

THE MESSENGER

May 2017

Volume 1 No 5

*The Magazine
of the villages
of Great &
Little Bromley*



Local runner, Kate Hodgkiss, finishing the race



Lt Bromley churchyard flooded with hot runners

Full report inside

Running into the Graveyard 2

THE FIRST PAGE



As I write the sun is shining and it is a glorious day outside though the weather forecasters are predicting that all will change and that we are in for a cold snap. The temperature did in fact drop to -1°C around Easter and there was a layer of ice on the water outside for a short while. Let us hope that there has been enough time for the blossom to have set on the fruit trees and the coming cold weather does not prevent a good crop from forming. I am still lighting my fire of an evening.

The trees are coming into full leaf and whilst hearing the birds singing and to see the flowers blooming is lovely, my grass is already beginning to turn brown in patches through lack of rain. We have had no proper rain for weeks. This in turn may cause a problem for the pollinators as plants need both warmth and water to grow and to create nectar. Nor have I seen many butterflies yet apart from a few 'white' butterflies and a small tortoiseshell. The birds are starting to nest and will need the insects to feed their offspring. Time will tell how this spring goes. Last year saw a noticeable dip in blue tits due to the spring weather and lack, or late arrival, of caterpillars.

Easter has just passed and I have had all the grandchildren to stay in waves. There was a veritable mountain of chocolate on the breakfast table on Easter Sunday which, needless to say, was all consumed by the time they went home the following weekend! We have had such fun together and done all sorts of things including a trip to see the

mammoth in the Ipswich Museum, a visit to the Dungeon (big one) and SeaLife next door (little ones) in London and a picnic by the sea at The Naze. Like today it was sunny on the beach that day too but with a chilly wind which deterred the children not at all although I was dressed in full padded jacket and hat and was still cold! They, however, ran around with bare legs and feet playing in the sand, collecting shells and paddling in the freezing cold sea. They did, though, have a hot bath when we got home before they had their tea!

Meanwhile in the villages this month there is much going on. Days when you will see the donkeys pictured on page 37 during Donkey Day, the annual Plant Sale day plus a Spring Market at Seven Rivers, various concerts, the annual Rogation service as well as a Bluebell service. Visitors to Great Bromley will find a village that was tidied last month (why do people leave litter behind them; why cannot they take it home with them?) by the band of loyal Litter Pickers who I feel should receive a heartfelt thank you (and also the Little Bromley Litter Pickers from all of us. Then, looking forward, in June there will be the church Flower Festival to see with (I hope) lots of scarecrows to hunt down and admire round both villages. I always think they are huge fun and can only be amazed at the imagination that some people put into the making of their scarecrow.

May is such a lovely month. Enjoy it.

Leonie

MATERIAL for the **JUNE 2017** edition of 'The Bromley Messenger' should reach the Editor, Leonie Henderson, by **14th MAY 2017** 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.

St George's Church, Great Bromley Flower Festival 'Rainbows '

June 30th 10.00am-5.00pm

July 1st 10.00am-5.00pm

July 2nd 1.00pm-5.00pm

July 3rd 10.00am-5.00pm

Art Exhibition * **Scarecrow Competition**

Stalls * **Refreshments**

Grand Raffle * **Tower Tours** * **Music**

Something for all the Family

Flower Festival Theme * **Rainbows**

Flower arrangements by local organisations



Volunteers required:
As stewards
Serving refreshments
Making cakes
Selling raffle tickets

CAN YOU MAKE A RAINBOW THEMED SCARECROW ?

Little and Great Bromley are preparing for our

Fifth Scarecrow Festival

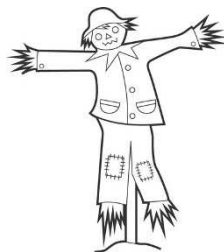
The theme is

“Rainbows”

to complement the Great Bromley Flower Festival weekend
on the 30th June , 1st, 2nd and 3rd July 2017.

Next month we will let you know where you can get your entry
forms to take part in the competition,
for only a £1 donation towards the P.C.C.

If you can't wait for more information, phone Carol on 01206
395103.



PLEASE SUPPORT OUR SPONSORS & ADVERTISERS



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

Telephone: 01206 230305

Roman Cup Finals

On Thursday 23rd March, 8 children from class 3 (Maria Lee, Torri MacRae, Alice Hart, Pru Fricker, Charlie Harden, Tom Stacey, Brandon Towner and Evan Rawlings) represented St George's at the Roman Cup Squash Finals.

We all had butterflies in our stomachs but were very excited. Poor Evan Rawlings was more nervous than the rest of us because he had stepped in at the last minute to replace a poorly William Daff and hadn't played in the competition before. We all played very well and improved immensely as we played more games. The final result was the Y3's came 4th and the Y4's came 5th overall. Congratulations to Pru Fricker who achieved the Most Improved Year 3 girl player of the tournament. We can't wait to play again next year.

By Maria Lee

We were delighted to award 100% attendance certificates to the following children who have attended every day of the week for the last two terms:

Eve Barnham, Jake Bateman, Alice Black, Rachel Chubb, Eleonore Dewey, George Gallaher-Welch, Jasmine Godsell, Charlie Harden, Hollie Hardy, Alice Hart, Maria Lee, Beatrix Lord, Samuel Pasque, Neve



Rawlings, Connor Sharp, Amelie Singleton, Amelia Turner and April Watcham.

At the end of the summer term all those children with 100% attendance are awarded a token as well as a certificate and we look forward to having a bumper year of awards!

Freezer for Sale

The school has an Indesit upright freezer that is no longer needed. We would be happy to send it to a good home for a small donation to school. Please contact the Office if you are interested.

Little Dragons Pre-School - Bromley CO7 7TR

Ofsted Inspected

Website: www.littledragonspreschool.org

Email: littledragonspreschool@gmail.com



OUTSTANDING OFSTED INSPECTED

**BREAKFAST AND AFTER SCHOOL
CLUBS- PLACES AVAILABLE**

Tel: 01206 231823/ 07857 503103

We are very flexible and are happy to take children for the occasional session and times to suit your situation.

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

HOLIDAY CLUB

We are running holiday clubs on the following days in the summer holidays:
Tues and Weds - 8.30 am-4.00 pm.

25th - 26th July
1st - 2nd August
8th - 9th August
22nd - 23rd August

See our website for further details or give us a ring to book a place for your child.

Last term ended with much excitement, the children enjoyed an Easter egg hunt around the gardens. They also had fun making Easter cards, baskets, chocolate nests and thank you to Amanda for visiting us to tell the story of Easter.

The children were also very busy making a 'bug hotel' from pallets, pots, sticks, dried leaves etc. We will watch with interest to see who 'moves in'. The bird table is kept topped up with food and the children have also hung up 'nesting' material to help them make their nests.

This term we are looking forward to growing our vegetables and plants, we have already planted our potatoes, carrots and spinach and have started growing seeds in our greenhouse too. Last month we sowed our wildflower seeds that we had collected the previous year from the garden. A very busy time!

Fundraising

Our Pamper evening held in conjunction with St George's School last term made a joint total of £1180 – a big thank you to everyone who helped and supported the event.

