

The Messenger

The Magazine of the
villages of Great &
Little Bromley

July 2026



THE FIRST PAGE

Dear all

Welcome to the July edition of our village magazine. After a wet and windy June, the sun is finally out and the gardens and hedgerows are looking their best. The longer evenings are giving everything a lovely summer feel.

Exam season has now finished, and schools and colleges are starting to think about the end of term, and all those extra activities that come at this time of year: sports days, end of term concerts and news of next year's new form teachers. It will be results day before we know it, and then a new chapter for some. If you're waiting for results, instead of counting the days, make the days count before you have to start making important life decisions.

One of the loveliest bits of news this month is that the owls are back at Primrose Farm; they have successfully nested and their chicks have now hatched - you can read the whole story on page 23.

Elsewhere in the magazine, you find an interesting article about Kitty Canham, born not far from us in Beaumont-cum-Moze, and a stage event being held at Beaumont Hall.

Parish Council comments for a planning application at land north of Harwich

Road, near the roundabout have been included, they're on page 13.

Awareness days for July include:

- 1st - International Plastic Bag Free Day
- 7th - World Chocolate Day
- 17th - World Emoji Day
- 24th - Samaritans 24/7 Awareness Day
- 30th - International Day of Friendship

I hope you enjoy this month's edition.

**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 2026** edition of 'The Messenger' should reach the Editor, Lizzie Ridout, by **14th JULY 2026** please.

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

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GREAT BROMLEY PARISH COUNCIL

www.greatbromleyparishcouncil.gov.uk

Clerk: Mrs Lizzie Ridout cilca

Email: clerk@greatbromleyparishcouncil.gov.uk



The recent rain has been very welcome for gardeners, with plants showing renewed vigour. With this in mind, I must remind residents with hedges bordering footpaths to keep them trimmed back. We have received a number of complaints where overgrown hedges are forcing pedestrians to step into the road to pass.

At this month's Council meeting, which was very well attended, we received an interesting and informative presentation from Dan Thompson of the Essex Shed Network (also known as the Men's Shed Network, though it is open to women too). He outlined the potential for establishing a local branch. If you are interested in learning more or connecting with others, please contact the Clerk so we can put people in touch or provide further information.

We also welcomed our new Essex County Councillor, Pat Murray, who introduced himself and provided a summary of his background. We thanked him for attending and look forward to seeing him at future meetings.

Some residents are experiencing an excessive number of flies, which prompted extensive discussion.

We must also thank Cllr Mander, who has single-handedly planted up the village flower tubs. These will be watered by the village maintenance team, saving the Parish Council considerable expenditure.

The Village Plan of 2006 was discussed. The Parish Council has addressed 88% of the major concerns and suggestions identified at that time. Cllr Scott noted that Village Plans have since been superseded by Neighbourhood Plans, which the Council is now considering.

A big thank you goes to all residents who took part in the recent village litter pick, and to the Plymouth Brethren for providing much-appreciated refreshments. We are also grateful to the many church members who supported the event. A heartfelt **WELL DONE** and **THANK YOU** to everyone for the difference you have made.

The Parish Council meets on the second Wednesday of every month, with the July meeting taking place on Wednesday 8th at 7pm. The agenda will be available on the Great Bromley Parish Council website.

*Cllr Andrew Fairley
Chairman*

OPEN GARDEN FOR LITTLE BROMLEY

On Sunday 7th June, Gavin and William opened their garden in Erskine Road, Mistley. Opening at 12 noon, they welcomed over 100 people into their beautiful garden. The weather was perfect and lots of cakes ensured no one left hungry.

At the end of the afternoon, they had raised over £1000 towards the grass cutting in Little Bromley Churchyard.

We would like to thank Gavin and William for all their hard work.

*Carol Cordwell,
Friend of Little Bromley Church*

The Deanery Choir will be singing at St Georges Church, Great Bromley CO7 7TS at the 11am communion service. The anthem that they will sing will be 'Lead me Lord' by Fred Bock.

Fred Bock was an influential American church musician, composer, and publisher. Renowned for his imaginative keyboard arrangements, he notably directed music at prominent Southern California churches, composed for film and TV, and founded the Fred Bock Publishing Group, which shapes modern sacred music.

Along with his entrepreneurship, Fred Bock was more than a businessman. Bock was also an avid lover of music, active member of



Supporting Church music in the Tendring area

church communities and an accomplished composer. He served as the Minister of Music at Hollywood Presbyterian Church for 18 years, and at the Bel Air Presbyterian Church, Los Angeles for 14 years. In 1976, he became the Editor of Hymns for the revolutionary collection Family of God, a passion project he had begun developing 15 years prior. Since its release, the hymnal has sold over 3 million copies across North America and beyond.

