wareing

#### 100 Club Winners for February

1st. Mrs. Lynda Allam2nd. Mrs. Kirsty Simms3rd. Mr. Bill Kempster

## **VILLAGE HALL TRUSTEES**

I am hoping to reinstitute the flower beds at the front of the village hall. It would be sensible to put perennials in, so if anyone has any spare from their garden, I would be most grateful for a donation.

Many thanks.

Kate Strowbridge 07592 735600.



## THE DOCTORS' SURGERY NEWS

## **Great Bentley Surgery**

As I write this the relentless rain and wind seems to have finally let up battering the UK and I noticed the daffodils in full bloom driving into the village this morning. I 'm sure that we must've had our fair share of rain and we won't see many of the traditional April showers will we?

The partners have asked me to remind patients about the rules for home visits, as these have been increasing a lot lately. This is impacting on appointment availability for all patients and the already huge workload the doctors have to cope with. Doctors will only visit patients at home if they are genuinely housebound and unable to get to the surgery. Not having transport is not a reason to request a visit. We cover nearly 20 square miles of countryside and the time taken to visit just one patient often takes a doctor up to an hour. 6 patients could be seen in the surgery in this time, so it really is not fair on other patients if a visit is not necessary. Please think carefully before you request one and do not be disappointed if the on call doctor decides it is not appropriate. If it is necessary we will of course visit as soon as possible.

Following on from last month's newsletter the Government's Care.data project has now been delayed yet again until the autumn. They say this is the final delay which gives you all plenty of time to let us know if you object to your anonymised records being used in this way. On this subject we've been asked to explain this in layman's terms guite a lot in the last few weeks and I think the best explanation I've heard is that if you trust the Health & Social Care Information Commission to make sure this information is looked after then you shouldn't worry, if not then ask us to put a code on your record which will prevent your information being used in this way.

Don't forget that the Patient Participation Group meeting will be on the third Thursday of every month at 6.30pm in the Great Bentley Village Hall. The group needs new members and fresh ideas, so please come along on 17<sup>th</sup> April!

Richard P Miller – Practice Manager



"Be prepared, stay healthy and enjoy your trip!"

Are you thinking of going abroad for a holiday or maybe volunteering or back packing far away from home?

Whatever your plans are, don't

forget to visit us 6 to 8 weeks beforehand for expert advice. You may need a course of vaccinations which can take several weeks to complete to ensure that you have adequate protection. Before coming to see one of our practice nurses, please ensure that you have completed one of our travel forms which you can pick up from reception or download from our website. These help us to assess and plan your vaccination requirements and if you may be at risk of mosquito borne diseases like malaria. We have an up to date price list available on request for vaccinations not covered by the NHS and this information is also available on our website. We are a fully accredited vellow fever centre for both our own patients and the public at large. A travel health consultation also includes plenty of advice including accident prevention, reducing the risk of food, water and blood borne diseases, insect & animal bite prevention and advice about insurance. There are some useful websites you can visit: www.nathnac.org, www.fco.gov.uk and www.fitfortravel.nhs.uk for further information. We look forward to seeing you to help ensure you stay healthy so you can enjoy your holiday!

Sister Bonnie Beard - Practice Nurse



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

Head teacher: Julie O'Mara Telephone: 01206 230305

## Chelmsford Diocese Centenary Celebration

The Chelmsford Diocese is celebrating their 100 year anniversary. To mark this event, all member schools have been invited to participate in one hundred activities. Some of the exciting activities that we will be taking part in will be:

- Create a school banner.
- Set up a video link with another school in the Diocese.
- Visit a church that we have never been to before.
- Growing £100.
- Learn The Lord's Prayer in a different language.
- Make an Easter Garden.
- Invite children from another school to lead an act of worship.
- Make a standing or hanging cross to be part of our Spiritual Garden.

The Centenary Challenge poster will be on display in the school hall. Children will be encouraged to



suggest ideas and activities to ensure that St George's achieves all 100 challenges. To launch our



#### celebrations we

have invited all children to take part in a competition to fit as many different items as they can into a small funsize Smarties box. There will be a bonus prize for any child who reaches 100!

#### **World Book Day**

Last Friday we had great fun dressing up as our characters from story books. There were lots of different costumes including James Bond, Matilda, Angelina Ballerina, Willy Wonka, Dorothy from the Wizard of Oz and many others. We loved finding out who everyone was. In the afternoon we had an extra special assembly when each class shared what they had been doing in their Talk 4 Writing lessons. Our class spoke about bees and how they make their honey. It was great fun!