RECYCLING STATION – making it easier to drop off items

We have set up an area – just inside our main gates, on the right, with boxes for you to drop off collected items. We are collecting ink cartridges, trigger heads and biscuit wrappers. (see below for more details)

USED PRINTER INK CARTRIDGES

We are now collecting cartridges -please help us raise some funds by recycling your old ink cartridges with us.

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.

Sainsbury's Active Kids Vouchers

Active Kids 2017 - please help us to collect as many vouchers as possible to enable us to exchange for great play equipment.

We take children from the age of two years and offer a 'home visit' to families of children prior to them starting Pre-school. This gives the child the opportunity to meet their key-person in their own home, aiding the transition stage to pre-school. It also enables us to collect and share information in a confidential environment. For further information or to arrange a visit to the setting please contact us on the above number.

Party Table and Chair Hire

Having a party for Pre-School children?

We can offer 4 perfectly sized tables & 20 chairs.

Deposit only £10 Tables only £5.00 each

Chairs Only £1.00 each

Collection Only - Contact us: Tel: 07857

503103 Email:

littledragonspreschool@gmail.com

Dates for Diary:

Wednesday 10th May—2.30pm Supporting your child at pre-school meeting

11th May, 7.30pm - Committee meeting

15th May – Mums Week

Wednesday 17th May, 2.15pm - Meeting for parents whose children are starting school

Week Starting 29 May—1 June – HALF TERM

Saturday 17th June - Summer Fayre

LORRY MEETING

Following a series of complaints regarding the amount of heavy goods vehicles driving through the village of Great Bromley a meeting was arranged for 1st April at Great Bromley Village Hall.

April Fools Day turned out to be a good day for the residents of Great Bromley. One of the proprietors of Martells Industrial Estate, Lynda Chase Gardner announced to the people gathered for the meeting that the main company involved in lorry traffic has been given notice to quit as from June.

The announcement was met with a degree of relief.

The meeting was chaired by County Councillor Mick Page. Mick is chairman of the Local Highways Panel and he answered a number of questions from the audience of over 60 people, some from Ardleigh, Little Bromley, Frating and Thorrington.

A number of questions concerned the road surface, speeding vehicles and lack of road signs. In response Mick stated that speeding vehicles are for the Police to deal with. A police meeting chaired by Chief Inspector Russ Cole had preceded the lorry meeting. Other problems raised are the responsibility of Essex County Council Highways.

Comments were made regarding the access of the road between Slough Lane and the A120. Mick stated he will take up with Essex County Council Highways matters under their control, the state of the roads, missing signs and will have a meeting with Lynda Chase Gardner regarding access onto the A120.

Dave Halsey, an Ardleigh Parish Councillor, made mention of applying to have the weight restriction area moved to make it easier to enforce. Mick stated he would support the application.



Foreign lorry drivers are also causing problems by entering roads that are unsuitable for lorries and then showing they are unable to understand English.

The general consensus was that the meeting was very worthwhile and another meeting will be held if it is deemed necessary.

Kate Strowbridge, chair of Great Bromley Parish Council, had a number of notices "Lorries over 7.5 tons prohibited" these are available to any resident for a donation. Kate's details are in the Messenger.

A big thank you to all who attended and supported the meeting.

GT BROMLEY & DISTRICT CRICKET CLUB

100 Club Winners for March

- 1st Mr. Simon Baines
- 2nd Mrs. Lynda Allam
- 3rd Mr. Mark Lamb (Jnr).



COFFEE BREAK NUTRITION with Suzanne Abbott

HOW OLD ARE OUR CELLS?

Last month I discussed the importance of good quality food that our bodies, using biochemistry, break down into different components that nourish every single cell in our bodies. I came across a very interesting article which actually talks about how long our cells live for.

It all depends on what their role is. Take **liver cells** for instance. The liver has an amazing ability to repair itself, mainly due to a very rich blood supply. One of its jobs is to process toxins and flush them out of the body. Liver cells have a life span of about 150 days.

Taste buds - we have around 9000 of them covering the tongue, so we can taste food that is sweet, sour, bitter or salty. Each taste bud is made up of around 50 taste cells. They renew every 10 – 14 days. The taste buds can be damaged by smoking or mouth infections which means we may not be able to taste food as well as we should.

The brain – we are born with all the brain cells (around 100 billion) we've been allotted for life. Most of these won't regenerate as we get older, except the olfactory bulb that regulates our sense of smell and the hippocampus, the area for learning.

The heart – new research has found that the heart is dotted with stem cells that renew themselves at least 3 – 4 times in a lifetime.

The lungs – have different types of cells throughout the lungs and renew themselves at different rates. Cells deep in the lungs take about a year to regenerate. Cells on the lung's surface renew every 2 – 3 weeks.

The eyes – the cornea - the transparent top layer - renews constantly. If damaged, it can recover very quickly. The rest of the eye is the same as your age, which means that as we get older the lens isn't as flexible as when we were young and we lose the ability to focus well.

The skin - the surface layer is renewed between 2 – 4 weeks. The skin is the

biggest organ of the body and its first line of defence against injury and environmental pollution.

Albeit this constant restoration, our skin ages by showing wrinkles and creases due to the loss of collagen.

Bones – the skeleton is continuously replenishing itself. It takes around 10 years to complete the cycle. The skeleton is a mixture of old and new bone as the rates of this rebuilding process are different throughout the body. As we get older, this process slows down.

Intestines – house the very important cells called villi that help to absorb vitamins and nutrients into the body once the food has been broken down. They are renewed every 2 – 3 days because they are exposed to a very harsh environment - stomach acid and toxins from food or medication. The rest of the digestive tract's cells regenerate every 3 – 5 days.

Red blood cells – transport oxygen and nutrients to every single cell in the body and also take waste away. They continue to do this job for about 4 months before they are processed by the liver which removes any remaining iron from them before they are destroyed in the spleen. The body continuously manufactures red blood cells as they can be lost through injury or through menstruation in women.

It is an interesting fact, therefore, that we are not really as old as we look! As ever, I have to repeat what I always preach – you are what you eat, as Hippocrates said. If you want to stay healthy and as young as possible, eat good quality, unprocessed, fresh and organic food to keep the cells of the body nourished with what they need.

Best of health!

Suzanne

Natural Health Consultant
Specialising in Naturopathic Nutrition

GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

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

At the Parish Council meeting in April we were pleased to welcome three new members – Rosemary Heaney, Robert Day and Carol Mander.

There was an excellent attendance at the separate public meeting to discuss HGVs travelling through weight-restricted parts of Great Bromley. It was reported that Notice had been given to one of the operators in Martells Yard for the end of June. It was suggested to write to the other two operators to convey concerns regarding the speed and route, and highlighting that the weight limit was for environmental purposes. Should the problems persist the Parish Council would write to the Traffic Commissioner with a view to requesting that the site be closed permanently.

The recent Litter Pick had been a success with 20 bags of rubbish collected along with 3 car tyres and a Hoover.

Further defibrillator training is due to take place at The Court House on 8th May at 3pm and at The Cross on 9th May at 7.30pm.

A new village noticeboard is available in Church Meadow. Please pin up any event notices you have but please remember to remove them after the event.