Graham Bell, Deanery Choir
grahambell493@gmail.com

ST MARKS

Living with hope for the future

The Christian message was revolutionary, and probably startling, to pagans in the early days of the church. They were effectively slaves to their gods and had no hope of a life beyond their relatively short lives on this earth. Christianity introduced them to the resurrection of Jesus and the prospect of an afterlife with Him. It also introduced mercy, love and care for the poor – unknown in Roman society. In the Acts of the Apostles (4:32) we hear that “All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had.” In these troubled times, when it’s difficult to know what is true and what is not, and when life seems to be a struggle, we can return to Jesus’ messages in the New Testament and be reassured that this earth, with all its problems, is not our final destination.

Weekday and Sunday Masses and devotions

Please consult noticeboards and the parish website in case of weekday mass changes:

Saturday St. Mark’s 17.30 vigil mass with confessions from 17.00

Sunday Holy Family, Brantham 8am and St. Mark’s, Ipswich 11.15am.

Tuesday Holy Family 10.00 mass, with Adoration from 9.20

Wednesday St. Mark’s 09.30 mass

Friday St. Mark’s 12.15 mass, with Adoration from 11.40.

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

GREAT BROMLEY WOMEN'S INSTITUTE

EuroWIsion came to Great Bromley in May! Six women's Institutes from the local area got together and created an evening of entertainment and merriment. We were treated to an ABBA tribute, a

very funny spoken version of Aladdin, a daring production of Calendar Girls (which carried away first prize) and a variety of skits, poems and musical performances. It was a really

- **Wed July 1st** 7:30pm Metal Detecting with Suzette Clark
- **Wed July 8th** Cheshire Home 2-4pm Knit and Natter
- **Wed July 15th** 1-4pm Art Class (Details on request)
- **Thurs July 16th** Ladies Lunch (Carole for details)
- **Tues July 28th** 10am-12:30 Village Hall Crafting Social
- **Wed August 6th** Garden Party details TBA
- **Tues Aug 25th** 10 – 12:30 Village Hall Crafting Social

**For more information contact:
Dorothy 07791974053 or Carole 07979726384**

featured a unique version of 'Kazoosalem' and 'Best Sporting Synchronization' for the Darts Team's rendition of 'The Rabbit Song'. Many thanks to everyone involved both in

performing and appreciating, who pulled out all the stops to create such a happy evening. Our local friends were already plotting next year's efforts even as they departed!

We look forward to Suzette Clark coming to share her experiences in metal detecting at our next meeting.



enjoyable evening, and everyone's hard work and costume design made it a triumph. Carole and Dorothy displayed previously hidden skills as Masters of Ceremonies for the evening, with an impressive repertoire of humour and a table laden with stunning treats kept up Gt Bromley's reputation in the refreshments department. Prizes were awarded and everyone received certificates and accolades for their performances. Gt Bromley carried off 'Best use of Kazoos – ever' for our WI version of 'Tie a Yellow Ribbon' which



Could Great Bromley start a Community Shed?

Great Bromley Parish Council would like to hear from residents about whether there is interest in developing a local “Shed” for the village.

The Essex Shed Network has recently contacted the Parish Council about the possibility of supporting a Men’s Shed, or wider Community Shed, in Great Bromley. Sheds are friendly, practical community spaces where people can meet, talk, share skills, work on projects, learn something new and support one another.

Although the name often makes people think of woodwork or tools, a Shed can be much more than that. It might involve making and repairing, gardening, craft, technology, refreshments and conversation, community projects, or simply providing a welcoming place to spend time with others.

The aim is to create a safe and sociable space that helps reduce loneliness and isolation, supports health and wellbeing, and gives local people the chance to use their experience, interests and skills for the benefit of the wider community.

Before taking anything further, the Parish Council would like to understand whether residents feel this is something Great Bromley would value. We would especially like to hear from anyone who might like to be involved, either as a regular participant, a volunteer, a helper, or someone who could offer practical support.

We would also welcome ideas about

what a Great Bromley Shed could look like. What activities would interest you? Could it be open to both men and women? Would you prefer a practical workshop, a social group, a repair café-style project, gardening activities, community volunteering, or something else entirely?

A successful Shed would need local enthusiasm, people willing to get involved, possible venues, funding opportunities, tools or materials, and a clear idea of what residents would like it to offer. The Essex Shed Network can provide guidance, support, contacts, funding advice, policy templates and help with the practical steps involved in setting one up.

How to get involved

If you are interested in the idea of a Shed for Great Bromley, or if you have suggestions, skills, space, tools, materials, funding ideas or time to offer, please contact the Parish Clerk so that we can gauge local interest.

Please email the Parish Clerk at clerk@greatbromleyparishcouncil.gov.uk

If there is enough interest, the Parish Council will look at arranging a public meeting or informal discussion session so residents can explore the idea together.

