^{The} Messenger

The Magazine of the villages of Great & Little Bromley

July 2025

Vicar's Tea Party

FOR VILLAGE, COMMUNITY & SCHOOL

Friday 18th July 2025

1.30pm - 4.00pm

St. George's Church, Great Bromley, Co7 7TS (Free parking in Church or Seven Rivers carparks)

School Choir Concerts at 1.30Pm & 2.15Pm

Tea / soft drinks and cakes served free! Bring and Buy Cake Sale / Bring and Buy Plant Sale







2nd Hand Uniform Sale / Lucky Dip and Bag a'Bowla & many other stalls! Funds raised for School and Church

THE FIRST PAGE

Dear all,

I hope everyone has been coping with the heat! Over the weekend, a widespread thunderstorm provided some much-needed relief for the garden, though our cats were far from impressed. Instead of their usual nocturnal adventures, they opted for a cosy night on the sofa - an unexpected break from their hunting routine!

As we step into July, the school year is winding down. Year 6 pupils have completed their SATs, Year 10 students are deep into their mocks, and those in Year 11 - including our youngest - have now finished their GCSEs. No more school runs or uniform washing - what a milestone!

End-of-term concerts and sports days are on the horizon, while tennis enthusiasts eagerly anticipate Wimbledon. For those who keep an eye on the weather, St. Swithin's Day falls on 15th July—perhaps a little daily drizzle wouldn't be so bad!

This month's magazine has plenty to explore: on page 3, meet the residents of Seven Rivers, who recently enjoyed a visit from a horse named Fi; on page 7, we raise awareness about the hidden dangers of nitrous oxide canisters; and on page 13, you'll find a touching tribute to the late Alan Ward. Awareness days in July include:

- 7th Worldwide Chocolate Day
- 10th National Kitten Day
- 11th National Slurpee Day
- 17th National Emoji Day
- 26th National Bagel-Fest Day

A heartfelt thank you to Imogen, my coeditor this month, whose early school finish made it possible. You can tell she picked the awareness days above!

Take care, Lizzie

*A big thank you to all our authors and contributors, our Treasurer, delivery team, and advertisers. If anyone wants to have a go at writing an article or a short story, please send it in don't be shy. Any interesting or unusual hobbies, recipes to share or short stories, it's all welcome. As long as it follows the guidelines below, you really can't go wrong. Our village is a tapestry of rich history, diverse talents, and unwavering warmth. Each contribution to this magazine is a thread that strengthens the fabric of our community.

MATERIAL for the AUGUST 2025 edition of 'The Messenger' should reach the Editor, Lizzie Ridout, by 14th JULY 2025 please.

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

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SEVEN RIVERS CHESHIRE HOME



Hello Great Bromley,

This month we had another lovely surprise, a visit from Fiona or as she likes to be called Fi, a 19-year-old fleabitten grev horse owned by Marion and ridden in to meet the residents by Sophie. Everyone was very much looking forward to the visit and turned out in force to greet her with lots of treats, to ensure she felt welcomed. It must be said that Fi was on her best behaviour and seemed to relish the attention. It always amazes me how animals have such a calming effect on people, whether it's a horse, dog, cat or almost any kind of animal, with a few exceptions, namely spiders and snakes. I'm brave, just not that brave. I hope that doesn't offend anyone that may happen to own one.

For those that couldn't come out to greet her, Fi took the initiative and went round to visit them. It was a

great surprise for those that couldn't; this made their day. It's these little acts of kindness which puts the Great in Great Bromley and makes it a wonderful place to live. The sense of community is felt daily with simple acts of kindness such as this visit.

All that remains to be said is a huge thank you, and if anybody out there would consider doing something similar please don't hesitate to contact myself or Lorraine.

Good health to you all, until the next time Lee





GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

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



Just a few paragraphs to bring you up to date with what is happening locally.

Unfortunately we have discovered a several quantites of empty gas canisters at Hare Green and other sites within the village. Can I ask that you all remain vigilant throughout the Parish for any other canisters. I am sure that the individuals concerned have no idea how dangerous the practice of inhaling gas is.