Can we remind all landowners to please not use toxic household/garden substances on any public natural spaces. It is destroying vital habitats for wildlife.

A Police Rural Engagement meeting was held recently at Great Bromley Village Hall. From Essex Police it was attended by Chief Inspector Russ Cole (our Divisional commander) and Special Inspector Mark Fenton who heads up the Specials in our Tendring Division.

The background to this meeting is best explained by the words of Russ himself:

“A very important element in delivering the best service as possible and one which reflects the needs of the local community are the more rural areas that sit between the

main towns. Of current interest to my Community Policing Team and Rural Special Constable team are the trends we see in the villages of Gt Bromley, Frating, Elmstead and Thorrington.

We are currently deploying extra police resources in the area to tackle an emerging trend of burglary offences where tools, vehicle batteries and small items of plant are being taken overnight.

The meeting in Great Bromley is one of a series of Local Community Meetings that we hold across the District at a frequency of one every month. The Gt Bromley one is a really good opportunity for people from the above villages to attend and tell me personally what the local issues are.”

The meeting led to healthy discussion and explanation on Police strategy, resourcing, crime and how that steers the service we receive locally. To summarise a lot into a little, the Police were taking the local criminal activity around break-ins seriously and were acting through investigation and intelligence. In terms of greater Police presence in rural communities, the constraint around funding means that this cannot be provided in historical form but there is now a significant investment in recruitment of Rural or Parish Special Constables and Community Volunteers which will close the gap between the rural community and our Police Service. If anybody is interested in that commitment then please refer to Essex Police web-site at <https://www.essex.police.uk/join-the-police/special-constabulary/> or contact Cllr Rob Lord on 07747 787270 who will put you directly in touch with Mark or Russ.

At the meeting, there was also discussion around how best to communicate with Police in a way that worked for the public yet was actionable by the Police (acknowledging resource constraints). Russ explained that existing methods like 999 for emergency and 101 were still there but reporting via online is the ‘easiest medium’ for the Police. That

method can be found at <https://www.essex.police.uk/do-it-online/>.

If any Parishioner has difficulty in doing that or wants advice on how to best engage the Police or share information/ intelligence that could be useful to the Police for purposes of solving or preventing crime then feel free to

contact Cllr Rob Lord on 07747 787270 who can assist. Rob will act as our Police and Crime member on Great Bromley Parish Council and on the relationship with Essex Police.

Lizzie Ridout, Parish Clerk

PLANNING DETERMINATIONS

REFERENCE	PROPOSAL	LOCATION	DECISION
16/00542/OUT Mr and Mrs Alan Hicks	Residential development for up to 14 no. dwellings.	Land Fronting Ardleigh Road and Carringtons Road, Great Bromley Essex CO7 7TL	Refusal - Outline 07.03.2017 Delegated Decision
16/00782/OUT Mr Ken Robinson	Outline planning application with all matters reserved for the erection of 24 new dwellings, including affordable housing and the provision of additional church and school overflow parking within the new site for approximately 30 no. private cars.	Park 2 Land at Badley Hall Farm, Badley Hall Road, Great Bromley Essex CO7 7HU	Approval - Outline 08.03.2017 Committee Decision
17/00058/OUT T J and R A Chalmers	Outline application for up to 3 No. dwellings.	Land at Frating Road Balls Green, Great Bromley, Colchester Essex CO7 7JU	Refusal - Outline 10.03.2017 Delegated Decision

PLANNING APPLICATIONS

REFERENCE	PROPOSAL	LOCATION
17/00281/ LUPROP Mr & Mrs Jarvis	Proposed outbuilding (works comply with permitted development rights). The application was noted.	Morants Lodge, Colchester Road, Great Bromley, Colchester, CO7 7TN
17/00478/TPO Cllr R Heaney	Remove low branches to a maximum height of 4.5 m to allow routine ditch and hedgerow maintenance to be carried out from 1.1.2018 to 1.1.28 (10 year period) Great Bromley Parish Council supported this application.	Opposite Bay Cottage, Chase Road East, Great Bromley Essex CO7 7UN
17/00424/FUL Mr and Mrs S Brazier	Variation and amendments to approved scheme 16/01368/FUL. Great Bromley Parish Council supported this application.	Bush Farm, Hall Road, Great Bromley, Colchester, Essex CO7 7TR

Continued on next page

PLANNING APPLICATIONS continued

REFERENCE	PROPOSAL	LOCATION
17/00509/OUT Toad Hall Free Range Eggs Ltd	<p>Development of land for residential purposes. (Resubmission of 16/01534/OUT)</p> <p>Great Bromley Parish Council strongly objects to this proposed ribbon development or infill on open countryside and agricultural land. Ribbon development is discouraged in the existing 2007 Local Plan and is not a proposed option in the emerging plan. This proposed development is outside of the settlement boundaries for both the aforementioned plans and should be discounted. In the statement we note the attempt to make this seem sustainable by the mention for a potential for the closed local pub and post office to reopen in the future, but this speculative proposal cannot be considered in that light until such time as both facilities are instated and proven. It is not sustainable (no bus stop) and no pavement. The Parish Council also requests that an Archaeological Survey is undertaken.</p>	Land East of Hall Road, Great Bromley, Essex CO7 7TR

DISTRICT COUNCILLOR NEWS

It has been a quiet month District Council wise.

Some planning appeals are now being found in the council's favour. It seems the majority of Planning Inspectors are looking more closely at the land supply in Tendring and as we approach the magic 5 year supply of deliverable housing sites it will not be so easy for developers to apply to develop land.

However a recent appeal against a TDC decision for development in Tye Road, Elmstead found in favour of the developer.

At a recent committee TDC meeting an officer in charge of fly tipping informed those present that fly tipping was on the decrease. Not more than a week later a large amount of building material, including asbestos, was found dumped in three

separate locations in Great Bromley. It was reported to the fly tipping officer, Jonathan Hamlet on 01255 686770 or jhamlet@tendringdc.gov.uk he is the officer responsible for dealing with fly tipping.

i have been chasing Highways England for an update on the Harwich Road roundabout as there are still accidents regularly occurring there. The latest news is that following a public consultation a change is being made to the roundabout position.

The recent police and lorry problem meeting at Great Bromley have been held. The lorry meeting attracted over 60 people.

Reports of both meetings are to be found in The Messenger.

Fred Nicholls

LITTLE BROMLEY PARISH COUNCIL

Email: littlebromleypc@gmail.com

Our last Parish Council meeting was well attended by the public and also by our District Councillor Carlo Guglielmi who was able to report that finally our VAS sign has been signed off and is in this year's list of scheduled work. We are having two signs at both ends of the Village.

Following on from this, two Councillors attended the next Highways panel meeting at Weeley and made requests for our Village Gates, White Lining and the reduction in speed to 30 mph along Bentley Road. The District Councillor has promised to keep us appraised of any developments with this and if we don't hear anything positive then we will follow up at the next meeting of Highways in June.