Class 2



#### GREAT BROMLEY POST OFFICE at The Cross Inn.

Ardleigh Road, Great Bromley CO7 7TL Telephone: 01206 231073

Mon/Tues: 9.30am-2.00pm Wed/Thurs/Fri: 10.00am - 2.00pm

Sat: 9.00am-midday

- Please note that there is now a wide selection of cards and wrapping paper available.
- A dry cleaning service is also available.

Please ask for details at the counter.



# Little Dragons Pre-School - Great Bromley & Frating Church Meadow Bungalow, Hall Road, Great Bromley CO7 7TR Ofsted Inspected

Website: www.littledragonspreschool.org

Email: littledragonspreschool@gmail.com

#### OFSTED INSPECTED **OUTSTANDING**

During the half term holiday we were very busy. We had a smart new floor fitted in our 'messy area' which looks great and is much easier to keep clean. We would like to thank parents and friends who helped to complete some outstanding jobs and maintenance both inside and outside: you are much appreciated. Thank you!

We would also like to thank Gt. Bromley Parish Council for the grant of £225 which will be used towards completing our sensory shed.

On 'Shrove Tuesday' the children had fun making and 'tossing' pancakes and also enjoyed painting and glueing activities, preparing for Mothers Day.

To celebrate World Book Day on 6<sup>th</sup> March, children and staff dressed up as characters from their favourite books. The children made a bar chart of their favourite stories and acted out 'Going on a Bear Hunt' in the garden. Lots of fun.

With the improving weather, thoughts have turned to our garden. The children have been planting potatoes and some vegetable and flower seeds which we have put in the greenhouse. They have also been helping to tidy the garden after the winter and plan new areas for the coming months. Very exciting.

Party Table and Chair Hire
Having a party for Pre-School children?
We can offer 4 perfectly sized tables and
20 chairs.

Deposit only £10
Tables only £5.00 each
Chairs only £1.00 each
Collection only.

Contact:

Tel: 07857 503103

Email: littledragonspreschool@gmail.com

Just a reminder that we are collecting the 'Nestle box tops' and also the Sainsbury's vouchers so please tell family and friends.

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.

#### **Dates for Diary**

Mon 7<sup>th</sup> April Easter Holiday Tuesday 22<sup>nd</sup> April Preschool reopens

## 2014 EVENTS

#### **APRIL**

- WI meeting, Village Hall, 7.30pm
- 7 Lt Bromley Amenities Group Meeting, The Haywain, 6.30pm
- 9 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 17 Friendship Club meeting, 2.30pm
- 18 Easter Egg Hunt, Little Bromley
- 19 Essex & Suffolk Point to Point, Higham

#### MAY

- WI meeting, Village Hall, 7.30pm
- 10 Plant & Garage Sale, Ilex Farm, 10.00am
  'A Bit of Me Time' Coffee Morning, Village Hall, 10.00am
- 11 Mega Messy Church, Venture Centre, 3.00pm
- 14 Gt Bromley Parish Council meeting, Village Hall, 7,30pm
- 15 Friendship Club meeting, 2.30pm
- 17 Lt Bromley Amenities Group Charity Quiz Night, Haywain, 7.30pm

#### **JUNE**

- 4 WI meeting, Village Hall, 7.30pm
- 7 Lt Bromley Amenities Group Bingo Night, The Haywain, 7.30pm Mind, Body & Spirit, Village Hall
- 11 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 19 Friendship Club meeting, 2.30pm
- 27 Lt Bromley Amenities Group Ladies Pamper Night, Little Bromley

#### **JULY**

- WI meeting, Village Hall, 7.30pm
- 9 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 12 Tendring Show, Lawford
- 17 Friendship Club meeting, 2.30pm

#### **AUGUST**

- 6 WI meeting, Village Hall, 7.30pm
- 13 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 21 Friendship Club meeting, 2.30pm

#### **SEPTEMBER**

- 3 WI meeting, Village Hall, 7.30pm
- 10 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 18 Friendship Club meeting, 2.30pm

#### OCTOBER

- 1 WI meeting, Village Hall, 7.30pm
- 8 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 16 Friendship Club meeting, 2.30pm

#### **NOVEMBER**

- 5 WI meeting, Village Hall, 7.30pm
- 12 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 20 Friendship Club meeting, 2.30pm



## "A bit of me time" Coffee Morning

Great Bromley Village Hall 10<sup>th</sup> May 2014 from 10am to 2pm

All profits to help Becky and Jodie to join in an educational trip

to South Africa: to observe and take part in animal conservation in April 2015.

They need to fund raise 80% of the cost to go.
Please support young people

in the village.

Refreshments and various stalls

Please come along for a relaxed social morning. Some "me" time!