Please read the article elsewhere in this edition of the messenger for further information about the dangers to our loved ones this practice can bring.

We have received a request from Great Bentley under 8s football team to train on Hare Green throughout the summer as their usual facility is being used to host summer events in Great Bentley.

I have assured them that they are more than welcome, and I would encourage other organisations to make full use of Hare Green Recreation Ground.

I hope that you all are able to take advantage of the excellent weather and have a very pleasant summer.

> Kind regards Ian Murch Chairman

PLANNING APPLICATIONS					
REF	PROPOSAL	LOCATION			
<u>25/00656/OUT</u> Mrs Kathryn Ann Hayward	Outline Planning Application (all matters reserved) - Replacement dwelling with detached garage.	Firtree Cottage, Carringtons Road, Great Bromley			
25/00770/FULHH Mrs T Durling	Householder Planning Application - Single storey rear extension with flat roof.	2 Boulton Cottages Frating Road, Great Bromley CO7 7JJ			
<u>25/00798/FUL</u> Mr Brazier	Planning Application - Erection of 3no. dwellings (in lieu of Prior Approval for 3no. self-build dwellings approved under 25/00156/COUNOT).	Bush Farm, Hall Road Great Bromley CO7 7TR			

HIDDEN DANGERS OF INHALING GAS CANISTERS AND BALLOONS

Evidence of nitrous oxide use is regularly removed in Hare Green, suggesting that this activity is more widespread than many realize. The discarded canisters and balloons left behind serve as a stark reminder of the growing issue. While cleanup efforts may temporarily erase the physical signs, the underlying problem persists.

Do You Know What Your Loved Ones Are Doing?

Many individuals, particularly young people, may not fully understand the risks involved. Open conversations about the dangers of inhaling gas canisters and balloons can help prevent harm and encourage safer choices.

In recent years, the recreational use of **nitrous oxide**, commonly known as "laughing gas," has surged, particularly among young people. While often perceived as a harmless way to experience euphoria, the reality is far more concerning. The inhalation of nitrous oxide from **canisters or balloons** can lead to serious health risks, both immediate and long-term.

Immediate Effects

When inhaled, nitrous oxide rapidly enters the bloodstream, producing effects within seconds. Users often experience:

- Euphoria and relaxation
- · Giggling and laughter
- Dizziness and light-headedness
- Blurred vision and confusion
- Sweating and fatigue

However, excessive inhalation can result in **low blood pressure, fainting, and even heart complications**. In extreme cases, users may suffer from **hypoxia**, a condition where the body is deprived of oxygen, leading to unconsciousness or sudden death.

Long-Term Consequences

Frequent use of nitrous oxide can have severe neurological and physiological effects, including:

- Vitamin B12 deficiency, which can cause brain and spinal cord damage.
- Memory impairment and cognitive decline.
- Numbness in the hands and feet.
- Weakened immune system and anaemia.
- Limb spasms and incontinence. These effects are particularly dangerous because taking a B12 supplement does not prevent the damage caused by prolonged nitrous oxide exposure.

Legal and Social Implications Despite its widespread use, nitrous oxide is increasingly being recognized as a public health concern. Governments are moving to restrict its availability, citing its role in anti-social behaviour and environmental pollution. The discarded canisters littering streets have become a visible sign of its growing misuse.

While nitrous oxide may seem like a harmless recreational substance, its **potential for serious health consequences** cannot be ignored. Raising awareness about its dangers is crucial to **protecting individuals from long-term harm** and **reducing its prevalence in communities**. If you or someone you know is struggling with substance use, seeking professional guidance can be a vital step toward safety and recovery.



GREAT BENTLEY DOCTORS' SURGERY

HEALTH AND WELLBEING EVENT

The Health and Wellbeing Fair organised by our Primary Care Network was held on Tuesday, 10 June 2025 at the Methodist Church Hall in Great Bentley. We just wanted to thank everyone who took part and supported this event. We hope that all those who attended found it to be helpful and informative. Judy our PPG Chair also managed to raise over £200 for the Clacton Food Bank with her amazing cake stall.