We also attended a meeting at Great Bromley Village Hall on 1st April to discuss overweight lorries travelling on restricted roads in Little Bromley, Great Bromley and Ardleigh. Residents and Councillors from the three villages were in attendance. It became clear that all our villages are affected by this issue, with lorries breaking the 7.5 ton weight limit. While lorries carrying out local pick-ups and deliveries are allowed, some seem to be ignoring or are not aware of the weight restrictions in place as they 'drive-through' to their destinations. The recommendation from the meeting is that should a large lorry be seen driving through the village which isn't on local pick-up or delivery then its registration number, any identifying logo on the vehicle and the date and time should be noted and sent to the Parish Council Clerk. These will be forwarded to Trading Standards (who are responsible for addressing this issue) so that they can decide what action to take. We hope that by our three parishes working together we can highlight to Trading Standards that this is taking place and the village residents' concerns.

Unfortunately the issue of dogs mess still seems to be a problem along Chequers

Road and the footpaths along Barn Lane and from the Schoolhouse across to Chequers Road. Although we have two dog bins (one along Ardleigh Road and one in Chequers Road) if people don't have bags on them then please can you use the "Stick and Flick" method which has been given quite a lot of publicity lately and at least get the mess off the footpaths and places where people walk - then it will break down in the hedgerows and not be such a problem.

Finally the Council would like to thank the land owner who has planted a hedgerow and trees along Bentley Road all the way to the A120. This will look absolutely lovely when it gets established and benefit all the wildlife in the area.

The Parish Council will be meeting next on the 18th May at the Haywain starting at 7 pm. The AGM, Parish Assembly and Parish Council meeting will all be held on this date.

Little Bromley Parish Council

Come and Join us for
Bluebell Service

in Little Bentley
Woods

Sunday 7th May at
3pm



Meet at St Mary's Church, Church Road,
Little Bentley CO7 8SE at 2.30pm for
short walk to the Wood.

Transport available for the less able.

Ponies, Dogs etc are all welcome.

This wonderful annual gathering is a short open air informal service for all denominations in the middle of a private 100 Acre Bluebell Wood. Afterwards you are all welcome to walk around the Bluebell wood, and then meet back at the Church Hall for Tea and Scones.

We look forward to welcoming you all.

RUNNING INTO THE GRAVEYARD 2

Sunday the 8th of April began bright and warm and turned into the warmest day of 2017 so far. From 8am, athletes started to arrive at St. Mary's church, Little Bromley for the second **Bromley 10K**. The churchyard looked resplendent with tents, chairs and bales of straws set out so that all could enjoy the running event. A stage was set up outside for the talented musicians who played throughout the morning.

The children's race started at 10am on a freshly mown track around the field, which also acted as a car park. 36 children raced the 1700 metre course in three age categories. When they had finished every child received a goody bag and the first three in each age category received a trophy. **Under 8s winner** was Ethan Wade, 2nd was Isla Widdowson and 3rd was Charlie Newman. **8 – 11 years winner** was Kayleigh Atkinson, 2nd was Thomas Stacey and 3rd was Oliver Harris. **11 – 15 years winner** was Kiera Atkinson, 2nd was Charlie Adams and 3rd was Oliver Hart.

We must thank Mary Roughly who not only allowed us to use her land but was also the Guest of Honour starting the races and presenting the prizes after the race. There were 440 runners lined up near the Old Rectory anxious to get started at 10.30am. The Jaffa running club crowded the front with obvious intent to make it their race. The bobbing heads of all the runners behind extended fifty metres back. Whilst the faster Jaffa runners held their place at the front until the 9K, it was a man from Grange Farm running club, Dunmow who made his move to take the lead. He stormed off at such a speed that he nearly caught the lead cyclist. **James Boshier** won the race in a time of 33 minutes 48 seconds. The First Lady to cross the line was Elizabeth Davies from Springfield Striders in a stunning time of 35 minutes 45 seconds (in 7th place overall). Local runner Kate Hodgkiss was 4th lady in 40 minutes 58 seconds and was welcomed back by her smiling 8 month old son as she crossed the

line. Steve Peck from Harwich Runners was the first local man in 15th place. All the results can be viewed on line on the Harwich Runners website. Prizes were presented to the first three in the open category for men and women. We had bouquets donated by a local florist from the Floral Art Studio. We also had meal vouchers donated by the Haywain, Little Bromley. Each of the age group winners received a bottle of sparkling wine.

Thanks must go to all those who helped and marshalled to make this a memorable day. 26 people from the Bromleys and 10 others worked extremely hard to make the event go smoothly. We must also thank all the local cake makers who provided the tasty cakes which attracted people to the refreshments. During the morning several interested visitors looked around our church which was filled with lovely flower arrangements.

The benefit to the village of these races is that funds generated enable us to do additional work at our beautiful village church, which helps the work of the Churches Conservation Trust. Last year over £3000 was raised and this year we expect to raise £1500. The date for **2018** has already been booked for **Sunday 8th April**. It has the prestige of being part of the Grand Prix series. We can expect all of the best runners from Essex to be there for a day of exhilarating racing.

Roly Knott (Harwich Runners) and the Friends of Little Bromley Church.

MUSICAL SOIREE

Friday 19th May at 7.00pm

St Mary's Church, Little Bentley
Peter and Judith Clayton will entertain us with music ranging from Classical to Modern, something for everyone, on a variety of instruments.

Tickets £10 include Drink in Interval.
Tickets available call 01206 250622 or on the Door.

2017-18 EVENTS

MAY

- 5 WI AGM, Village Hall, 7.30pm
8 CPR and Defibrillator training, The Court House, 3.00pm
9 CPR and Defibrillator training, The Cross Inn, 7.30pm
12 Bluebell Service, Little Bentley Woods, 3.00pm
10 Lt Bromley Amenities Group, Ladies that Lunch, The Haywain, 12 noon
13 Donkey Day, Brook House, Gt Bromley, 11.00am
18 Friendship Club meeting, Village Hall, 2.00pm
Lt Bromley PC AGM, Parish Assembly & Parish Council meeting, Haywain, 7pm
19 Christian & Coffee Morning, 4 St George's Close, 10.30am
Concert, St Mary's church, Lt Bentley, 7.00pm
20 Plant Sale, Village Hall, 10.00am
Seven Rivers Cheshire Home Spring Market, from 11.00am
Lt Bromley Amenities Group Quiz, The Haywain, 7.30pm
21 Rogation Service, St George's church, 9.00am
24 Village Hall AGM, Millennium Room, 8.00pm
27 St Helena Hospice Midnight Walk, see page 31 for details
30 Messy Church, St George's church, 10.00am

JUNE

- 18 Summer Serenade, St George's church, 4.00pm
24 Seven Rivers Cream Tea, from 2.30pm
Midsummer Tea & Pimms Party, Lt Bromley Church, 3.30pm
30 Flower Festival, Gt Bromley church

JULY

- 1,2,3 Flower Festival, Gt Bromley church



Messy Church

Donations of £1 per child
(Accompanying adults free)

Registration between 10 & 10.15am

Join us for

Caring and sharing with Rainbow Fish

Come and have some family time, some
messy fun and a light lunch
on Tuesday 30th May

10.00am-12.30pm

at St George's Church, Great Bromley
All Welcome!