## **Plant and Garage Sale**

at Ilex Farm, Waterhouse Lane, Ardleigh on Saturday 10 May 10 am - 1 pm.

Proceeds to Cancer Reseach and St

Michael's Church, Thorpe -le-Soken.

Donations of plants or anything for the garage sale apart from books, clothes and small bric-abrac would be greatly appreciated on or before Friday 9 May.

Tel: 01206 230679.

## **Village Hall Events**

at the Village Hall, Great Bromley



June 7th
provisional date for the next
Mind Body and Spirit
event in 2014
more info soon.

#### **Mega Messy Church**

at the Venture Centre Lawford Sunday 11th May 2014 from 3.00pm - 5.30pm

The churches of Manningtree, Mistley, Lawford & Bradfield, in association with Through Faith Missions will be hosting a Mega Messy Church

There will be a host of actives with stories, craft, songs, games and refreshments. Messy Church is for families of any size and make up: parents, single



parents, grandparents or carers and their children

For further information please phone 01206 392659

#### Little Bromley Amenities Group

#### **EASTER EGG HUNT**

Easter Eggs have been seen again in the woods at the back of The Haywain!
Come and find them on Friday 18th April (Good Friday) starting at 2.00pm until
4.00pm

at The Haywain.
Cost £2.50 per child
Includes colouring masks etc and
refreshments.



#### **QUIZ NIGHT**

7th June at The Haywain, Little Bromley 7.30pm start

Teams of 4 £5 pp inc buffet Tel 01206 390004 to book table Proceeds to Wildlives Rescue Centre -Frating

# theW

# WOMEN'S INSTITUTE

We do manage to find the lewels in the crown. Our planned speaker was unable to come and at very short notice David and June Wendon stepped into the breach. "English Concertinas" was the title and what a treat was in store. Stanley Wheatstone made this little gem in 1829 and patented it in 1844, unfortunately he died in 1875 but his nephews carried on. Over a period of 35 years over 900 instruments were sold to ladies, no mean feat when you consider that not many were of independent means. Outworkers, from the age of 14 upwards, made all the reed. The wood that produced the best sound came from the Sycamore tree.

We were then treated to a little of the



speakers' history:
June was so
fascinated by the
concertina,
although at that
time was no
musician, and she

not only taught herself to read music but she has also taught herself to play the concertina. June then accompanied David as he sang a Gospel Hymn "The Water is Wide", with some of the members who knew the words joining in. David then told us about Louis Lashnell helping to make them and also more cheaply, the first ones costing £1 - 11s - 6d. Lashnell died but he had seven children and his widow carried on the business with five workmen. Then unfortunately in 1910 there was a fire at the factory and all the records were lost, so it is not possible to date his concertinas.

The best years for the concertina were 1890 - 1914 when top quality instruments were made. The Salvation Army were the savers of the concertina. After the First World War only 30 were made because of the poor quality.

In 1933 the Lashnell industry collapsed and was bought out by Wheatstone which was then bought out by Boosey and Hawkes. In the late 60s / 70s the whole thing was then bought by a Stowmarket man and then promptly donated to The Horniman Museum. He is one of only nine restorers left in the country who is now 64, wants to retire but has a waiting list of eight years.

David then sang two more songs, one from Holland "Lowlands" and the final one " Where Ravens Feed ". We had a super evening made all the more special by the affinity David and June have with the concertina.

Joy Rolfe



duty.

## **ESSEX POLICE**

If you need to talk to me for any Police Community problems, you can contact me on 07967466876, or 101 Ext 487603 (free phone) or email me <a href="mailto:leslie.barnes@essex.pnn.police.uk">leslie.barnes@essex.pnn.police.uk</a>. Please note if you leave a message I will try to reply to your call the day I am next on

Incidents for Great Bromley in February Suspicious Circumstances –

Brook Street, St Georges School - (2 youths playing in the school grounds)
Brook Street - (2 males in a vehicle looking at properties)

Fair Field Close - (Male taking photos of a property)

**Theft** - Hall Road - (Attempted theft of money from church)

#### PCSO Barnes 71909

Website: <a href="http://www.essex.police.uk/my\_neighbourhood.aspx">http://www.essex.police.uk/my\_neighbourhood.aspx</a>
Thorpe le Soken Police Station,
Landermere Road, Thorpe le Soken, CO16
0LQ

## PLEASE SUPPORT OUR SPONSORS & ADVERTISERS

#### **FAVOURITE BIRD WATCHING TWITCH FOR 2014**

On the 18<sup>th</sup> May, I received the unexpected news via my bird alert pager that a rare dusky thrush had been spotted in a cemetery in Margate Kent. I quickly decided to go to see this major rarity.

