

THE BROMLEY MESSENGER

JUNE 2016

Volume 31 No 3



MS-UK

Local WI groups create hand-knitted outfits for beloved mascot of local multiple sclerosis charity

On 04 May 2016, the Great Bromley Women's Institute held their Annual General Meeting, and celebrated supporting their local multiple sclerosis charity, MS-UK.

Laura May, Marketing Manager at MS-UK, attended the AGM to present all of the attendees at the AGM with an MS-UK pin badge and speak about the work of the charity.

Since the beginning of the year, members of the Great Bromley WI and the Arlesford WI have come together at their regular knit and natter group. They have lovingly created hand-knitted outfits for the MS-UK mascot, Myles the beloved teddy bear, which will be given away for donations in the future.

All donations from the bears will go towards supporting Josephs Court. Josephs Court opened in 2012 to support local people affected by multiple sclerosis. Since then,

the centre has grown and developed new services for people experiencing a range of neurological conditions. The centre also acts as a community hub in the area, providing valuable social interaction for Essex residents living with neurological conditions.

Laura May, Marketing Manager at MS-UK, says 'We are so delighted with the outfits that have been created for our beloved Myles teddy bears. This project has shown how local community groups can support each other and work together. The ladies from Great Bromley WI and Arlesford WI have put a lot of effort and love in to creating these bespoke outfits, and I know they will be treasured.'

Over 30 Myles teddy bears will be available to the public when MS-UK host their Bear Fair at Colchester Castle Park from 8.30am on Saturday 21 May. For more information, visit www.ms-uk.org/josephscourt or call 01206 226500.



THE FIRST PAGE

Apparently there were various concerns as to the lateness of last month's magazine but you now all know the reason why and in reality it was, thanks to the efficiency of the printers, only five days late. Some of you were concerned as to the health of the Fairleys who distribute the magazine and I can only say thank you for your concern. Happily they are both well.

The cuckoo is back this year (I didn't hear it at all last year) and the joy when out walking the dog to hear it is beyond words. Also the song of the skylark whose numbers seem to be increasing. Listening



to the birds and looking at the sky is wonderful but looking at flowers towards one's feet by the hedgerows and along the sides of the roads and lanes is not. Litter. What makes people throw their

litter into the towns and countryside rather than take it home? Is it so difficult to take it home? There was a fascinating news item on TV recently about the number of tons (and I mean multiple tons) picked up EACH DAY by council workers along the roads and verges. The cost comes out of our council tax and it is a great deal of money. Our two villages organise litter pick days when volunteers from our communities go out and remove rubbish from the verges - thank you to all of you who do the litter

picks. Rubbish that doesn't biodegrade. Rubbish that could be recycled by the culprit. Rubbish that is mistakenly consumed by creatures who, quite often, subsequently die as a result. Rubbish that makes our villages unsightly. Shame on the culprits.

The Queen's 90th birthday is being celebrated in style this month - an evening with the WI, a fun packed afternoon courtesy of the Parish Council, cream tea at Seven Rivers etc. The Queen is just amazing. If I get to 90 I do hope I shall be as fit and able as she is.

The EU Referendum is also this month. 23rd June. Your vote matters whichever way you decide to vote. In or Out. Only about 1% in Gt Bromley (no idea about Lt Bromley) voted in the May elections which possibly shows what we thought about the police commissioners!

Enjoy the warm weather. I feel I should add 'while it lasts' but that sounds rather pessimistic! I shall be out mowing the grass. Every time I turn around it needs doing again.

Have fun.

Leonie



MATERIAL for the **JULY** edition of 'The Bromley Messenger' should reach the

Editor, Leonie Henderson, by **14th JUNE 2016** please. Contributions from anonymous sources will not be printed. Whilst the editor welcomes contributions, photographs etc this is on the understanding that there is no obligation to publish, that the item may be edited and that there is no breach of copyright. Publication is in good faith and neither the editor nor the publisher accept any liability in respect of the content of any article, photo or advertisement, including any error or omission, responsibility for which remains with the author.

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

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

Please support the sponsors of our magazine.

PLEASE SUPPORT OUR SPONSORS & ADVERTISERS



SEVEN RIVERS



INVITES YOU TO
AFTERNOON TEA
TO CELEBRATE

What's under
the Queen's
hat?

Tombola

THE QUEENS 90TH BIRTHDAY

Bric
a
Brac

FRIDAY 10TH JUNE 2016

Raffle

AT 2.30PM



Registered Charity No: 218186

KITCHEN CORNER

Strawberry Pudding

Serves 4-6

Sponge fingers
1/2 to 1lb Strawberries
Sugar to taste

For creme anglais:

1/2pt milk
3 egg yolks
2 tbsp sugar
1/2tsp vanilla

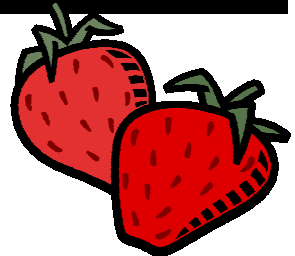
Meringue:

2 egg whites
2tbsp caster sugar

Halve the berries and leave to stand in the sugar. Make the custard in the usual way. Well butter an oven dish and put in a layer of sponge cakes.

Cover with fruit, pour over the custard, and top with the meringue. Cook in a slow oven 1 hour. Serve hot or cold. If cold put in fridge half hour before serving.

Jill Frostick





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

Telephone: 01206 230305

Children's Health and Physical Activity Day

On Wednesday 13th of April, Luke from Premier Sport came to school and spoke to us all in assembly about what it is to be fit and healthy. He set us a challenge – giving each of us a 'Bingo' card with different activities on to try and complete. He returned a week later and tested each class's fitness using a range of activities. As a school we got 100% - where everyone in KS1 could run for 3 minutes and everyone in KS2 for 4 minutes – the expected levels for each age group. (Could all Bingo cards be returned to school by the 3rd May please). In the afternoon, class 3 tried



Lacrosse – a sport like hockey but using a stick with a basket on the end. It was great fun. We are hoping that Premier Sport will be coming in the autumn term to provide another after school sports club – since latest reports show that attending such a club has a significant effect on a child's

performance in school.