For more information please contact
Carol Cordwell: 01206 395103

The Churches of Ardleigh and The Bromleys

Seven Rivers Cheshire Home

20th May **Spring Market** from 11am
See elsewhere for more details

24th June **Cream Tea** from 2.30pm



Rogation Service

21st May at 9.00am
St George's church,
Gt Bromley

Join us for a short service of Holy
Communion followed by a procession to
a local farm where there will be prayers
and songs, coffee and cake.

Friends of Little Bromley Church

Saturday 24th June
3.30-5.30pm

Midsummer Tea and Pimms Party

with music by Rococo

St Mary's church, Little Bromley
In aid of The Churches Conservation Trust
All welcome

Little Bromley Amenities Group

Ladies that Lunch

12.00 for 12.30pm

Wednesday, 10 May 2017

The Haywain, Little Bromley

All bookings either to The Haywain 01206

390004

or to the Amenities Group

Little Bromley Amenities Group

QUIZ NIGHT

@ The Haywain

Little Bromley

on Saturday 20th May

7.30pm start

Teams of 4

£5 per person entrance

Tel 01206 390004 to book a

table

Proceeds to LB Amenities Fund

Plant Sale

Saturday 20th May 10-1pm

Great Bromley Village Hall

Come and buy locally grown plants in
aid of Village Hall Funds

Also, craft stalls £10 per
table.

If you would like to donate
plants, or wish to book a
table, please phone Kate on
07592735600



CHRISTIAN AID COFFEE MORNING

Friday 19th May 10.30am - 12.20pm

4 St. George's Close,

Great Bromley

Plants, cakes for Sale



DONKEY DAY

Saturday, 13th May

11.00am - 2.00pm

to be held at

Brook House, Brook Street, Gt Bromley
(Jane and Nigel Brind of Essex Stairlifts are
kindly holding this event on their premises)

This is a **CHARITY EVENT** to raise funds
for The Elizabeth Svendsen Trust -
the branch of the Sidmouth Donkey
Sanctuary that provides free donkey riding
and socialisation therapy for children with
severe educational, emotional
and physical difficulties. The Trust also
offers help and support to the children's
parents, families and carers. Do come for
coffee, cake and your own little bit of
therapy - there will be donkeys for you to
cuddle, a working donkey demonstration,
raffle and 'bits and bobs' stall. Entry is only
£3.00 - includes a cuppa and cake,
and EVERY PENNY SPENT/DONATED
GOES TO THE CHARITY. For more info,
call Brenda Perry on 01206 230537 - there
is an ansafone for you
to leave a
message if necessary.
**Regretfully NO dogs
allowed.**

Looking forward to
seeing you there.



British Heart Foundation

CALL PUSH RESCUE

"I learnt CPR at work so when my son, Jaden, collapsed aged six I knew what to do. I kept going until the paramedics arrived. Thanks to our lovely son's still with us today."

Witness: Guyan Briggs (32)
Survivor: Jaden Briggs

Become a Lifesaver.
Find out more by
contacting your
CPR lead.

**I KNOW IT AND
HELPED SAVE
MY SON'S LIFE**

CPR & DEFIB TRAINING
The Cross Inn
Tuesday 9th May 2017
7.30 pm
To book please phone Kate
07592735600

CPR & DEFIB TRAINING
The Court House
Monday 8th May 2017
3.00 pm
To book please phone Kate
07592735600

Due to popular demand we present
another

"Summer Serenade"

Sunday 18th June at 4.00pm

at St Georges Church, Great Bromley.

Featuring, arias, songs & ensembles from
your favourite operas and musicals.

Tickets - £20.00 with free refreshments &
canapés

For tickets or more information call Dinah
on 01206 231059

IN THE GARDEN WITH KATE



When I wrote last month about how lovely the weather was, and how the garden was galloping ahead, I never in my wildest dreams thought that the weather still would be fabulous. As I write, mid

April, the sun is shining and it has been 21° in the garden. It is very tempting to put all sorts of tender plants out, but probably extremely unwise! It is amazing how dry it has been, and what is more remarkable is that the plants do not seem at all worried by the lack of rain, in fact the spring flower blooms have been spectacular. My biggest worry is that if we do have a frost, there will be no fruit this year. The apples, pears, plums, damsons, quince and cherry plums are all happily flowering away, totally unaware that they are at least two to three weeks ahead of themselves. My wisteria is also flowering and I know for sure that last year it flowered at the beginning of May when my daughter got married. Climate is certainly variable.

With this mild weather, the lawnmower has been out several times, and the blades can now be lowered. Edging the lawn gives an instant visual "cared for" look.

Bedding plants can now be introduced outside and "hardened off" before planting in their flowering positions, likewise tubs and hanging baskets can be brought out during the day. If this is too difficult (or heavy) it is worth having fleece at hand to protect the plants on chilly nights. By the end of the month, areas of grass which have dying bulb foliage can be mown on a

high cut as the leaves should have replenished the bulbs by then.

In the vegetable garden, swede, beetroot, carrots, cauliflowers, peas, chard, radish lettuce and spring onions can be sown, and frost tender vegetables such as beans, sweet corn, courgettes, squash and pumpkin started under cover. Potatoes need to be regularly earthed up, and frequent hoeing is required to keep weeds at bay. Watering may also be required during dry periods. Asparagus, lettuce, radishes, rocket and overwintered onions will be ready to be harvested.

In the greenhouse, open the doors by day, and if necessary apply shading to the glass. Plants will need regular watering and feeding, and seedlings will need to be "pricked out" when they have two true leaves.

Besides all this other work, the garden pests will be at work munching your tender new plants, and some sort of control will almost certainly be needed. If you are lucky enough to have a hedgehog, frogs or toads, slugs and snails probably aren't a problem, but for the rest of us, there are a few tried and tested methods. Biological warfare in the shape of nematodes that are watered in every six weeks or so are, I believe, very effective but expensive. Other methods include a "slug pub" where a dish of beer dregs is put out. Slugs love beer and they are attracted to it, only to fall in and drown (some would say a very kind death!) and the last method is going out at night and hand picking the slugs off!

Enjoy your garden, and don't forget the plant sale on 20th May at the Village Hall.

Kate Strowbridge

THE DOCTORS' SURGERY NEWS

Ardleigh Surgery

Patient Choice – What Choices?

It has been a successive Government aim to offer people choice, not only with commodities such as gas and electricity supplies, but also within the NHS. So what actually does patient choice mean in practical terms?

Everyone has the right to be registered at a GP practice of their choice.

However in reality this 'choice' is limited to whether you are living within the catchment area of the practice and the only way to check this is to contact the practice and ask. There was an optional scheme introduced several years ago, permitting practices to take on patients who did not live in their area, but who wished to register. This was aimed at those who say lived in Ardleigh, but worked in Chelmsford and wanted to register with a GP in Chelmsford. However this proved to be unpopular with practices and less than 5% of practices nationally joined this scheme, mainly due to a lack of clarity about home visiting.

Patients also have the right to express a preference to see a certain doctor within the practice and the practice must try to facilitate this where possible.