After driving for 3.5 hours I arrived in Margate cemetery. I parked my car & walked the short distance where the bird was sited, a crowd of people were already in position with their binoculars and telescopes watching the bird perched on a silver birch tree.

Using my binoculars I was able to view the bird clearly for approximately 10 minutes after which it flew off disappearing into the treetop canopies, it was later relocated at mid-day feeding on worms between the gravestone southeast of the cemetery.

The dusky thrush is of the eunomous race, it was aged to be a first winter female. Its size and shape is similar to a song thrush, its main features include a grey brown & white head pattern resembling a red ring thrush. It has a double grey brown breast band & orange rush under wing coverts only visible when seen in flight.

This species of thrush is a rare vagrant to Europe with 10 British records to date. The Margate bird represents the first spring record for Britain. The first British record for this species was shot in Nottingham in 1905. The birds breading range includes north and central Russia and Siberia.



wintering in Japan, Korea and china. It is wholly migratory.

I left the cemetery at mid-afternoon feeling very elated having seen a once in a life time bird. I am sure the other observers felt the same way as I did. It was estimated that approximately 1,500 bird watches saw the dusky thrush on the 18<sup>th</sup> May 2013.

The bird only stayed in residence for one day leaving others disappointed that they had possibly missed their opportunity of a life time.

Bruce Root

## TAILS FROM PRIMROSE FARM

Hopefully the rains have finished and the land can now drain down. The pigs are really well strawed up and quite happy. The hedgerows look so far advanced already and the daffodils have sprung up everywhere and will be soon dancing in the wind. Banks of snowdrops look so lovely in the sunshine when its out !!!. A pair of Mallards have rested on the pond, don't usually stay too long as need a bigger pond but we did discuss building them a little floating house and private jetty to encourage them to stay!.

How proud we are of the Essex Young Farmers and their donations of time, effort and co-ordination skills to help the Somerset farmers. They have taken lorry loads of straw down to the livestock there and rescued a few combines out of the flood filled fields!!. How devastated these farmers must feel with their livelihoods being literally washed away and how their homes have been filled with filthy cold water ruining everything. How the farming community have responded is heart warming.

From end of February, every Saturday, the Tendring Enterprize Studio School is looking to come and sell their woodworking acheivements for a schools interform competition. Groups of students are coming for 3 weeks at a time to sell their woodwork and the best group with highest profits wins. The students have to make, have marketing plans and show profit margins for their work. This is a great scheme and

we are so pleased to help them and offer a selling base for the competition.

There is lots of discussions at the farmers markets about setting them up and promotion of British food that at Primrose farm we are looking at holding a farmers market on the spare Saturday of the month that we have, that is the 2<sup>nd</sup> Saturday. As we have no outside cover it will be very weather permitting but looking at starting the second Saturday in April the 12<sup>th</sup>. So please watch this space for this advertisement. We are beginning to plan the Primrose farm open day and the now famous Cooking Demonstration days in the summer.

Anyway a recipe to keep you tasting different cuts of British pork. Have you tried our Swedish Roast??? The butchers stuff and roll the sweet shoulder of outdoor free range pork with dried apricots to make a lovely shaped pork joint then wrap with a layer of smoked dry cured streaky bacon. Recommended to roast slowly in the oven in tin foil on a low to medium heat cooking long and slow. The sweetness of the shoulder and apricots contrasted with the savoury bacon just melts in your mouth. This joint is a high seller in the shop and markets and has become many customers traditional Boxing Day roast.

Karen Moss

### IN THE GARDEN WITH KATE



It seems that spring has arrived. This afternoon I was in the garden - it was glorious. I think the temperature was actually around 14, but with the sun it felt much hotter, which must be a

relief for all those affected by the flooding and gales. On that note, I was painting the summerhouse, and discovered that the front wall (south facing) and the roof did not actually meet anymore. Sometime during the gales the roof had lifted and bowed the front wall. Expert use of a jack and length of wood by my husband saw the roof back in the appropriate place, but if I hadn't been painting, I might well not have spotted it.

We also discovered fences that we thought had survived the gales were in fact held up by ivy. However, I still think we got off lightly compared to many.

I have just come back from a wonderful holiday in South Africa where they are sliding into autumn. It really is the most beautiful country, but one of the things I noticed was that for miles and miles, the roads were lined with beautiful wildflowers -Cosmos! They are considered weeds. I suspect though that a South African coming here in our summer seeing the poppies on the verges might feel the same. I have noticed that this year, in commemoration of the 1<sup>st</sup> World War, people are being urged to sprinkle poppy seeds on the verges, in order to have a living memorial to those who died, and, I like to think, in memory of those who have died in conflicts since then.