Sports Report

We have a wealth of sports to report on – St George's have been particularly busy! Year 5 attended a Sports Festival at Manningtree High School – they participated in Tag Rugby and Line Ball (Bench ball without the benches!) competitions. We sent a team to the

Harwich Sports Association Netball tournament, the first time we have entered this competition. The girls did us proud and came a very respectable fourth. Daisy McKennon's play was commented on by a spectator as a potential great netball player! At the Cluster Netball competition, where boys were allowed in the team too, we came second to arch rivals Ardleigh. Football has also been a competitive sport this season with many matches, rounded off with the 5-a-side on Monday. The boys played brilliantly and came second again. However, they didn't concede a goal and only lost by one goal on goal difference. As always, at all these events, our children play with great sportsmanship and behave superbly – as teachers we are always proud to take our children to such events. Well played everyone!

MDA Vacancy

Middy Assistant – 5 hours per week, term time only (Fridays 12:00 – 13:00)

Band 1 - £14,338 pro rata

We are seeking to appoint a Middy Assistant to join our team for September 2016. You will be supporting one/ two pupils who have medical needs in the dining hall and playground over the lunchtime period.

The successful applicant will:

- Have a calm and positive manner
- Be flexible and well organised
- Have the ability to work as part of a team
- Be caring and supportive

We can offer you:

- a friendly school with a strong, dedicated team
- happy, hardworking children
- a supportive community environment

Continued on next page .../

Our school is committed to safeguarding and promoting the welfare of all children in our care and expects all staff to share this commitment. We follow safer recruitment practice and appointments are subject to satisfactory DBS certification, medical clearance and references.

Please apply on line at www.essexschoolsjobs.co.uk or contact the school office.

Closing date: 10 June 2016

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

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



OFSTED INSPECTED **OUTSTANDING**

BREAKFAST AND AFTER SCHOOL CLUBS- PLACES AVAILABLE

Tel: 01206 231823/ 07857 503103

If you require further information please call us on the numbers above or pop in to see us.

Just to let you know we have a new telephone number – 01206 231823 in addition to our mobile number (see above)

On 20th April the children enjoyed a visit from Bertie the guide dog and his owners. This tied in with our theme of 'People that help us'. Bertie was very well behaved and the children learned all about how he helps people who can't see very well.

Our open day on Thursday 5th May was very successful and we look forward to the new children starting in September.

Week beginning 9th May was Dads' Week, thank you to all the Dads that managed to visit and join in the fun with their children.

We are holding another Mums' Week starting 27th June, when Mums are invited to join us in our sessions too.

Lots of exciting activities are planned as we start preparing for our display at the Tendring Hundred Show - don't forget to come and see the children's work in the Education Tent.

BABY DRAGONS

We are pleased to announce that 'Baby Dragons', our Parent and Toddler group, is running on Fridays at Little Dragons,

Church Meadow Bungalow. The session will run from 9.15 am-10.30am, the price of £2.50 will include tea/coffee and children's snack. The group will run term time only, all welcome.

SUMMER HOLIDAY CLUB

We are running holiday clubs on the following days in the Summer Holidays:
Tuesday 26th and Wednesday 27th July
Tuesday 2nd and Wednesday 3rd August
Tuesday 9th and Wednesday 10th August
Tuesday 16th and Wednesday 17th August
The sessions will run from 8.30am – 4pm. Please contact us to book a place for your child.

FUNDRAISING

PRESCHOOL FUN DAY

Our fun day will be held on **Saturday 18th June** at Church Meadow Bungalow. Lots of games and attractions and the children will be performing some songs on the day too.

BARNARDO'S TODDLER

On Thursday 23rd June we will once again be taking part in the 'Barnardo's Toddler'- this year the theme is 'animals'. We will be raising funds for both Barnardo's and Little Dragons.

SAINSBURYS VOUCHERS

Last chance to get your vouchers to us, so please tell friends and family

PLEASE SAVE YOUR BISCUIT WRAPPERS AND BOTTLE TRIGGER HEADS

We have registered with Terracycle and are currently collecting biscuit wrappers and plastic bottle trigger heads and caps from washing up bottles. These we send away and are then paid according to the weight. So please ask friends and family to help us collect as many as possible.

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.



BROADBAND

Broadband News- wire

At top level, Essex County Council (ECC) Superfast Broadband Scheme is slightly ahead of plan

Further reinvestment in the programme is being made off back of dividend arrangement with BT

ECC continue to expand their area of focus in terms of extending Superfast Broadband service; over time, this will focus more and more on 'those difficult to reach places'

Local improvement in the conventional BT Superfast Fibre and cabinet solution has been negligible although some improvement works are anticipated at the

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:

Saturday 18 th June	Fun Day
Thursday 23 rd June	Barnardo's Toddle
Monday 27 th June	Mums Week
Thursday 21 st July	Preschool finishes
Tuesday 26 th July	Summer Holiday Club begins (see above for details)

Ardleigh end of Great Bromley

That said, alternate technologies being sponsored and championed by ECC have extended their sphere of service. These include County Broadband (point to point) and Satellite services too

ECC subsidies are available for those who can only acquire Superfast service through Satellite

If you want further questions, want more info or detail on specific service standards in your area, refer to:

- o www.superfastessex.org/maps
- o www.superfastessex.org/faqs

Rob Lord

The Venture Centre 2000
is hosting a PUBLIC MEETING on
Thursday 2nd June from 7.30pm to 10pm
Doors open at 7.00pm
Hear from our local MP & Parliamentary
Candidates on why we should leave the
EU
ALL WELCOME

COFFEE BREAK NUTRITION with Suzanne Abbott

Strawberries and smoothies

It's that time of year again when we can look forward to picking fresh strawberries. They are an exceptional source of vitamin C – 60mg of vitamin C in a serving of 100g of strawberries. What could be better for the kids!

They are high in potassium, rich in silicon – which repairs and strengthens connective tissue and arteries. They are also full of pectin – a soluble fibre that helps eliminate cholesterol. Eaten before a meal, strawberries can aid digestion. Traditionally, herbalists used strawberries to treat arthritis, gout and rheumatism and to relieve urinary difficulties!

They are best eaten when they are fresh and ripe. They should be sweet enough so you don't have to sprinkle sugar on them.