The right to medication. Every patient has the right to drugs that the doctor feels are clinically appropriate and the right to get their prescription filled by the pharmacy of their choice. This sounds quite straightforward, but of course it isn't! Ardleigh Surgery dispenses medications to those patients who live more than 1.6km (or 1 mile) as the crow flies, from a pharmacy. In reality this means we dispense for patients who live in Ardleigh, Langham, Stratford St Mary, Bromley etc, but not to most people in Dedham or Manningtree because of the Pharmacies. Patients who we can dispense for have the right to take their prescription to a different pharmacy,

but non-dispensing patients do not have the right for us to dispense their medications. That seems a little unfair to us!

The right to choose your hospital.

Patients have the right to receive care appropriate to their needs and this will sometimes mean a referral to hospital. Patients have the right to choose which hospital they attend, however this right is restricted by the contracts that the Clinical Commissioning Group has in place. For example all orthopaedic referrals have to be sent to a triaging service first and cannot be booked outside this and all suspected cancer referrals have to go to either Ipswich or Colchester on specific pathways. Wherever possible the practice will try and comply with patients' wishes and if you are told you need a referral, please talk to your clinician about your choice of hospital.

Why is choice so complicated?

Stephanie Durrant
April 2017

LITTERPICK

Many thanks to the volunteers who helped with the Spring Litterpick in Great Bromley on 9th April. We picked up more than 20 bags of litter, three car tyres and a Hoover! Special thanks to Marcus and Grant for hosting the post-pick coffee at The Cross Inn and for some excellent cakes.

Owen Blowers

THE DOCTORS' SURGERY NEWS

Great Bentley Surgery



End of 'NHS Year' performance: Having reached the end of the year in which GP practices are measured for their performance, it's a great time to review our performance. March 2017 saw more appointments seen, more prescriptions issued, more referrals written and more calls received/made compared to any month since our records began. I want to personally thank everyone here at Great Bentley Surgery for making my job as practice manager easier by being such a great team. This is a sentiment that I hear regularly from many patients too.

Here's a list of what we've dealt with over the last 12 months:

384,297 prescription items issued	67,725 calls from patients answered
64,395 calls to patients made	58,651 appointments with patients
26,350 clinical letters actioned	25,408 lab reports actioned
4,962 referrals for patients completed	1,169 GP home visits completed

GP Appointments: The doctors have noticed lately that more patients seem to be unaware that GP appointments are only for 10 minutes and that only one problem can be dealt with in this time. If not, this of course causes the doctors to be late seeing other patients. If you need to discuss more than one problem, please ask for a double appointment.

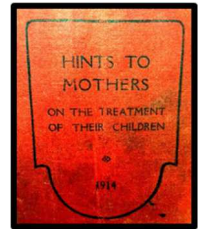
Prescription medications reminder: It is important that all prescription medications are taken exactly as prescribed by your clinician. This means the correct day, at the correct time, the correct dose and the correct route of administration. If you stop taking any of your prescription medication

or find you have difficulty with it, please contact your prescribing Nurse or GP. Stopping or delaying your medication may lead to further health complications.

The next meeting of the Patient Participation Group will take place at 6.30pm on Thursday 20th May 2017 at the Great Bentley Village Hall.

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!***



Stomach ache – in very young children is often caused by wind, and can be relieved by a teaspoonful of peppermint water with two of hot water, or dill water, in the same proportion, or even by little warm water and sugar.

Stye in the eye – Bathe with warm water during the day, and apply a bread and milk poultice at night. This will soon draw the sore to a head, when the matter will be discharged. Should the stye be caused by poorness of blood, feed up the child, and give him a tonic. If the child be full-blooded and fat, let him be kept on a farinaceous diet for a few days.

Help, advice and products are easily available over the counter from community pharmacies for these and other common conditions these days.

**The History of the W.I. in Music
April 5th 2017**

The Rev. John Robinson has visited many W.I.'s over the last 40 years.

John is a most experienced and knowledgeable speaker - - -
 "You are not going to be boring?" asked one W.I. Well John certainly wasn't boring, the time absolutely flew!
 Is the Women's Institute an English creation? No. In Canada 1892 - a lady called Adelaide Hoodless began an Institution for Women after the death of her child and the song that was "Top of the Pops" in 1892, was called "After the Ball is Over"

This was the same year as Queen Victoria's Diamond Jubilee.

In 1899 Adelaide was invited to the U.K. to talk about the creation of the W.I. in Canada but nobody at that time was interested in undertaking the organisation of an English equivalent.

Not until 1915 when the W.I. came to Wales did the idea of establishing their own Institute become interesting. In 1916 the W.I. arrived in England when there was a great shortage of food and W.I. Food Markets were established.

Essex W.I. was established in 1917, Lady Denman became National Chairman and the subscription was 2 shillings. Top of the Pops that year was "Colonel Bogey March" By 1918 the W.I. was becoming very popular and there were early signs of the W.I. members becoming involved in politics In 1919 the Sandringham W.I. was formed and in 1920 Lady Denman decided the W.I. should have its own song and "Jerusalem" was chosen. Because John was such an engaging and entertaining speaker the time flew by and we reached no further (this time) in the history of the W.I.

Great Bromley W.I. was born in 1948, the same year as Denman College was bought in Oxfordshire, and we would have loved to hear more about 1948 - but perhaps next time?

Our next meeting in Great Bromley on May 5th is our A.G.M. Please join us for what promises to be a very entertaining meeting and our speaker Lucy Chamberlain will answer questions regarding Gardens and Gardening. Please join us at 7.30pm in the Village Hall. You are always very welcome. Next Ladies who Lunch Wednesday 24th May, if you would like to join us (non members most welcome) please phone Mary 230419. Likewise with Knit and Knatter (2nd Wednesday of the month, 2-4pm at Cheshire Home)

KITCHEN CORNER

Cumin and Parsnip Soup

Serves four.

- 3 oz butter
- 2 teaspoons cumin seed
- 2 shallots roughly chopped
- 1lb parsnips roughly chopped
- 2 pints chicken stock
- Seasoning

Melt 2 oz of the butter in a pan and fry half of the cumin seed for a few seconds Add the shallots and cook to soften then add the parsnips.

Sauté the vegetables for about ten minutes but do not allow to get too coloured. Add the stock and cook for 20 minutes, then liquidise.

Check the seasoning.... When ready to serve the soup, roast the remaining teasp of cumin seeds about 1 minute under a hot grill., then stir quickly into the soup together with the rest of the butter. Serve immediately with croutons to hand round separately.

Jill Frostick



Will you make a difference?

St Helena Hospice helps people living with an incurable illness to live well and die with dignity and choice. In order to ensure this service is continually provided for as many people as possible, it relies on the local community to help raise £5.8 million per year.

One in five of its patients at any time are supported by members of the community leaving a gift in their Will to the hospice, and last year it received around £1.6 million in this way; an incredible amount of money. The hospice cannot guarantee what income it will receive year on year, and so is asking that leaving a gift in a Will is a consideration for people in the community who would like to support their local charity.

As part of its 'Will you make a difference?' campaign, over the next couple of months the hospice is going to be talking to its supporters about the difference that Wills make; both to the individual and their families, and to the hospice. Members of the fundraising team will also be out and about with participating solicitors breaking down barriers around the topic of writing a Will, and answering any questions people may have.