I have recently started sowing cucumber, tomatoes and chillies in the heated propagator, and they appear to be growing strongly. Last year the miserable spring meant I was very behind with the chillies, and did not get my usual bumper harvest - I actually had to buy some recently!

As the ground warms up, it is time to get planting and sowing. Soil can be warmed with sheets of black plastic pegged down, and I have always found it seems to speed germination if compost used in seed trays is warmed - I suggest you store it in the greenhouse.

As plants start to wake from hibernation, they will benefit from some general purpose fertilizer. Flower beds should be cleared of weeds (mine seem to have been growing all winter), and hardy annuals can be sown. First early, second early and main crop potatoes can be sown, as can broad beans, early peas, cauliflower, sprouting broccoli, leeks, beetroot, radish, spring onions, lettuce, rocket, turnips, spinach, parsnips, chard and carrots.

The greenhouse needs to be opened during the day for ventilation, and greenhouse grown, frost tender plants can be hardened off. Other plants can be sown in a heated propagator such as marrows, pumpkins, squash and courgettes.

With so many jobs to do at this time of the year, don't forget to enjoy the beautiful daffodils, primroses, camellias, violets, hellebores, snowdrops, iris, etc etc!!!

Kate Strowbridge

#### Leonard Cheshire Disability

## SEVEN RIVERS CHESHIRE HOME

#### **Seven Races for Seven Rivers**

Last year, Duane Randall, the husband of



our Activities Organiser. Kate, ran the London Marathon for us and raised nearly £1,000! This year he intends to ao not one better, but seven times better on our behalf! In a three

month

period Duane will be running in seven races, including two marathons and the Fssex 20 miler!

The full list is as follows:

9th Feb 2nd March 9th March Great Bentley Half Marathon Silverstone Half Marathon Essex 20 Miler 16th March 13th April 5th May Colchester Half Marathon LONDON Marathon Milton Keynes Half Marathon

11th May Essex & Halstead Marathon That's a massive total of 124.8 miles!

Duane says, "Kate is so passionate about the great work that goes into making Seven Rivers such a special place for residents and their families, so this is my small way of being able to add to the Seven Rivers community."

Kate says, "Duane comes home after a 12 hour day, kisses our girls goodnight and gets straight into his running gear to get out training, and then also rises early on a Sunday to run miles along the A12.

"I am so proud of him, he couldn't pick a better cause."

We invite the readers of The Messenger to get behind Duane in this massive challenge!

Please sponsor him online at www.justgiving.com/Duane-Randall2

Thank you very much!

Colin File. Volunteer Newsletter Editor.

## FRIENDSHIP CLUB

The Speaker at our February Meeting, Paula Short, kept everyone enthralled with her detailed and interesting talk on Coco Chanel who in spite of her poor start in life went on to become a world famous designer of clothes and perfumes.

Coco Chanel modelled her creations on her own clothes which were different from the usual designs of the day in that they were loose fitting and easy to wear. She also kept her hair short and introduced the cloche hat which was copied by many. She had many famous clients and after the War became extremely successful

in America, numbering Elizabeth Taylor and Jackie Kennedy among her most well known. Because of her many influential friends, Coco Chanel was able to finance her perfume business, and her first perfume,

Chanel No 5, is still in great demand. Sadly Paula didn't have any samples of perfumes for the ladies to try, but we were able to study books and articles on this fascinating lady.

At our April Meeting Barbara Faulkner will be speaking on Easter, and the competition - an egg cup.

Svlvia Ward

## KITCHEN CORNER

### **Easter Lamb with apples**

5lb boned loin of lamb

2 tbs sugar

2 cloves of garlic peeled and crushed

1 lb cooking apples

Juice and rind of 1 lemon

1 pint of cider or apple juice

2 oz butter or oil

3 cloves

2 tbs cream

Rub the lamb inside and out with the lemon peel and juice. Peel and core apples and slice thickly. Lay on the meat, sprinkle with sugar and dot with cloves, roll up and fasten securely

Insert the garlic under the skin then rub outside of meat with a mixture of 2 tsp

ginger, 1tsp salt and pepper, then brush lightly with oil. Put the joint into a hot oven, after 20mins reduce the heat to 175F



Allow 20mins per pound and baste with hot cider every 15 mins. Transfer to a warm plate to rest while you strain off the fat from the pan and thicken the gravy with the cream.

Happy Easter to all!!