Here are a couple of smoothie ideas that should go down a treat:

Strawberry & pineapple smoothie

Handful of strawberries

Thick slice of fresh pineapple – don't remove the core – it contains bromelain - *(an excellent digestive aid)*

60ml of almond milk

Place all ingredients into a blender and mix for 30 seconds.

The nutrients you will obtain from this smoothie:

Beta carotene, biotin, folic acid, calcium, vitamin C, magnesium, manganese, phosphorus, potassium, sodium and sulphur.

Mango/banana & Strawberry smoothie

1 mango – *stone removed and skinned and chopped into cubes*

1 banana

Handful of strawberries

60ml almond milk

Cut all fruit into manageable chunks and place into the blender with the almond milk, mix for about 30 seconds.

If the mixture is too thick, add a little more almond milk.

Nutrients you will get from this smoothie: Vitamin C, folic acid, potassium, fibre, vitamins A & E and iron. Other nutrients – omega-3 and 6, vitamin B6 and copper. Mangos are also very good for digestion, have a large amount of fibre – to make you regular! They also lower cholesterol.

Now that the growing season is well on its way, we should utilise the rich bounty our gardens have on offer.

If you don't grow your own vegetables, buy locally grown. There are plenty of farmers' markets around these days as well as roadside stalls offering anything from rhubarb, runner beans, home-grown courgettes or eggs.

This is the time to have lots of salads, lightly steamed runner beans and later towards the summer we can enjoy fresh tomatoes, courgettes, potatoes with all the goodness of locally grown produce.

What else should we be doing now the warmer weather is tempting us to go outside? We need to be active, especially if we sit in an office or school all day long; we need to get moving after work.

The body functions as an integrated unit. If you don't exercise, you are reducing the body's immunity, meaning that your lungs don't function to full capacity and this has a knock-on effect on the oxygen carrying blood.

A walk with the dog or walking on the beach, a quick cycle round the lanes gives you the moderate amount of exercise you need; coupled with a healthy diet, lots of fresh air as well as time taken out for relaxation and you've got the perfect recipe for a long, happy and healthy life!

Suzanne Abbott



One thing can be said for Great Bromley: there is never a dull moment. It was to be a very informative Annual General Meeting. Obviously we have to do the usual regulated evening but even this can be fun.

Susan read the previous A.G.M. minutes, Sue as treasurer presented the accounts, Mel reported the events of the year followed by our retiring president Jenny. We had enjoyed a very good selection of speakers, and join in evenings. Belly Dancing, Line Dancing, fruit tree pruning and management. Lunching out every two months plus teaching knitting in the local primary school (we even have a waiting list for this). Sheila Gunson, our W.I. Advisor, then took the meeting but before carrying on with the technical side she explained the role of the advisor and the training programme.

The committee were re-elected en bloc and we had a president for the next year, one already tried and tested!! Jenny was re-elected for a further year.

Following this we had a speaker from the Multiple Sclerosis Society and knitting teddies to raise funds for the society. Sheila spoke again explaining the wall hanging that was being made to hang at headquarters and a new Essex Badge to be made from Sheila's design that would hang in the Essex room at Denman college.

Refreshments followed with a birthday cake made by Jean, one of our members plus a ploughman's supper, ending with singing Happy Birthday to our Institute. Who says these evenings are dull? You are wrong come along and enjoy yourselves with us.

Our next meeting is on 1st June. "Lets Celebrate" A celebration of the Queens 90th Birthday and 100 years of W.I

Joy Rolfe



FRIENDSHIP CLUB

The April meeting began with the National Anthem to celebrate the Queen's 90th birthday.

A fish and chip lunch held before the meeting had been enjoyed by all those attending and it is hoped this can be repeated sometime in the future.

An outing to Felixstowe has been booked for 21st June and the coach will leave Gt. Bromley at 1.30pm. Afternoon tea will be at 3pm. at the Spa Pavillion.



Names will be taken at the next meeting for lunch at Craft Nurseries on Thursday 14th July.

As our Speaker for May had to cancel, Richard will be giving a talk on Gt. Bromley Parish Council after which we shall have a Quiz.

Beryl then introduced our Speaker for the afternoon the Reverend Keith Lovell who gave a very interesting and amusing talk on History through North Essex ballads.

The Speaker for June is Margaret Berhaut, and her subject is Guernsey during the War. The competition, a single stem flower.

Please note the Christmas lunch is on November 30th at Elmstead Parish Church hall. More details later.

Sylvia Ward

Friends of Little Bromley Church Annual Meeting with Music

On Saturday 7th May at St. Mary's Church, Little Bromley the Friends held their AGM with tea and music. From 3pm tea and lovely homemade cake were served to around 40 people as beautiful music was played by Julie Harmer on her flute and Peter Clayton on his harpsichord.

Amid welcomes and chatter the church looked lovely with flower arrangements in abundance and the sun shining through the windows.

At 3.30pm we held our annual AGM, a brief affair led by our Chairman, Gregory Frostick: a quick resumé of events held last year, total of money raised for the CCT (Churches Conservation Trust) and then voting all of the committee back en bloc to serve another year. Mention was also made of the recently held 10K race, which is now to become an annual event.

A Friend who couldn't attend was George Kent, who is currently in the stroke ward at Colchester hospital. Wishes were given for his recovery.

At 3.45pm, Hugh Frostick gave a short talk on local people he has met and shared some funny stories with us. He also mentioned a book he is currently working on of Postcards of Little Bromley, something to look forward to!

Following more tea and cake, everyone sat down and listened to more music from Julie and Peter. It was a lovely afternoon and it was nice to see so many Friends including some faces we hadn't seen for a while.

Thanks to our cake bakers, flower arrangers, musicians, and helpers and special thanks to Gregory who sorts out all the little details when we hold events. All money raised will go to the CCT.

Please look out our next event on **Saturday 25th June from 3.30pm –Our Midsummer Tea Party with Pimms and acapello music from local group 'ROCOCO'**. Not to be missed.

Carol Cordwell



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

ST HELENA HOSPICE

Volunteers make the world go round – well, the hospice world that is!

Currently St Helena Hospice has approximately 800 volunteers of all ages giving their time to support the hospice in lots of different ways, whether on a regular basis or every so often to help at events for example. All of its volunteers play a vital part in the work that it does, and as its services expand, so does it need its volunteer team to!