Having a Will in place is incredibly important for people who want to ensure their final wishes are met; whether making

their wishes clear for funeral arrangements, or specifically naming those they want to receive their most treasured items. Leaving a gift in a Will to the hospice is simple and your solicitor can support you in this process. A gift doesn't have to be big to make a difference; whether it is a donation of a few hundred pounds or a small percentage of whatever is left once you've provided for your loved ones, the hospice truly values donations of any size.

In June the hospice is running its annual Wills Month scheme for those who are looking to make or amend a Will. A group of local solicitors are waiving their fee to provide a Will writing service and will be asking that instead of a fee to them, a donation is made to St Helena Hospice. The scheme is taking place throughout north east Essex and the participating solicitors are: Alistair Keeble, Birkett Long, Fisher Jones Greenwood, Goody Burrett, John Fowlers, Powis and Co. and Sparlings.

Bookings for your June appointment can be made directly with the solicitors from mid-May. Ensure you book early to avoid disappointment. For further information on Wills Month or leaving a gift in a Will please call the hospice fundraising office on 01206 931468 or visit sthelenahospice.org.uk/makeawill.

Facts that May come in Useful at a Quiz Night!

- You were once the youngest person alive!
- The Great Pyramids were older to Cleopatra than Cleopatra is to us. - The Great Pyramid was completed around 2550 BCE, more than 2,500 years before Cleopatra died in 30BCE.
- There are more atoms in a single glass of water than there are glasses of water in every ocean on Earth. - If we consider a 'glass' of water to be 200 g (which is also 200mL) and there are roughly 6.6855×10^{26} molecules in 200mL of water, as compared to roughly 6.67×10^{21} 200mL-sized portions of water in the Earth's oceans.
- However, there are more possible versions of a shuffled standard deck of cards than there are atoms on Earth

Make of those what you will!



VILLAGE HALL TRUSTEES

With the end of the financial year now behind us, the

attention of trustees has turned to the Village Hall AGM which will be held on Wednesday 24th May commencing at 8.00pm in the Millennium Lounge. All parishioners are welcome to attend the AGM which reports on the past year and looks forward to the next. This is your opportunity to provide feedback in person on the facilities in our village hall and the way it is organised and managed.

As mentioned in last month's magazine, the AGM is also your opportunity to volunteer to assist with the management of the village hall, either as an elected trustee, co-opted trustee or as a 'friend' of the hall. Apart from Marion Britton, our loyal caretaker who is paid for her work, the hall is managed entirely by volunteer trustees from the village who form the management committee. The hard work of the trustees is critical if the hall is to be successful as a community facility and is to survive in the modern world. Trustees are responsible for a wide variety of management tasks including secretarial, bookings and hirer liaison, finance, licensing, food hygiene, health and safety, property maintenance, grounds maintenance, fire safety and advertising/business development. There are currently vacancies on the management

committee and my colleagues and I would really welcome 'new blood' onto the committee to help with the strategic and day-to-day running of the hall. No particular skills are needed but a desire to help our fine community facility to flourish and a willingness to get stuck in and take on a non-onerous management responsibility would make the role more meaningful and much more enjoyable. We have fun as trustees and are proud to be responsible for the village hall and its lovely grounds. If you are interested in joining us on the committee please contact me for further information.

Our next fundraising event follows shortly after the AGM - we are holding a Plant Sale at the hall on Saturday 27th May so please do support us and buy some lovely plants for your borders and planters as summer approaches. Kate Strowbridge is organising the event, which will also benefit from a range of craft stalls and refreshments. Kate would be grateful for donations of plants in due course.

Martin Frostick, Secretary
01206 250263
villagehallsecretary@greatbromley.org.uk

Knit and Knatter

meets in Seven Rivers Cheshire Home
2.00pm-4.00pm

Just come along with knitting
needles or crochet hook - or
whatever! - and create and
chat



For more information contact
Mary Hart
All welcome

Recent Meetings

On Wednesday 12th April

Amanda Richmond's subject was "Two teachers ascent of Everest". Amanda is a teacher, mountaineer skier, traveller & bell ringer. She told in an engaging way the story of two Suffolk teachers' ascent of Everest, the 6 years preparation, planning and hardships involved in tackling this formidable ascent.



Future Meetings

On Wednesday 10th May Emma Roodhouse, Art Curator of the Colchester & Ipswich Museum Service will talk on "Leonard Squirrel", known as the 'grand old man' of East Anglian painting, it will highlight his prolific career concentrating on the artworks in the Ipswich Borough Council collection, including drawings, watercolours, etchings & pastels from 1912 – 1978.

On Wednesday 14th June Alan Goldsmith, of Stansted, Essex will give a talk entitled "Giving It Both Barrels". An amusing and light hearted talk of Alan's 50 years in the Rock 'n' Roll and entertainment business, from growing up in the 40s & 50s & being at the beginning of the birth of Rock 'n' Roll,

and then running early rock concerts, air and stunt shows.

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 260 members and 21 groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Gillian Gibbs may be contacted.

Meeting Venue

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2 for 2.15. 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.

Remember

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



SEVEN RIVERS CHESHIRE HOME

As I'm sitting in my office today writing this piece for

The Messenger the sun is giving out so much warmth it's almost like a summer's day, let's hope we have a lots of nice days now the spring will soon turn into summer.

Last month I was telling you about one of the Leonard Cheshire's 100th birthday events, 100 steps, 100 people for 100p. This event is due to take place on Easter Saturday, so I'm just hoping that the sun keeps shining until then. This event was to help raise funds for our Memorial Garden. Hopefully now we have some money we can start to buy the basics. If you could help with the Memorial Garden either by digging, or with plants and maybe there is someone who could make seating.

This month, May 20th we are holding a

Spring Market from 11.00am. we hope to have lots of stalls like we had for our Christmas Market in November. If you would like a stall please contact me on 01206 230 345, we always have room for one more.

I'm also looking for unwanted gifts that I can use for raffles and tombolas, again if you are able to help please phone on the number above.

Sorry so many things to ask for this month, but please you are welcome to come and visit us at any time.

Next month information about our annual Cream Tea.

Take care until next time
Liz



STOUR VALLEY MEN'S PROBUS CLUB

Recent Meetings

At our recent Annual General Meeting Graeme Forsyth took up Presidency of the Club for the year supported by Brian Rolfe as Vice President, Paul Woodgate as the new Secretary and Peter Stanway-Williams as Treasurer. At our first April meeting on Wednesday 5th Julian Wong spoke about the good work undertaken by the charity "Mary's Meals" and on Wednesday 19th April Jim Lowe informed us of the work undertaken by the "Alzheimer's Society".

Future Meetings Diary Dates

On Wednesday 3rd May Liz Bruce will tell us about the mission of The Women's Royal Voluntary Service in World War 2 and two weeks later on Wednesday 17th May Chris Parfitt's presentation is entitled "The Artic Circle Express". Tom Tyler returns on 7th June to talk about "When holidays were Fun" and on 21st June John Field will speak to us about "The Redevelopment of Ipswich Docks".

Meeting Venue

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB

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 Speaker Secretary Dave Carman on 01255 880202 for further details.