Jill Frostick

#### **PUBLIC NOTICE**

The Essex County Council (B1029 Frating Road/Parsons Hill, Back Lane West, Badley Hall Road & Morebarn Road, Great Bromley) (40mph Speed Limit) Order 2014

**Notice is hereby given** that the Essex County Council has made the above Order under Sections 84(1) and (2) and Part III to Schedule 9 of the Road Traffic Regulation Act 1984.

**Effect of the order**: To introduce a 40MPH speed limit on that length of B1029 Frating Road/Parsons Hill, Back Lane West, Badley Hall Road & Morebarn Road, Great Bromley in the District of Tendring as specified (The roads are currently derestricted):

#### Road Description B1029 Frating Road/Parsons Hill, Great Bromlev

From a point approximately 20 metres south of its junction with Mary Lane North in a generally southerly direction, for a distance of approximately 1190 metres.

#### **Back Lane West, Great Bromley**

From its junction with B1029 Frating Road/ Parsons Hill in a generally easterly direction, for a distance of approximately 230 metres (its entire length).

#### Badley Hall Road, Great Bromley

From a point approximately 150 metres north east of its junction with B1029 Brook Street in a generally north easterly direction for a distance of approximately 450 metres.

#### Morebarn Road, Great Bromley

From its junction with Badley Hall Road in a generally north westerly direction, for a distance of approximately 55 metres

**Date of operation:** The Order will come into operation on **31 March 2014**.

**Further details:** A copy of the Order and plans may be examined during normal office hours at County Hall, Chelmsford CM1 1LX.

Application to the high court: Anyone who wishes to question the validity of the Order of any provision contained in it on the grounds that it is not within the powers conferred by the Road Traffic Regulation Act 1984 or on the grounds that any requirement of the Act, or any instrument made under it, has not been complied with in relation to the Order, may within six weeks from the date of the making of the Order apply to the High Court for this purpose.

Dated: 20 February 2014

## PUBLIC INTEREST

# North East Essex Clinical Commissioning Group

Embracing better health for all

## NE Essex CCG has today issued a warning to patients about a hoax email.

At least two GP practices in NE Essex have had patients phone in worried about a hoax email. The email looks as if it has come from NICE, the National Institute for Health and Care Excellence, and people are advised not to open it, and not to click on any links.

NICE says the contents are likely to be distressing and has reported the hoax to the police.

It is not clear exactly how many people are affected, but based on the high number of calls to the organisation it is thought to number thousands nationally.

Sir Andrew Dillon, the chief executive of NICE, said: "A spam email purporting to come from NICE is being sent to members of the public regarding cancer test results.

"This email is likely to cause distress to recipients since it advises that 'test results' indicate they may have cancer. This malicious email is not from NICE and we are currently investigating its origin. We take this matter very seriously and have reported it to the police."

NICE is advising people who have received the email - the subject line of which is *important blood analysis result* - to delete it without opening it and not to click on any links. The NHS national website has information, as does the NICE national website and Twitter feed.

http://www.nhs.uk/news/2014/03March/Pages/ NICE-cancer-email-hoax-warning.aspx http://www.nice.org.uk/

Twitter: @NICEComms

## Good quality and value for money to benefit patients in new contract for IAPT mental health services

The bid to run psychological therapies in North East Essex has been awarded to Hertfordshire's mental health services provider.

Hertfordshire Partnership University NHS Foundation Trust (HPFT) will now provide the Health in Mind Improved Access to Psychological Therapy, or IAPT, service in North East Essex.

IAPT aims to offer service users access to treatment for mild to moderate depression and anxiety disorders, including panic, obsessive compulsive disorder and post-traumatic stress, using a variety of treatments including self-help, individual therapy, computerised cognitive behavioural therapy (CCBT), group treatment and employment support.

There will be no changes to the services already provided for service users initially, and HPFT will work together with staff and service users to look at the services carefully and make improvements where they are needed.

People can be referred to IAPT by their GP or they can refer themselves by calling 0300 330 5455.

#### Health matters: the good death

You will now about the Francis Report and the subsequent Keogh Review on the overwhelming mortality rates.

The unfortunate, to put it mildly, circumstances, where sick/chronically ill people had not received the best attention from clinicians and hospital managers in our NHS, are being addressed by the North East Essex Clinical Commissioning Group (NEECCG).

Palliative and End Of Life Strategy 2013-2017, based on the above Report and Consultations; informed by the Leadership Alliance for the Care of Dying People, is about to be published. The service offers support to the families and carers during the end of life pathway and a bereavement service after death.