ASKMYGP APPOINTMENT REQUESTS

Requests for an appointment with a Doctor or Nurse Practitioner for minor illness have to be made via our digital platform, AskmyGP. The platform is open for appointment requests between 7.30 am and 4.00 pm Monday to Friday (excluding Bank Holidays) and patients need to complete either an Urgent Request Form or a Routine Request Form, depending on the urgency of their request.

We are unfortunately getting appointment requests on the Prescription Request and Administrative Query forms. As the Urgent and Routine Request Forms are triaged by a clinician, it is very important that patients use the correct form to request an appointment. By sending a request in on the wrong form there will be a delay with dealing with the request. Please help us by using the correct forms so that we can ensure your request is dealt with in a timely manner.

PRESCRIPTION REQUESTS

Please remember that we do not take prescription requests over the telephone. All requests need to be made in writing either by the NHS App, on a Medication Request Form on AskmyGP, or by bringing a request into the Surgery. Please also remember to order your medication in good time. If you order it at least a week before you need it, then it will ensure it will be ready for you when you need it.

SURGERY TRAINING AFTERNOON

Along with all other surgeries in the area we will be shut from 12 noon on Tuesday, 29 July 2025 for staff training. If you require urgent care on this afternoon, then please contact 111 for assistance.

PATIENT PARTICIPATION GROUP MEETING

The next PPG Meeting will be held on Thursday, 24 July 2025 at 6.30 pm in the Mitchell Room at Great Bentley Village Hall.

Sue Mitson – Operations Manager

BEWARE - Telephone scams appear to be on the increase

Never disclose the following details over the phone:

four-digit card PIN to anyone, including the bank or police full password or online banking codes personal details, unless you are sure who you are talking to

Call Action Fraud on 0300 123 2040 to report incidents

FRIENDS OF LITTLE BROMLEY CHURCH

Open Afternoon at St. Mary's Church, Little Bromley

On Sunday the 25th May, we held our Open Afternoon. It was lovely to see two children among the 30 adults attending. At 3pm we began with tea and cake and then sat to listen to the Columbines and their wonderful music.

At 3.30pm we held our Friends AGM. Beginning with a thank you to many of the Friends, we had a report of the last year's events. The bells fund has now raised over $\pounds 50,000$ but we are still $\pounds 13,000$ short. We are hoping that work may begin this year. The Committee were re-elected, but if anyone is interested in joining us we would be happy to hear from them.

We then had more refreshments in our pretty church, decorated with lovely flower arrangements. This was followed by more music from the Columbines.

We had a lovely afternoon and would like to thank all those who came and all those who helped. Over £200 was raised.

We are hoping to hold another event at the end of August, so please watch this space.

Carol Cordwell



ALAN SYDNEY WARD 1937-2025

Alan was born near Brentwood on 4th August 1937. He grew up in Pilgrims Hatch, did well at school, and went into precision engineering with Glass Machine, making moulds for glassware.

He married Sylvia Forbes in March 1963 and they started married life together in Stanway, Colchester. He then worked for Betts in Ipswich Road until he took voluntary redundancy and eased into part-time work and retirement.

In 1966 Alan and Sylvia had moved into a newly built bungalow in Back Lane (now known as Back Lane East) in Great Bromley which became their forever home. Their son Matthew was born in June 1969 and attended St George's school. They



welcomed Sophia into the family as daughter-in-law in 2004, and became very proud grandparents when Evelyn was born in 2015.

Alan was keen on his projects: he built an extension and garage at home, restored various cars, and even built his own river boats. The couple had moorings in the Norfolk Broads for 40 years and made countless friendships as they explored the area.