Volunteering is a great way to increase confidence and make new friends, learn new skills, gain experience in a work environment and most importantly make a difference. By donating your precious time and valuable skills you could save the hospice money which it can use to

support patients and their families and carers.

The hospice recently spoke to Bev Adams one of its volunteers who works on the reception desk at its Inpatient Unit, Myland Hall, about what she would say to someone thinking about volunteering: "Do it. You would get so much satisfaction and you would know you're helping to support people in your community. Those few hours from your day could make a huge difference to someone else's"

If you're interested in becoming a volunteer like Bev for St Helena Hospice please contact the volunteer team on 01206 931466 or volunteer@sthelenahospice.org.uk. You can also visit sthelenahospice.org.uk/vacancies for all current volunteer and paid roles.



IN THE GARDEN WITH KATE

What a glorious week we have just had, it felt as if summer had arrived. It was warm and sunny for my

daughter's wedding, which just shows that having 501 gods to pray to definitely helps (her husband is Hindu). Sadly it is now pouring and cold. The garden has appreciated the heat though, and plants (and grass) seem to be growing at breakneck speed.

The importance of flowers was brought home to me during the wedding. The beautiful venue, in Hadleigh, had the most wonderful gardens, filled with flowers and the arrangements produced by the florists were also spectacular. It all contributed to a very special day for us all. My daughter also decided that she wanted to share some of the lovely flowers so after the wedding we took two of the arrangements to Seven Rivers, where she briefly worked some years ago, for the residents to enjoy. Life would definitely be significantly poorer without flowers.

The good news from the bird box is that the blue tits have laid five eggs and mother blue tit is brooding them. There was almost a disaster this morning when I found one of the adults by the bird box, ensnared in a silver thread that I identified as coming from one of my scarves. I managed to free them, and they flew away apparently no worse for the experience.

Despite the rain, or possibly because of it, it is now time to sow and plant vegetables and bedding plants. Hopefully (!) there will be no more frosts and tender annuals can be planted out in the garden, and hanging baskets and tubs filled with these plants can be moved out. These tubs and baskets

will need regular watering, feeding and deadheading to maintain their beauty, whether or not the sun shines.

Lettuce, rocket, spring onions, chives pak choi, carrots, peas, swedes, calabrese, sweetcorn, french and runner beans, courgettes, squashes and pumpkins can all be sown. Frost tender vegetables started in the greenhouse can be planted outside. Vegetables to be harvested include lettuce, calabrese, rocket, radishes, spring onions, gooseberries, early potatoes and the last of the asparagus.

The fruit trees will need their fruit thinning if the crop is heavy, and rhubarb and strawberries will hopefully be ready to harvest. Any soft fruit not already netted will need to be protected.

The greenhouse will probably need shading and damping down in hot weather. Plants inside will need frequent and regular watering and feeding, and a careful eye kept out for predators, be they two, four, six or eight legged! All my dogs have, at some stage, sneaked into the greenhouse and stolen ripe tomatoes!

If you have room in the greenhouse, further peppers, cucumbers melons, tomatoes and aubergines can be sown.

Lawns will need very regular mowing, but it is thought not to be a good idea to water them even in prolonged dry spells; established lawns recover when it rains. New lawns however will need some help.

Kate Strowbridge



Cricket Club 100 Club Winners

April

- 1st. Mr. John Hodge
- 2nd. Mrs. Ann Fairley
- 3rd. B. Fuller

THE DOCTORS' SURGERY NEWS



Great Bentley Surgery

New GP! – We are very pleased to announce that we have a new part time GP starting with us on 5th July. Her name is Dr Katy Daniel who will be working all day on Tuesdays and Thursday mornings. This is as a direct result of patients' waiting longer for non-urgent appointments due to increasing demand. Unfortunately there is no extra funding to pay for this, so the partners are funding this from their own pockets. We are very fortunate to have recruited Dr Daniel given that there is a serious shortage of GPs in our area and would like everyone to give her a very warm welcome.

Travel Vaccinations - We are very close to the holiday season now, so I would like to remind anyone who has plans to go abroad to check now if they need any vaccinations. Many holiday jabs need to have a course completed over weeks rather than days, so please don't leave it to the last minute. We have a Travel Health Questionnaire that we need to be completed and returned, so that your needs can be assessed. You can call into the surgery to get a copy, or you can download one from our website on the 'Our Documents' page.

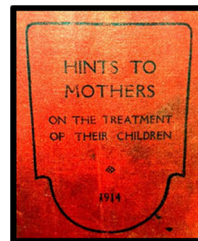
Waiting Room WIFI - You may have seen that for the last few years we have offered patients free access to WIFI in our waiting room. Regrettably we've had to stop this service as it has been abused. We found that a person(s) has been downloading a huge amount of data resulting in high charges. This was despite the fact that it was only available when open. It does seem like some people take advantage of services offered publically as they are 'free', particularly in the NHS. However these services are not truly free as they are paid for by the taxpayer. The NHS is not an 'all you can eat buffet' as some people

unfortunately seem to think.

Patient Participation Group (PPG) - If you've never come to a meeting before, please come along at 6.30pm on Thursday 16th June to the Great Bentley Village Hall and find out more!

Richard P Miller, Practice Manager

This part of our newsletter publishes suggestions from this 102 year old book called "**Hints to Mothers**" on the health and wellbeing of children prior to the NHS existing. We hope you find this interesting and in many instances still useful even today. **Please bear in mind this was written a long time ago!**



Chapped Hands – Chapped hands and legs are often brought on by the use of hard water. When possible, rain water should be used for washing purposes. After washing, but before wiping, rub a few drops of glycerine, combined with Eau de cologne or boracic acid, well into the hands, then dry very carefully. Guard against exposure to the cold. To cure chapped hands, take a teacupful of bran and tie it up in a muslin bag, and place the bag in the water jug the night before the water will be required. Let the child be washed every morning with this bran water. Add water to the jug as soon as any is taken out, and change the bran every other night. Remember to dry and powder well after washing.

Can you imagine considering washing in rainwater these days or using a harmful chemical like boracic acid to wash with?