THE CHURCHES OF ARDLEIGH & THE BROMLEYS CHILDREN'S COMMITTEE NEWS

Easter Butterfly Competition

In the middle of March, the children of St. George's school, Great Bromley and St. Mary's school, Arleigh were invited to take part in our Easter Competition. They were asked to decorate a butterfly picture and return it to school by the 24th March.

Lots of beautiful butterflies appeared, all different. Some brightly coloured, others



painted or covered with brightly coloured balls and stickers. All of the butterflies have been on display in their local church since the competition

ended and they look really lovely. Choosing the winners was really hard.

St. George's school, Great Bromley had 40 entries. The favourite butterfly in class 1 was by Zoe Brewer. The favourite butterfly in class 2 was by Charlie Sharp. The favourite butterfly in class 3 was by Alice Hart and the favourite butterfly in class 4 was by Lilly McNab.

St. Mary's school, Arleigh had 46 entries. The favourite butterfly in class 1 was by Milo McSherry. The favourite butterfly in class 2 was by Maisie Reid. The favourite butterfly in class 3 was by James Blacker and the favourite butterfly in class 4 was by Emily Waddell.

Everyone who entered received a prize for taking part, with the winners receiving a special prize. These were presented to the children before they broke up for the Easter holidays.

'The Wings of Spring' at Messy Church

On Monday 3rd April at St. Mary's church, Arleigh from 10am we held our 'Wings of spring' Messy Church session. Following our competition, butterflies were the theme of the morning as they show the Miracle of New Life. As the butterfly emerges from the cocoon it is compared to how Jesus arose from the dead and showed us the miracle of new life.

After the opening story, 27 children and their adults spread out around the church to do the crafts available. Some went outside with their adults to collect signs of spring in the churchyard. Inside they turned eggs into lambs and chicks. They made butterfly bracelets, worked out the life cycle of a butterfly, wrote butterfly prayers and painted butterflies. They also played a rabbit game and planted bulbs into prettily decorated pots.

After regrouping for a discussion of the morning, some singing and prayers everyone went to sit at the back of the church. They then ate their picnic from their decorated bags.

We had a lovely morning and would like to thank all those who came. We would also like to give a special thank you to our helpers. Please look out for our next event on **Tuesday 30th May at 10am at St. George's church, Great Bromley.** It will be 'Caring and sharing with Rainbow Fish at Messy Church.'

Carol Cordwell

FRANK ROGERS (1884-1917)

Frank Rogers was the seventh child of William James Rogers and his wife Maria, and appears to have been born in late 1884, in Lawford. The family had moved to Lawford in the mid-1870s, from their original home in Dedham, which was Maria's home village.

Frank's father, originally from Charsfield in North Suffolk, was the Driver (or operator) of a steam-driven Threshing Machine, which was used to separate seeds from the stalks and husks.

After leaving school Frank became a Groom, looking after horses. In 1907, just over 2 years after his father's death, he married 22 year old Florence Alice Cant, who was from Ipswich. They made their home in Lawford, and it was there that their first two children were born, both of them boys.

Frank and Florence would have five children together, three boys and two girls. They moved away from Lawford, and by April of 1911 they were living at Foxboro, near Woodbridge in Suffolk, where Frank was a Coachman. They stayed in that locality for another four years, before moving to Great Bromley shortly before Frank joined the British Army.

It is not clear whether Frank volunteered to join the British Army in late 1915, or whether he was conscripted into the Army in early 1916. However, it is almost certain that he arrived in France on 22 December 1916. Five days later Frank was part of a reinforcement draft of 151 men who joined the 8th Battalion of the Bedfordshire Regiment, at the town of Bethune.

At various times over the next four months the Battalion took its turn manning the trenches in what was called the Loos Salient, near the mining town of Lens. The Salient was a bulge two miles deep jutting into the German line, and had initially been created by the British gains at the Battle of Loos in 1915.

On the night of 30th April 1917, following five days in the reserve trenches, the 8th Bedfords relieved another battalion who were manning the front line trenches. The very next day Frank was killed.

Frank and the two other men from his Battalion who were killed on the same day, were buried side by side in a small military cemetery approximately 3 miles behind the front line, in the village of Mazingarbe. They rest there still, in what is now called the Philosopher British Cemetery.



The donkeys on Palm Sunday at St George's church

FROM THE RECTORY

At the end of the 1970s, in the days before multi-channel television, children's programming was limited to two hours on a weekday evening. Alongside controversial school drama Grange Hill, adventurous space dwellers The Clangers, and magazine show Blue Peter, was Vision On. Aimed especially at children with hearing impairment, Vision On featured an assortment of segments, one of which was The Gallery. This section consisted of artwork sent in by viewers which covered every subject imaginable, and ended with one of the presenters apologising that they couldn't return the pictures, but there was a prize for everyone whose art had been shown.

That so many children were willing to send in their prized art speaks volumes both about the show, but also about the nature of art. It speaks in a way that words are unable to.

The history of art in Christianity reflects the history of the faith itself. From the earliest times, within a century or so of Christ's death, there are paintings and sculpture that depict various aspects of Christian belief. Most notably, many of these works portray Christ himself, although the conventional depiction of Jesus as a long haired bearded figure didn't become established until at least the sixth century.

Before then, artists had used the ethnic characteristics of their own community when creating images of Jesus.

The Christ We Share is a collection of some thirty or more modern pictures of Christ from cultures across the globe. Here we find Jesus sitting with other

tribesmen around a fire in the plains of Africa. He is shown as a South American styled bandit staring out from a 'wanted' poster. He is a blonde blue eyed meek and mild figure surrounded by birds and small furry animals.

I wonder what image comes into our minds when we think about the person of Jesus Christ?

Although we know much about what he did and what he said, his physical appearance isn't mentioned at all in the bible. But he nevertheless continues to inspire artists from every corner of the earth. And why? Because he walks with us. He speaks with us. He identifies with us. He is God. And who wouldn't want to know what God looks like?

Simon

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

01206 392659
www.lawfordchurch.co.uk



The Student Cross arriving at St George's church



ST. GEORGE THE MARTYR, GREAT BROMLEY



*Welcome to our services in
May*

Sunday 7th **4th Sunday of Easter**
8am Holy Communion (BCP)
3pm Little Bentley Bluebell Service
 meet at Lt Bentley church 2.30pm
6.30pm Sung Evensong (BCP)

Sunday 14th **5th Sunday of Easter**
10.30am Parish Eucharist (CW1)

Sunday 21st **Rogation Sunday**
9am Holy Communion (CW1)
9.45am Blessing of the Crops at Lt Bromley Hall & Refreshments

Thursday 25th **Ascension Day**
7.30pm Eucharist at St Mary's Lawford

Sunday 28th **Sunday after Ascension Day**
10.30am Parish Eucharist (CW1)

A study group meets at 10am on Thursdays during Lent at Little Bentley Church Room.

*The church is open daily and you are welcome to visit.
More details and information at www.greatbromley.org.uk
Facebook or Twitter @StGeorgesGtBrom*

St Mary's Church, Lawford

Every Sunday 8.00am Holy Communion
1st Sunday 10:00am 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

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 LUNCHES

Friday 5th May at 12 midday
Please come and Join us for friendship
and fun.