In retirement Alan continued his projects and enjoyed his cars, but also took up cycling round the village to chat to local folk. Alan had been a relatively fit man, despite living with asthma. He recovered well from a stroke, although his balance was affected. He still walked around and enjoyed village life, attending

the Friendship Club with Sylvia. He was interested in music, did sudoku puzzles and computing to keep his mind active, but family remained his greatest interest – both the one he was born into and the family he built with Sylvia.

Alan was a modest, hardworking man who provided for his family, a supportive and encouraging Dad, a doting father-in-law and Granddad, and a devoted husband to Sylvia.

Alan passed away peacefully on 25th April on his sofa with his feet up. An intelligent and practical man, sociable and friendly and always on the go, he will be greatly missed by all those who knew him.

Hugh Frostick



CHANGES IN BACK LANE

Alan & Sylvia Ward's house was built in the mid-1960s and fortunately they took some pictures at the time.

The first shows Alan in the garden looking south, and we can clearly see the old barn at Portlands Farm in the background.

The second shows the house before any gardens planted, and before Alan's extension and garage were underway, with one of his beloved cars - a Jaguar Mark 2.

Back Lane used to run through



from Hare Green to the village hall, but was cut in two by the new A120 in 1981.

Hugh Frostick <u>hugh@greatbromley.org.uk</u> always pleased to see old photos of Gt & Lt Bromley



STOUR VALLEY U3A - learn, laugh, live

Make the most of life once you're no longer in full time work and come and explore new ideas, interests and skills with University of the Third Age. Across the country U3A members are meeting new people, learning, staying active, and having fun later in life. It's local, social, friendly, low cost and open to all.

We have over 40 interest groups including walking (from strollers to 5+ milers), theatre trips, garden visits, art appreciation, curry club, international dining, science group, languages, keep fit, pickleball, overseas travel there's something for everyone. If we don't have a group you are interested in, you are welcome to start one up. Membership costs only £15 a year.

Monthly coffee mornings are held on the first Friday of the month 10am–

12pm at the Lambe School, Gaston Street, East Bergholt. Come along, meet some members, hear more about us and decide whether you'd like to join.

Monthly lectures are held on the second Wednesday at 2.15pm in the Constable Hall, Gandish Road, East Bergholt CO7 6TP. Guests are welcome for a charge of £4. Our speaker on 9th July is Eleanor Jenkins giving a talk on "The Life of a Tudor Housekeeper." There is no talk in August as we have a Summer lunch instead. On 10th September, Bryan Thurlow will talk on "Murder at the Red Barn."

Please take a look at our website <u>www.u3asites.org.uk/stourvalley</u> for more information and contact details.

GREAT BROMLEY BOOK CLUB

Are you a lover of books and live in Great Bromley or the surrounding area? Would you like to join our small, friendly book club?

We meet at The Great Bromley Cross Pub, Great Bromley on a Tuesday evening every six weeks. It's a casual meet up for a chat, to share books, make friends and have a drink or two. If you would like any more information please contact Sarah on 07742 105972.

U-TURN ON WINTER FUEL PAYMENT

The government has had a u-urn in regards to winter fuel payment. DAWN made representation to the government regarding the cuts to winter fuel payment and disability benefits.

Under new rules state pensioners with an income of under £35k will receive the winter fuel payment automatically. This is not a joint (couples) income but individual income.

Anyone with an income above £35k will still receive the winter fuel payment, but it will be paid back through the tax system.

From winter 2025 you must have spent

at least six months living in the UK, within the qualifying year.

An individual needs to have reached state pension age by the end of the qualifying week to be eligible. You will also have to be living in the UK for at least one day during this week.

On Sunday 20th July, there will be a vintage tea raising money for a young local woman going to help in a medical centre overseas. Tickets are limited, but a great afternoon of dancing, music and singing in lovely gardens is waiting.

Annie Sands DAWN Support

ARDLEIGH & DISTRICT HORTICULTURAL SOCIETY

Ardleigh Annual Flower & Produce Show

Ardleigh & District Horticultural Society are hosting the Ardleigh Annual Flower & Produce Show on Saturday 16th August 2025, at Ardleigh Village Hall, Station Road, Ardleigh (CO7 7RS). Open to the public from 14:00, with prizes presented at 16:15.