2016 EVENTS



JUNE

- 1 WI Meeting 'Let's Celebrate', Village Hall, 7.30pm
- 2 Referendum - OUT - meeting, Lawford Venture Centre
- 10 Afternoon Tea celebrating Queen's 90th birthday, Seven Rivers 2.30pm
- 11 Charity Coffee Morning & Sale, Tethers End, Ardleigh Rd, 10.30am
- 12 Queen's 90th Birthday celebrations, Church Meadow, 12.30pm
- 16 Friendship Club meeting, Village Hall, 2.00pm
- 17 Kwik Cricket Tournament
- 18 Little Dragons Fun Day
The Queen's Cream Tea, Gt Bentley church, 2.00pm
The Unhappy Medium, a Play, Village Hall, 7.30pm
- 23 EU Referendum Day
Barnardo's Toddle, Little Dragons
- 25 Midsummer Party with Pimms, Lt Bromley church, 3.30pm

JULY

- 2 Summer Fair, St George's School, 12 noon
- 6 WI meeting, Village Hall, 7.30pm
- 10 EASRC Concert, Little Bromley church, 6.00pm
- 23 Bingo, The Haywain

St George's C of E School PTA Summer Fair - Saturday, 2nd July, 12.00pm to 4.00pm.

We are celebrating the Queen's 90th Birthday!
Come along and join in the fun, children's choir, displays, competitions, raffle, stalls and games. BBQ, hog roast, beer tent, strawberries and cream, refreshments and ice cream van. Inflatable slide and gladiator joust, stocks, tug of war, face painting, magician and much more! Come along and join our great British celebration!

Sunday 10th July
6.00pm

**Concert by
East Anglian
Single Reed Choir**
in Little Bromley
Church
Admission free

WEA Ardleigh Branch

now meeting in The Millennium Room
Great Bromley Village Hall

Autumn Term

FILMS and FAIRY TALES

Tutor: James CLARKE

A 9 week course 14.30 - 16.00

First meeting 29th September 2016

Cost of course £50

Come along to the first week and see if it is the course for you. Payment must be made on the second week of term

For further details please contact
John Terry (Chairman) on email

john@terrrys.org.uk or
Jill Frostick (Secretary)

01206 250163 jill@frostick.net

The Spring Term Course will be
HISTORY OF COLCHESTER Part 2

Tutor Patrick DENNEY

We had Patrick for a very successful course in Spring of this year and I am sure this course will be of an interest to many of you. The Course will be for 10 weeks of 2 hours and there will be a half term somewhere in the middle of the course, date still to be arranged
Starting date 19th January 2017. 14.00-16.00.
Cost of course £75

This appears expensive but works out the same per hour as the Autumn Term course, the course is just a third longer than that one.

Further details for both courses will be given nearer the date of the start of both courses.

The Friends of St. Mary's Church, Little Bromley

would like you to join us for a
MIDSUMMER TEA PARTY WITH PIMMS
and
ACAPELLO MUSIC from local group
"ROCOCO"

Come to the church (CO11 2PP) on
Saturday 25th June
between 3.30pm and 5.30pm

Everyone welcome

Admission Free. Donations welcome to
CCT

THE UNHAPPY MEDIUM

by Pat Whymark, Julian Harries & Pat Marlowe

Great Bromley Village Hall
Saturday 18th June - 7.30pm

Touring East Anglia – May 31st – July 9th
2016

Was he psychic or pseudo, trickster or telepath? No-one knew...least of all, him.

Common Ground present an "entrancing" new comedy. Set in the 1920s, *The Unhappy Medium* tells the story of Montague Faulke, a "spiritualist" and some-time music hall entertainer (played by **Julian Harries**), as he struggles with his conscience, his creditors and his put-upon assistant Aubrey Miles (**Patrick Marlowe** who last performed with Common Ground in *The Signalmán*).

Matters come to a head when Faulke comes under the scrutiny of psychic investigator Morton McLean, played by Dick Mainwaring – his last appearance with the company was in *Stuff In The Attic*. Both he and Pat Marlowe have appeared in Eastern Angles' Christmas shows.

Expect oodles of ectoplasm, lashings of levitation and a bump or two in the night.

Tickets: Adults, £10, Students & Under 18s, £7

Box Office: 07807 341364

Also at
John Mills Theatre, Ipswich -Thurs 7th, Fri 8th & Sat 9th July at 7.30pm
Box Office: 01473 211498 /
easternangles.co.uk £12/£7 (U18s) and also showing in other villages

Great Bromley Parish Council
invite all Parishioners to
The Queens 90th Birthday Celebrations

on 12th June 2016.
in Church Meadow at 12.30pm.
Free Entry and parking

Entertainment - The Columbines.
Licensed Bar and wine tasting
Hog Roast
Birthday Cake

A special appearance by Great Bromley's own Little Dragons.

We hope you will come and enjoy this very special day. Anyone who would like to contribute to the day please contact Jane Coster on 01206 251093

We shall need help setting up on Saturday 11th June in the afternoon, anyone who could kindly spare us an hour or two would be very welcome.

Charity Coffee Morning

Saturday 11th June 10.30am-1.00pm
WITH ADDED EXTRAS - SEE BELOW!
in aid of the Elizabeth Svendsen Trust
at Tethers End, Ardleigh Road, Great Bromley CO7 7TL
01206 230537 / 07895196656

£3.00 ADMISSION

This is my annual fundraiser for the branch of the Sidmouth Donkey Sanctuary that provides support and hope to children with a range of health difficulties, and their families. Donkeys are trained so that children with even the most severe physical or psychological disadvantages can take part in free riding and donkey association therapy. As you will know, this charity is very dear to my heart and I really hope you can find a few moments to come and help me raise funds. There will be coffee or tea and cake and two very special furry guests for you to stroke and cuddle - they are particularly fond of carrots! Looking forward to seeing you.

DISTRICT COUNCILLOR NEWS

Please see the latest from Highways England. This is following on from a meeting I attended on 13th May with County Councillor Carlo and chairman of Little Bentley parish council Nigel Dyson.

I am writing to update you on our proposals to construct a new roundabout at Harwich Road junction, which includes a link to Park Road. This will facilitate the closure of gaps in the central reserve at Pellens Corner removing right turn manoeuvres and the associated collisions. Additional safety measures include retaining the 50mph speed limit on the A120 and reducing the speed limit to 30mph through the Harwich Road bend near the A120 junction. The scheme also includes new crossing points for pedestrians, cyclists and horse riders.