The NEECCG end of life service is for adults aged 18 and over who;

- Have an advanced progressive or incurable condition and are expected to die within the following 12 months
- Are at risk from dying from a sudden acute crisis in their condition.
- Have a life threatening acute condition caused by catastrophic events.
- The purpose of the strategy;
- Commissioning end of life care pathways that are what patients want, clinically effective, financially sustainable and holistic
- Embed the principles of the national strategy
- Further address the NHS Improving Quality remit
- Address the gaps of the current system locally, as identified by the Keogh review and the NEECCG End of Life Review in August 2013

The Leadership Alliance for the care of Dying People was set up to lead and to provide a focus for improving the care for this group of people and their families and carers following the publication of the "More Care less Pathway" report by the independent review of the Liverpool Care Pathway in July 2013. The Alliance members include Help the Hospices and the National Council for Palliative Care, Sue Ryder, Voluntary Organizations, Disability Groups, Macmillan Cancer Support, Richmond Group of charities and the National Care Forum.

I am the Public/Patient Representative on the

## Project Group for End of Life Care Purpose;

- Evaluate current services
- Consider how health and social care should be joined up
- Design high level outcomes and performance indicators
- Develop service specifications, which describe the scope of the service and the desired outcomes
- Report on progress to the CCG Programme Board.
- Role of public member;
- Ensure patients and local community are properly involved in commissioning integrated care
- Ensuring different communities have their say in commissioning plans and business cases
- Ensuring that the project group are aware of patient and carers views.

Ted Beckwith. beckwith57@btinternet.com for more details

## **CHURCH JOTTINGS**

2013 was a very busy year in the life of The Bromleys, special moments, highs and lows, some successful, some easy, some difficult a memorable year full of laughter, and, some tears shed with very dear friends.

March saw St George's hosting The World Women's Day of prayer, written by the women of France. Croissants and Petit Pains and coffee were enjoyed by all. Visits by pre-school and primary school assembly preparation for Easter were much enjoyed. Little Dragons Pre School all helped to set up the Easter Garden. The Members of the Student Cross braved the icy elements to visit us on their way to Walsingham

Fr. Robert had announced his retirement earlier in 2013 but his last working day came all too quickly on April 14<sup>th</sup>. For many of us this proved to be a very difficult time as we wished him good luck and God speed in his new life in Kent. A full house of local congregation enjoyed a meal together at the Village Hall and sent Robert and Ed on their way.

May saw visits by the Essex Association of Change Ringers and Friends of Churches Conservation Trust and St George's School celebrate their 150 years anniversary. Henry and Ann kindly invited us to their farm on Rogation Sunday. Bryan Snaith led the service at

Park Farm followed by a delicious "bring and share" lunch eaten in the garden.

June was a very busy month and also very successful so many members of the community came together to take part and help at our Flower Festival. Our theme this year "Children's Books" Thank you to all who helped and supported, making tea, selling raffle tickets, tower tours, musical entertainment, so much enjoyed by so many and we raised lots for our general fund.

In July we had our wedding of the year on Tendring Show Day and the sun shone. Work also began this month on the toilet. After 20 years of waiting Rose Builders undertook to build us a toilet in the church. We thank them for a job well done!

Throughout the month of August work continued on the "loo". Patient cleaners ensured the church services continued as usual, thank you all so much. Builders and Bats, always very challenging!

September the loo was finished and the audience of the Julian Smith concert on September 13<sup>th</sup> were the first to "use and view". Julian Smith concert was fantastic one of the best concerts which St George's Church have hosted – we thank Mary Fawcett for putting us in touch with this very talented young man. We do hope he will return in 2014.

September 22<sup>nd</sup> the Village Hall hosted the Benefice Harvest Lunch. The lunch as usual was very successful and the good food organised by Barbara Hall, Barbara Hill and June Wenden was much enjoyed. Malcolm Lessiter and his wife joined us for lunch.

October Messy Church another successful afternoon at Great Bromley Village Hall and like other afternoons throughout the year was extremely popular for children and families who learned the story of the Sower, A story chosen also by the school when they celebrated at St, George's their Harvest Festival Assembly.

In November dear friends from America visited Great Bromley for their third visit. Jim and Janet Stenersen stayed in Mistley at the Thorn and joined us for our new style Remembrance Service on November 10<sup>th</sup>. (Members of the Stone Family continue to enjoy their visits to St, George's and it always gives me great pleasure to meet and greet them). Also in November the Annual Christmas letter sending good wishes from St, George's, was sent to Susanne Page/Stone to be distributed from the East to the West coast of America.