There are classes for Vegetables, Fruit, Flowers, Dahlias, Flower Arranging, Homemade Wine, Cookery, Handicraft, Photographs and Children's exhibits. Refreshments are available.

Schedules for anyone interested in exhibiting are available at Craft Nurseries, Ardleigh Convenience Store and online (just google Ardleigh Horticultural Show), we have some useful Hints & Tips for exhibitors online as well.



Dates for your diary					
JULY					
2 9 17	WI - Eileen Brown: Life in the Slow Lane, Village Hall Great Bromley Parish Council, Village Hall Little Bromley Parish Council, The Haywain	7.30pm 7:00pm 7:30pm			
22	WI - Coffee & Crafting, Village Hall	10am-12:30pm			
AUGUST 6 WI - Garden Party					
13 16	Great Bromley Parish Council, Village Hall Ardleigh & Dist. Horticultural Society Annual Show	7:00pm			
26	WI - Coffee & Crafting, Village Hall	10am-12:30pm			
SEPTEMBER					
3 10 18 23	VH fish and chip supper with the Hoolies Shanty Band Great Bromley Parish Council, Village Hall Little Bromley Parish Council, The Haywain WI - Coffee & Crafting, Village Hall	7:30pm 7:00pm 7:30pm 10-12:30pm			
20	Wi Conce & Craiting, Village Flair	10-12.00pm			

GREAT BROMLEY WI INVITATION

WEDNESDAY 2nd JULY 7.30pm, VILLAGE HALL A TALK BY EILEEN AND STEVE BROWN:

"LIFE IN THE SLOW LANE" THE HISTORY OF NARROWBOATS AND CANALS

This talk is open to everyone, not just ladies, so you are welcome to join us. Have you seen boats like "Raymond" on the canals, and thought "what`s it like cruising the waterways on a narrowboat like this, and how did the canals come to be built"?

Well, come along and find out!

Eileen and Steve have had shares in a narrowboat for many years and now own a new electric narrowboat.

There will be refreshments and raffle.

Entrance is £5 for Non-Members





Did you know? Great Bromley has two Automated External Defibrillators. You can access these at:

- The Courthouse, Harwich Road, CO7 7JG or

- The Cross Inn, Ardleigh Road, CO7 7TL

Also at the Cross Inn is a Bleed Kit. The kit, provided by Great Bromley Parish Council, contains specialist equipment to help stem extreme blood loss before ambulance crews arrive.

Bleed control kits, also known as emergency trauma packs, are similar to first aid kits but include trauma dressings, gauze, chest seals and tourniquets to help stop serious bleeding. They can help victims of violent crime, those involved in road traffic accidents or workplace accidents, and could be particularly useful in rural areas where ambulance response times may be slower.

Don't ignore it - Report it at www.essexhighways.org Essex

Essex Highways carry out regular inspections of roads and pavements, but issues may come up between these inspections. These could be potholes or other road surface issues, damaged street lights, street signs, overgrown trees, or issues with public rights of way.

Report maintenance issues online by using the highways reporting tool. If you think there's a risk to public safety please call 0345 603 7631 or if you have hearing problems you can use the text phone service on 0345 758 5592.

ST MARKS ROMAN CATHOLIC PARISH

St. Mark's, Hawthorn Drive, Ipswich IP2 0QQ

Holy Family Church, Ipswich Road, Brantham CO11 1TB

Parish Priest: Rev Fr Luke Goymour The Presbytery, 180 Hawthorn Drive, Ipswich IP2 0QQ Tel: 01473 684963 revgoymour@gmail.com

How do you prioritise your faith?