In December 2014 we completed an interim safety scheme to reduce the national speed limit down to 50mph and enforce the speed limit through the use of average speed cameras. Feedback from residents was that they felt safer using the junctions. Our initial assessment of collisions since the speed limit was lowered shows there remains a need for further safety measures. Collisions are still being recorded, although thankfully the severity of injuries has reduced.

We held a public information exhibition on 19 August last year to show local residents our proposed plans. The vast majority of residents were supportive of our scheme and we remain committed to delivering these important safety improvements. At the exhibition we indicated that works could start as early as this summer subject to the completion of statutory procedures.

Design work is progressing well. The creation of the new roundabout and

link road at the Harwich Road junction requires additional land. Until we can secure this land we are unable to begin construction. Land negotiations are taking longer than expected. The first phase of construction will require earthworks and it would not be appropriate to start this type work in the winter during severe weather. Therefore, we have taken the decision to amend our programme. We anticipate construction to start 2017-18, when there is less risk to delivery.

Regarding the Local Plan at the last committee meeting it has been agreed that Clacton on Sea would have land allocated for 2,780 houses, Harwich & Dovercourt 819, Colchester fringe 1164, small "Windfall" sites 1,000. The proposed Tendring Central development, Frating Hare Green etc has not been entered in the proposed plan'.

I have now completed my term of office as Chairman, Cllr Jayne Chapman from Brightlingsea was elected as new Chairman with Cllr Mark Platt from Frinton as vice chairman.

Jenny & I would like to thank all of the people who have supported us during my time as chairman of Tendring District Council.

Fred Nicholls



THE QUEEN'S CREAM TEA

Saturday 18th June 2.00-5.00pm

St Mary's Church, Great Bentley
Various Stalls

Bric a brac: Cakes: Books: Tombola: Raffle:
Gifts: Children's Activities: Quiz etc
We would appreciate any donations of books,
bric a brac, tombola prizes and gifts
For more information contact
Wendy King 01206 250852

GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

Each May there are three consecutive meetings of the Parish Council: the Annual Meeting of the Council, the Annual Parish Assembly and our normal meeting.

At the Annual Meeting, Cllr Kate Strowbridge was re-elected Chairman, Cllr Hugh Frostick as Vice Chairman and various councillors were elected to other roles. Col Martin Frostick agreed to continue as Tree Warden with assistance from Miss Roxanne Lawes, Neil Skinner as our webmaster and Speedwatch Co-ordinator, Mrs Deborah Lawes as our PROW Warden, and Master James Frostick as War Memorial Custodian. The council would like to thank them for all their hard work over the last year.

The accounts for 2015/16 have not been signed off due to minor discrepancies, and these will be rechecked by Accounts Monitoring Officer Cllr Blowers for presentation at the next meeting. Dates for meetings over the next year were agreed, the second Wednesday of every month. We remind you we welcome parishioners to attend and participate.

At the Annual Parish Assembly, members of the public were welcomed by the Chairman. Reports from the Chairman and the District Councillors were delivered and we heard updates from our wardens. We addressed a question from the public relating to the new bus services through the village.

At the Parish Council meeting there were in excess of 40 members of the public present. They asked questions and expressed their concern over the proposed development on the hay field at the junction of Carringtons Road and Ardleigh Road. Members of the public were reminded to post their comments either on the TDC website, or alternatively by letter to TDC, in the usual fashion. Your councillors are always happy to help you with this process

if you have not done it before or need assistance.

Three village projects have been submitted for funding from the Ardleigh Solar farm benefit fund; the village pond, a new speedwatch radar device and solar powered speed warning signs.

Cllr Frostick gave an update of the renovation of the pond, The Conservation Volunteers are coming to assess the work required and the cost of removing the pygmy weed. The Essex Wildlife Trust is to be contacted for a new wildlife survey.

A budget was allocated for the Queen's birthday celebrations on 12th June 2016 (see notice on page 19). There was a discussion regarding the flooding of properties locally following recent torrential rain; attempts are being made to contact the various absentee landowners.

Cllr Lord gave an update on superfast broadband. If you cannot get superfast broadband, are not in an area that will be served by BT, and cannot get County Broadband due to trees breaking the route from the transmitter, there may be funds available to subsidise satellite connection. If you are in this situation, please contact the clerk who will pass the details to Cllr Lord. We will be interviewing candidates for the post of clerk very soon.

Kate Strowbridge, Chairman.

PLANNING DETERMINATIONS

REFERENCE	LOCATION	PROPOSAL	DECISION
16/00217/FUL	Land Adjacent The Cross Inn PH	Erection of two dwellings (revisions to scheme approved under planning permission 15/01502/FUL)	Approval – Full 07.04.2016 Delegated Decision
16/00090/FUL	Westward House, Mary Lane North	Alterations to building within residential curtilage to facilitate conversion to annexe	Approval – Full 22.4.2016 Delegated Decision
16/00288/FUL	Drumnascamph, Chase Road West	Alterations to form a new porch	Approval – Full 21.4.2016 Delegated Decision
16/00261/FUL	Hazels, Carringtons Road	Proposed extensions	16/00261/FUL Approval - Full 14.04.2016 Delegated Decision
APP/P1560/W/ 15/3134069	Michaelmas House, Parsons Hill	Appeal	Appeal dismissed

PLANNING APPLICATIONS

REFERENCE	LOCATION	PROPOSAL
16/00399/DETAIL	The Cross Inn PH	Residential Development. Deferred due to plans being altered. There will be an EGM when plans arrive.
16/00432/OUT	Little Paddocks, Frating Road	Outline planning application for proposed 6 No. detached dwellings and garages and change of use of the existing barn to a village shop with associated parking. WITHDRAWN
16/00542/OUT	Field off Ardleigh Road/ Carringtons Road	Residential Development for up to 30 dwellings. GBPC objects to this application on numerous grounds; Out of character; change of use (loss of useful hay field); unsustainable on economic and social grounds, and possibly environmental grounds with loss of wildlife habitat.

GT BROMLEY CHAIRMAN'S REPORT 2015/16

Following the elections in May, I was voted in as Chairman of Great Bromley Parish Council at the Annual General Meeting. Cllr Hugh Frostick was voted in as Vice Chairman. We also welcomed Cllrs Rob Lord and Jane Coster as new Councillors. Our Clerk, Laura Austin, resigned and Karen Tarling was appointed as locum clerk and then to the permanent role. Unfortunately Karen resigned last month and we are now recruiting a new clerk. This last year has been extremely busy, with many challenges presented to the council.