December was a busy but happy in the life of The Bromleys from the Advent Carol Service on December 2nd to the Midnight Service on December 24th. We have been so very fortunate - wonderful priests to lead our services, fantastic singing, readings and readers, flower arrangements, refreshments, cups of tea, glasses of wine. My grateful thanks to all who have helped. We have made it through the year, great determination, hard work and loyalty by everyone so many willing hands and hearts. But most of all my grateful thanks to Ann Fairley who has worked so hard, so calmly and so patiently, always there to lend an ear, giving encouragement and always there to smooth the troubled water. Telephone calls, booking priests, keeping the Log Book up to date you will be a hard act to follow. Quote from the Rural

Dean "Your log book is an example to all churchwardens, I have never seen better!"

#### Stolen Statue

It is with great sadness that Ann & I have to tell you that the statue "Virgin and Child" has been stolen from St. George's Church.

The cold cast bronze statue was commissioned in 2005 and paid for by parishioners of The Bromleys. £500 was paid to the artist Shirley Morrison for materials she kindly donated her time and commission to the church. However to replace the statue now would cost £1500. Unfortunately we do not think this is possible, we may have to commission a new work in either wood, stone or bronze to replace it

The statue has no melt down value, the materials used cannot be melted down and perhaps once the intruder realises this they will dump it!.

We would like to thank our local police officers for their rapid response particularly Pc Kevin Ward at Harwich, Pc Andy Long from Police Headquarters, the newspapers Rebecca and Steve for super coverage and New Scotland Yard where the statue is now featured on the website there.

Please be vigilant and help us. Your P.C.C. have voted that the church remains open as always everyday, if you see anything unusual please let someone know.

Jenny Nicholls

#### ST. GEORGE THE MARTYR, GREAT BROMLEY



## Church of England Services - April

Sunday 6th	8.00am 10.30am 6.30pm	Passion Sunday Eucharist Parish Eucharist Evensong	St. George the Martyr St. Mary the Virgin St. George the Martyr
Sunday 13th Thursday 17th	<b>HOLY WEEK</b> 8.00am 10.30am 4.00pm	Palm Sunday Eucharist Parish Eucharist with Procession of Palms Evensong Maundy Thursday	St. Mary the Virgin St. George the Martyr St. Mary the Virgin
Friday 18th Saturday 19th	7.30pm 2.00pm	Eucharist of The Last Supper with Watch unti Good Friday Service of Prayer and Meditation Saturday in Holy Week	il 10pm St. Mary the Virgin St. George the Martyr
Sunday 20th	6.30pm 8.00am 10.30am	The Easter Vigil Lighting of the New Fire & Paschal Candle. Renewa Incense will be used Easter Day Eucharist Easter Parish Eucharist Incense will be used	St. Mary the Virgin I of Baptismal Vows St. George the Martyr St. Mary the Virgin
Wednesday 23rd	9.00am 12 noon 6.00pm 6.45pm	St George's Day School visit to St George's church Lunch. All welcome. Please phone Jenny Evensong followed by refreshments at 6.30pm Quarter Peal by the Bellringers	St. George the Martyr St. George the Martyr m
Sunday 27th	8.00am 10.30am	2nd Sunday of Easter Eucharist Parish Eucharist	St. Mary the Virgin St. George the Martyr

Holy Communion every Friday at 11.00am at Seven Rivers, Hall Road, Great Bromley.



#### St Helena Hospice Midnight Walk...or

#### run: girls just want to have fun!

Registration is open for the St Helena Hospice Midnight Walk...or run 2014, which is taking place on Saturday 7<sup>th</sup> June. This year the event has an exciting new theme, back to the '80s, as well as giving ladies the option to run the 12km (7.5 mile) route.

This ladies-only sponsored event will commence at midnight on Saturday 7<sup>th</sup> June, when up to 2,000 ladies will start their walk or run around Colchester. The route will start and finish at Colchester United's Weston Homes Community Stadium.

Registration for the walk is just £15 and each lady will receive an official St Helena Hospice

Midnight Walk...or run 2014 pink '80s headband and legwarmers, along with a full event pack containing helpful information. Participants also have the option of purchasing an official Midnight Walk t-shirt for an additional £8 in advance which they can pick up on the night.

Ladies can register online at www.sthelenahospice.org.uk/midnightwalk14 or simply fill out a registration form, which can be picked up at any of the Hospice shops or Hospice sites in Colchester and Clacton. Registration closes at 12pm on Monday 2<sup>nd</sup> June or when 2,000 participants have registered, whichever comes first.

St Helena Hospice is also looking for volunteers to help on the night to make the event as cost effective as possible. For more information, please email midnightwalk@sthelenahospice.org.uk or call the events team on 01206 791740.