On July 29th we commemorate the great friends of Jesus – the sisters Mary and Martha and their brother Lazarus. In Luke's Gospel we hear that Martha welcomed Jesus into her home and then became distracted by all the preparations she had to make, while Mary chooses to sit at the feet of Jesus, listening to His words. Martha pleads with Jesus to tell Mary to help her, but Jesus says "Martha, Martha you are worried and upset about many things, but few things are needed... Mary has chosen what is better".

How often in this world are we distracted – choosing busyness over quiet time with the Lord? It's so easy to worry and fret but we only find peace through prayer and truly trusting in God. It doesn't mean we can shirk all our responsibilities! But it does mean that we need to prioritise, and find time to be still. "Come to Me all you who are weary and overburdened and I will give you rest," says the Lord.

Weekday and Sunday Masses and devotions

Saturday 17.30 St. Mark's vigil mass with confessions from 17.00 **Sunday** 09.00 Holy Family, Brantham 11.00 St. Mark's

Tuesday 10.00 Holy Family mass with Eucharistic Adoration at 9.20. **Wednesday** 09.30 St. Mark's **Friday** 12.15 St. Mark's mass with Eucharistic Adoration from 11.40.

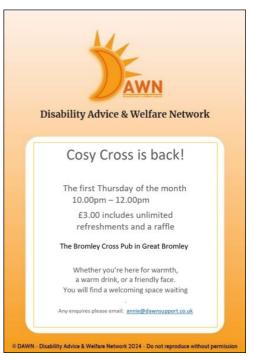
Father Luke's Sunday sermons are available at anchor.fm/fr-luke-goymour

The Sick & Housebound

Please let Fr Luke know of anyone who is ill at home, housebound or in hospital, so that they may

receive appropriate pastoral care, he can be contacted on 01473 684963. If you or a family member is in hospital you can also contact the Catholic Lay Chaplain to Ipswich hospital: hospitalchaplain@stmarksparish.org.uk

Kathy Pollard: kathy.pollard@btinternet.com 19 The Street, Capel St. Mary, Ipswich, IP9 2EE Tel: 07889 123702



Announcement from the Trustees of the Great Bromley Poorlands Charity

The Trustees of the Great Bromley Poorlands Charity wish to inform the community of an important decision regarding the future of the charity.

After careful consideration and consultation with the Charity Commission, the Trustees have resolved to close the charity. This decision has not been made lightly, as the charity has long been dedicated to serving the most vulnerable and in need in the community.

As part of the closure process, the remaining funds held by the charity will be allocated to support local initiatives that benefit the community. To ensure these funds are distributed effectively and responsibly, we invite applications from local charities which serve Great Bromley for grants between **£250 and £2500**.

Application Guidelines

Local charities wishing to apply for funding must meet the following criteria:

- Provide the names of two trustees who represent the applying charity.
- Submit a detailed plan outlining how the funds will be used to benefit the community. This plan should include specific objectives, the timeline for implementation, and the anticipated impact of the project.

Applications will be reviewed by the Trustees to ensure that the funds are allocated in a manner consistent with the charity's original mission and values.

Submission Deadline

Applications must be submitted by 31st July 2025 to <u>clerk@gbpc.org.uk</u>. Late submissions will not be considered.

We extend our heartfelt gratitude to all who have supported the Great Bromley Poorlands Charity over the years. Although this marks the end of our journey as an organisation, we are confident that the remaining funds will continue to make a positive difference through the work of local charities.

Signed,

The Trustees of the Great Bromley Poorlands Charity

Mr F Nicholls, Mr A Fairley, Mr O Blowers & Dr H Frostick



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

Telephone: 01206 230305

Could you make a difference in our school?

St George's School in Great Bromley is looking for passionate, dedicated people in our community to join us as school governors. This is your chance to shape the future of our young people, and bring your experience to a role that truly matters.

If you think you could spare approx. 6 hours a term to attend meetings with other like minded people to support the leadership team and ensure the schools strategic vision, then we would love to hear from you.

By joining our board, you'll develop new skills and have a direct impact on the success of our students.

Reach out to us on <u>lsharp@st-georges-pri.essex.sch.uk</u> if you're interested in applying or would like more information about the role.