Planning Applications

With the absence of a current District Local Plan the council has to deal with a flood of applications to build houses in the village, many of them on land outside the village envelope. The Parish Council has been assiduous in objecting to these plans where appropriate, and would like to thank the villagers for their valuable input at Parish Council Meetings. Councillors are attending the TDC Local Plan meetings and hoping the process will be speedily and favourably completed.

Tending Central Garden Village

We were informed that there was a proposal to include a plan for the building of 4,500 homes in the Hare Green/Balls Green area in the draft Local Plan. This was strenuously opposed by the council, and a presentation for the public was arranged by members of TDC planning dept, which was held in the Village Hall. This was extremely well attended. In the autumn, our MP Bernard Jenkin offered his support to our opposition, and there were several articles printed in the local press. We have recently been told that Tending Central is no longer in the Local Plan, so thank you to everyone for all their hard work.

The Cross Inn

Unfortunately, the Cross Inn closed in May and was put up for sale. The pub had been listed as an Asset of Community Value,

giving the local community an opportunity to purchase it. Strong local support was spearheaded by the "Save the Bromley Cross" group. Unfortunately, despite the group tendering a bid, the pub was sold to a developer just before Christmas. The story is not yet over.

Hare Green

Following very successful applications for grants, and also using S106 money, a new play park was planned and over the year installed on the Hare Green recreation ground. Work also included improving drainage and cutting back of vegetation, to improve the whole of the recreation area.

Footpaths

Following the resignation of Brenda Perry, our footpath warden, Deborah Lawes agreed to take on the role. She surveyed the Public Rights of Way (PROW) and with her family personally cleared several PROW. A meeting in January with the Essex co-ordinator of the PROW, Shirley Anglin, was very positive, and told us what equipment and training was available. Several local people have helped us with clearance, when necessary, of the various PROW.

Community Speed watch

Neil Skinner has agreed to be our new Community Speed Watch co-ordinator, and following update training in January, four of us are now fully trained, and when the recalibrated device is returned by the Police, it is hoped that volunteers will be out checking the speeds of local traffic.

Village Booklet

Councillors agreed that the village booklet needed to be updated, and Leonie Henderson, editor of the Bromley Messenger was commissioned to rewrite it. The booklet will include relevant local information including names of local councillors, Essex, Tending and Parish, local doctor's surgeries, schools, bus services and details of village

organisations. It will also include a map of village footpaths and bridleways with relevant historical notes where appropriate.

Affordable Housing

Following the offer of some land for affordable housing in the village, a questionnaire was sent to all residents to discover the requirement for affordable housing, to give younger residents a chance to set up home in our village if they wish. A presentation in April showed outline proposal for 24 houses sited in a field at the bottom of Parson's Hill. This would include 16 affordable homes of various sizes, and 8 homes for retail sale.

Emergency Plan, Strategic Plan and Village Plan.

These new plans are being formulated for the village, and several local organisations have been shown the presentation which explains the vision for the future of the Parish Council

Village Maintenance

We have experienced challenges with a backlog of tasks and issues, and with new Councillors, Chairman and Clerk getting up to speed with the systems at TDC and ECC. We apologise for some of the delays and hope that parishioners will continue to notice improvements as time goes on.

Village Quiz

An inaugural village quiz was held in the autumn with teams invited from clubs, organisations and businesses within the village. Ten teams took part and it was won by the Friendship Club. It is hoped that the quiz will be an annual event.

S137 Money allocation

We were pleased to be able to make grants to the following village organisations:

- Village Hall for new tables & chairs £650
- Parochial Church Council grass cutting £500
- Friendship Club £250
- Tendring Local History Recorders £50
- Little Dragons for splash smocks £150
- Great Bromley & District Cricket Club £200

Councillors have worked very hard this year to make the village a better place to live.

We sincerely thank our volunteers for their efforts to help in our aims, and always welcome more volunteers! We also thank those with kind words for our efforts and for constructive criticism. We are always ready to listen and do our best to help resolve any issues. If anyone would like to add their comments or suggestions, please email the clerk at clerk@gbpc.org.uk

Kate Strowbridge

Chairman Great Bromley Parish Council

STOUR VALLEY MEN'S PROBUS CLUB



Recent Meetings

On Wednesday 4th May our speaker is yet to be confirmed and on Wednesday 18th May Harry Parsons gave a most interesting talk to us about "The Building of the Millennium Tower at Bury St Edmunds".

Future Meetings

On 1st June John Field will talk to us on "Giles, The Cartoonist, and his adopted town" and on 15th June John Tingey will talk about the great work undertaken by the RNLI. On 6 July Lewis Tyler will talk about "The River Gipping Trust" and David Brown will talk on "The Land of the Dragon" on 20 July. Our popular Summer Lunch takes place at the Venture Centre on Sunday 17 July.

Meeting Venue

We meet at the convenient St John

Ambulance HQ, Manningtree CO1

New members

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. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed by Stour Valley Men's Probus Club, we meet on the first and third Wednesday of each month in Manningtree at 10.30am. Please contact Secretary Brian Rolfe on 01206 393665 for further details

Graeme Forsyth

STOUR VALLEY U3A

THE THIRD AGE TRUST



Recent Meetings

On Wednesday 11th May Dr Roger Simpson BFA Calgary, MA Victoria & PhD Essex Universities, talked on "John Constable - Man in a Landscape". He asked that having seen The Hay Wain so often do we no longer see it at all? He also confirmed that Constable was one of the greatest religious painters that this country has ever produced.

Future Meetings

- Meet the U3A Coffee Morning Friday 17th June 2016.
- Members and potential new members are invited to join us at the Constable Hall on Friday 17th June 2016 at 10.00am. The benefits of joining our U3A will be explained together with details of the many activities of the Interest Groups. The Committee and Interest Group Leaders will be present to answer your queries and light refreshments will be provided.
- On Wednesday 13 July Brian Cornell, a former Thames lighterman on the River Thames, will talk on "The Thames

Watermen & Lightermen". This promises to be an interesting first-hand account of the operating practices of the Port of London in the post-war era

- We don't have a speaker meeting in August but hold our popular Summer Dinner on Friday 5 August at the Constable Hall.
- On Wednesday 14 September Dr John Ashdown-Hill FSA, FRHistS, historian, writer & lecturer will talk on "Mythology of Richard III". He will explore the traditional mythology & modern myths which have emerged since the discovery of his remains in 2012. Was he a usurper? How many did he kill? Who was really responsible for finding his remains?