PLANNING DETERMINATIONS							
REF	PROPOSAL	LOCATION	DECISION				
25/0049 7/FUL Mr Wayne Knowles	Planning Application - Erection of replacement detached chalet bungalow following demolition of existing bungalow (Alterations to approved planning permission 24/00001/FUL including revisions to door/window combinations, size of entrance lobby and roof including dormer windows).	Byeways Mary Lane North Great Bromley CO7 7TZ	Approval - Full 22.05.2025 Delegated Decision				
25/0057 8/WTPO Mr Ross Chadwic k	Works related to Tree Preservation Order (95/00032/TPO) - Pollarding of Oak tree to the front of the property.	4 Peace Cottages Badley Hall Road CO7 7UX	Approval - Full 23.05.2025 Delegated Decision				

July 13th 2025

The Deanery choir will be singing at St George's Church, Great Bromley CO7 7TS at the 11am Communion service. The choir will sing 'Hymn to the Trinity' by Pyotr Ilytich Tchaikovsky'. Pyotr Ilyich Tchaikovsky (born April 25 1840, died October 25 1893, St. Petersburg) was the most popular Russian composer of all time. His music has always had great appeal for the general public in virtue of its tuneful, open-hearted melodies, impressive harmonies, and colourful, picturesque orchestration, all of which evoke a profound emotional response.

His oeuvre includes 7 symphonies,

11 operas, 3 ballets, 5 suites, 3 piano concertos,



Church music in the Tendring area

a violin concerto, 11 overtures, 4 cantatas, 20 choral works, 3 string quartets, a string sextet, and more than 100 songs and piano pieces.

We continue to support St George's, Great Bromley on the second Sunday of each month.

> Graham Bell Deanery Choir grahambell493@gmail.com

CHURCH JOTTINGS

A fitting end to a half term of hard work was celebrated in style by a concert at St George's on 28th May. All week the children had been working hard learning new songs, new movements and new expressions, led by Chris; a wonderful music teacher working for the group.

'I Sing Pop' St Georges rocked with great sounds, singing, fun and proud parents!

Rev. John resourced the funds to enable this week of music looking at Christian values to take place. Thank you, John, and all who bought this wonderful experience to our village school and church. The words of the songs were very moving and meaningful in our present climate. "let's care and be kind to all" "Take care of the world" "Let your light shine better than the starlight" Fantastic!!

Hope to see you at the church/school event on 18th July – come and hear the children sing and enjoy a tea in the tent, support the stalls and games raising funds for our school and our church. Come and join us at 'The Vicar's Tea Party'

On 2nd August, the whole village including family and friends are invited to a Fun Day of games and activities. Join us from 10am – 12.30 when the BBQ will be fired up.

The event is called 'Discover our Beautiful World'. Admission is free but donations are very welcome.



Dear Parishioners,

We hope that you are having a pleasant summer so far. Sister Harrison is on maternity leave now. Receptionist Mrs Pike has retired, we wish her a happy retirement. We are currently recruiting for a GP assistant, a care coordinator and of course a receptionist.

Appointment System Updates

We are still using the ANIMA system and learning. Mondays are extremely busy with twice the number of ANIMA requests. Followed by Friday, then Thursday, so Tuesdays and Wednesday are the days with least demand in comparison. Please put in your requests as soon as the portal opens at 0800hrs. As mentioned before if you are not able to use ANIMA call the surgery and one of the receptionists will help you.

July Practice Shutdown will be on the 29th of July.

A quick reminder that the surgery will be closing at 12:00 PM for our monthly mandatory staff learning session. Please make sure to submit any prescription requests in advance, and if you need an appointment, kindly put in your ANiMA request early. As always, the Out of Hours GP service will be available for urgent care during this time.

Thank you for your ongoing support and for being such an important part of our community. We look forward to continuing to serve you in the months ahead!

The Team at Ardleigh Surgery

Can it be mended? Can someone else use it?