Meeting Venue

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except August and December.

Membership

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree,

Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 230 members and 21 groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Val Pretty may be contacted.

Remember

It's never too late to learn! Join the 361,477 members across 969 U3As throughout the UK today!

Graeme Forsyth

BUS TIMETABLE 105/107 WEF 11.4.16

Mondays to Fridays

Tendring Heath, Hall Lane	0741	0936	1046	1146	1246	1346	--	1546	1711	1811
Little Bentley, Bricklayers Arms	0744	0939	1049	1149	1249	1349	--	1549	1714	1814
Great Bromley, School	0750	0945	1055	1155	1255	1355	--	1555	1720	1820
Burnt Heath	0758	0953	1103	1203	1303	1403	--	1603	1728	1828
Colchester, Goring Road East	0804	0959	1109	1209	1309	1409	--	1609	1734	1834
Colchester, Stanwell Street	0812	1007	1117	1217	1317	1417	--	1617	1742	1842

	105	105	105	105	105	105	107	105	105	107	105	105
Colchester, Stanwell Street stop Ba	--	0821	0921	1021	1121	1221	1321	1421	--	1625	1745	1845
Colchester, Goring Road East	--	0829	0929	1029	1129	1229	1329	1429	--	1633	1753	1853
Burnt Heath	--	0835	0935	1035	1135	1235	1335	1435	--	1639	1759	1859
Great Bromley, School	--	0843	0943	1043	1143	1243	1343	1443	--	1647	1807	1907
Little Bentley, Bricklayers Arms	--	0849	0949	1049	1149	1249	1349	1449	--	1653	1813	1913
Tendring Heath, Hall Lane	--	0852	0952	1052	1152	1252	1352	1452	--	1656	1816	1916

Saturdays

Little Bentley, Bricklayers Arms	0744	0950	1150	1350	1550	1814
Great Bromley, School	0750	0956	1156	1356	1556	1820
Burnt Heath	0758	1004	1204	1404	1604	1828
Colchester, Goring Road East	0804	1010	1210	1410	1610	1834
Colchester, Stanwell Street	0812	1018	1218	1418	1618	1842

	105	105	105	105	107	105
Colchester, Stanwell Street	0816	1021	1221	1421	1630	1845
Colchester, Goring Road East	0824	1029	1229	1429	1638	1853
Burnt Heath	0830	1035	1235	1435	1644	1859
Great Bromley, School	0838	1043	1243	1443	1652	1907
Little Bentley, Bricklayers Arms	0844	1049	1249	1449	1658	1913
Tendring Heath, Hall Lane	0847	1052	1252	1452	1701	1916

CHURCH JOTTINGS

Of all the rather odd celebrations that take place around the globe, the month of June has several that ought to rank quite highly. The ever popular Canadian Rivers Day is on the second Sunday of June, and Singapore International Water Week starts this year on the 16th. If you're looking for something that lasts for the full thirty days, there's nothing more appealing than the Great Outdoors Month in America. Or if you don't fancy the travel then stay closer to home. Dentists of the UK will be overjoyed if you send them a card, because June is National Smile Month.

Why mark the glory of a smile with an entire month's worth of commemoration? Or for that matter the Great Outdoors, Canadian Rivers or Singapore International Water? It seems to be about giving value and worth to something by making space for it. And then by assigning it a name it's somehow made even more special.

There are of course more obvious occasions; Mothering Sunday, Remembrance Day, perhaps even our birthdays! Each of these has greater claim to deserving our time and attention.

Unless the twenty-second of June is your birthday, it's likely that it will pass unnoticed as the calendar moves relentlessly towards July. In the Church though, it's the day that we remember and give thanks to God for St

Alban.

Although comparatively little is known of the life of St Alban, what is certain is that for at least 1500

years the story of the death of this man for his refusal to renounce his Christian faith has been recalled, retold, and remembered. His actions had such an impact in his home town of Verulamium that it was his name that was attached to the city that was later built on and near the ruins of the older town.

In a day and age when much that is fleeting and disparate fights for our attention, the timeless truth of the life, death and resurrection of Jesus Christ is one that needs no special day. As the writer of the Psalms puts it, 'this is the day that the Lord has made, let us rejoice and be glad'.

Simon

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



ST. GEORGE THE MARTYR, GREAT BROMLEY



Services for June

Sunday 5th	The Second Sunday after Trinity 8.00am Holy Communion 6.30pm Sung Evensong
Sunday 12th	The Third Sunday after Trinity 10.30am Parish Eucharist
Sunday 19th	The Fourth Sunday after Trinity 8.00am Holy Communion
Sunday 26th	The Fifth Sunday after Trinity 10.30am Parish Eucharist and Baptism

The church is open daily and you are welcome to visit.
More details and information at www.greatbromley.org.uk

St Mary's Church, Lawford

Every Sunday	8.00am Holy Communion
1st Sunday	10:00am Holy Communion
2nd Sunday	10:00am Family Service 6:30pm Evensong
3rd Sunday	10:00am Holy Communion 6:30pm Cafe Church
4th Sunday	10:00am Morning Worship
Wednesdays	9.30am Holy Communion

St Mary's Church, Little Bentley

First Sunday	10.30am Morning Prayer
Third Sunday	10.30am Holy Communion

St Mary's Church Ardleigh

1st Sunday	10.30am Parish Eucharist
2nd Sunday	8.00am Holy Communion
3rd Sunday	10.30am Parish Eucharist
4th Sunday	8.00am Holy Communion
5th Sunday	10.30am Parish Eucharist

J.A.M. DROP- IN

Every Friday in St George's church
Term time only

Parents & children welcome
All are welcome * 3pm to 3.45pm
Refreshments, activities

Church Lunch

1st June at 12 noon
St George's Church
**All welcome - no need
to book**
Donations only