Recently someone was asking if their broken appliance could be mended. Obviously there are repair men, but often the cost of repair is not a lot different to buying a new item which means the old one goes to landfill. There are people who are prepared to fix things for free (or a small donation)

Repair Cafes - www.repaircafe.org - there is one in Colchester.

One thing that greatly irritates me is going to the local "tip" (now named recycling centre) and seeing someone throw into a skip a serviceable item that would do someone a good turn. There are a few alternatives to help limit needless waste. A successful transaction is most satisfying!

Freecycle - <u>www.freecycle.org</u> - give away your unwanted items and receive items from others

Freegle www.ilovefreegle.org is another version of Freecycle

Trash Nothing www.trashnothing.com has other options for donating and receiving.

And of course there are numerous social media groups for your local village where you can offer things free or request something you need.

Hugh Frostick

RECTOR'S LETTER

Dear friends,

I hope this finds you well – on the cusp of summer holidays and time enjoying God's good creation with family, friends and loved ones.

At the end of this month, the Church of England remembers William Wilberforce, Olaudah Equiano and Thomas Clarkson and their efforts to abolish the slave trade in the then British Empire. Olaudah Equiano is possibly the least well known of the three, but he grew up abroad (likely in southern Nigeria) and was himself a slave and traded several times before buying his freedom and ending up in London, where he became one of the leading figures of the abolitionist movement at the end of the 18th century.

Thomas Clarkson was the son of a clergyman who grew up in Cambridgeshire. After his undergraduate studies in Cambridge, he met many abolitionists who were Quakers and Nonconformists (Protestants other than Anglicans). He began lobbying parliament in aid of the abolitionist cause and, through this, came in contact with William Wilberforce. Wilberforce was an independent MP for Yorkshire and an Anglican, one of the first Anglicans to take up the abolitionist cause. He was driven by his evangelical faith to do so and was blessed, three days before his death, to witness the fruit of all the abolitionists' labour as Parliament passed the Slavery Abolition Act 1833.

Christian opposition to slavery originates from the teaching found right at the opening of the Bible in Genesis 1:27: "God created mankind in His own image, in the image of God He created them; male and female He created them." The argument being that if God has endowed each and every human being with the immense dignity of bearing His image, then we should not denigrate fellow image-bearers by treating them as 'property'.

It would be easy to think that slavery and human trafficking are issues of the past, but that couldn't be further from the truth. Today, organisations like *Stop the Traffik* (https:// stopthetraffik.org/) continue the legacy of Wilberforce, Equiano and Clarkson in highlighting the magnitude of the present evil and seeking, like these leading lights of former days, to bring it to an end. I commend their work to you!

> Best wishes, Phillip

ST. GEORGES CHURCH EVENTS

July 18th - Vicars Tea Party

August 2nd - Fun Day for families

September 13th - Ride and Stride

THE CHURCH OF ENGLAND



www.greatbromley.org.uk

St George's Church, Great Bromley

TADP - Tendring and Dedham Parishes

For contact details, or to receive our email newsletter, please visit the website above or email us at <u>church@greatbromley.org.uk</u>

July 6 th	Trinity 3	Parish Eucharist BCP with choir	11am
July 13 th	Trinity 4	Parish Eucharist with choir	11am
July 20 th	Trinity 5	Evensong BCP with choir	6.30pm
July 27 th	Trinity 6	Parish Eucharist	11am
August 3 rd	Trinity 7	Parish Eucharist BCP with choir	11am
August 10 th	Trinity 8	Parish Eucharist with choir	11am
August 17 th	Trinity 9	Evensong BCP with choir	6.30pm
August 24 th	Trinity 10	Parish Eucharist	11am
August 31 st	Trinity 11	Benefice Service	
		at Little Bentley 11am	

St Mary's, Little Bentley

July 6th Morning Prayer 11am July 20th Holy Communion 11am August 3rd Morning Prayer 11am August 17th Holy Communion 11am August 31st Benefice Holy Communion 11am