For more information have a look at this website::

<https://essexshednetwork.co.uk>

**Lizzie Ridout
Parish Clerk and RFO**



PLANNING APPLICATIONS

REF	PROPOSAL	LOCATION
<u>26/00608</u> <u>/FULHH</u> Mr and Mrs Williams	Householder Planning Application – Single storey garden room and home office. Great Bromley Parish Council had no objection.	Michaelmas House, Parsons Hill, Great Bromley CO7 7JA
<u>26/00718</u> <u>/VOC</u>	Application under Section 73 of the Town and Country Planning Act for Variation of Conditions 2 (Approved Plans and Documents), Condition 4 (Rainwater Goods), and Condition 7 (Fenestration Details) of application 22/01597/ FUL to enable/allow wording of the conditions to align to specification choices made by the applicant. Great Bromley Parish Council had no objection.	Blue Gates Barn, Carringtons Road, Great Bromley
<u>26/00790</u> <u>/AGRIC</u>	Prior Approval Application under Part 6, Class A of the Town and Country Planning (General Permitted Development) (England) Order 2015 (as amended) for new barn. FOR INFORMATION ONLY	Park Farm, Hilliards Road, Great Bromley

THE DEDHAM EDUCATIONAL FOUNDATION

Charity number 310831

The Dedham Education Foundation provide grants to young people for educational purposes. The Trustees invite applications from residents in the Parishes of Ardleigh, Bradfield, Dedham, Great Bromley and Stratford St. Mary for financial grants that are available in the following categories:

Secondary Schools & Sixth Form Colleges

Applicants must be at least 12 years old on the **1st August** in the year of application.

Universities & Colleges of Further Education

Applicants must have lived in one, or more, of the five Parishes for at least 2 years prior to the application date.

Closing date for applications: 15 October 2026

How to apply for a Grant

Please read and complete our online application form:

↳ <https://forms.gle/rRTXW3adWAQXNgvP7>

For a paper application form, or further details, please contact the Clerk to the Foundation:

✉ dedhamefclerk@gmail.com

☎ 07989 579227

 Dedham Educational Foundation

DAWN SUPPORT

CoastGEM study

The CoastGEM project is an NHS-funded study commissioned by the University of Essex, which is exploring experiences of NHS-provided stroke care across the region. As part of this work, they are currently seeking to interview stroke survivors to better understand their care journeys, priorities, and perceived gaps across the stroke pathway. You can contact Julia.vlahovic@essex.ac.uk for more details. As a thank you for taking part you will receive a £20 shopping voucher.

NEW FREE training for parents and caregivers - strengthening parent-child relationships

Maria-Laura, Carina and Silvia of Essex Babylab (Psychology) have

created a new free online course for parents and caregivers. The course translates findings from developmental science into practical, accessible insights for everyday caregiving. The course explores topics such as:

- How babies learn about their bodies
- Understanding babies' internal signals (e.g. hunger, tiredness)
- How babies learn to copy others
- Caregiver wellbeing

Free training helping riders stay safer on Essex roads

Motorcyclists are some of the most at-risk people on our roads, which is why Essex Police are working with Essex County Fire and Rescue Service to offer free FireBike training to help riders stay safe. The courses give practical advice on things like spotting hazards early, road positioning and making safe overtaking decisions, as well as how to handle changing road and weather conditions.

The half-day sessions include an observed ride with police motorcyclists, who provide tailored feedback to help riders improve. The training is free, open to all experience levels, and runs at weekends between March and November, with riders receiving a certificate at the end. Go to www.essex-fire.gov.uk where you can complete the contact form and you will then be sent details

IT Support

Do you know someone who needs some IT support or a little help working their phone or tablet? Pop along to the free drop-in sessions IT Support Sessions For Beginners. Every Friday, 2pm to 3.30pm at Imperial house, Rosemary Road, Clacton. No booking needed.



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PLANNING APPLICATION

26/00768/FUL

Location Land North of Harwich Road, Great Bromley
CO7 8SZ

Proposal Application for Full Planning – Development of a roadside services facility comprising a service station with fuel forecourt and canopy, electric vehicle charging infrastructure, drive-through restaurant, flexible Class E commercial units, HGV parking and associated access, parking, landscaping, drainage and infrastructure.

Great Bromley Parish Council made the following comments:

Unsuitable Location for Roadside Services

Roadside service areas tend to be located at strategic road network junctions, not rural or village edge locations. Has the need for a facility of this scale in this location been justified?

Impact on Rural Character and Landscape

The development introduces large scale built form, lighting columns, signage and 24 hour activity that would urbanise the countryside and erode rural character. Is the landscape mitigation proposed sufficient for a development of this intensity?

Noise, Light and Disturbance

A 24 hour service station, HGV parking and drive through restaurant will generate continuous noise, lighting and vehicle movements.

Access Opposite Residential Driveway

The proposed site access is positioned directly opposite an existing residential access. This arrangement creates an unacceptable conflict point, with increased turning movements, queuing and restricted visibility for residents

attempting to enter or exit their property. Given the scale and intensity of traffic associated with a service station, HGV parking and drive through restaurant, the access design fails to demonstrate safe and suitable access for all users, contrary to national and local highway safety policy.

Air Quality and Emissions

Concentrated HGV idling, increased traffic and drive through queuing will worsen local air quality. Has a robust air quality assessment been provided to demonstrate compliance with national standards?

Highways and Traffic Impact

The proposal introduces significant additional vehicle movements, including HGVs, EV chargers and drive through traffic. Has the cumulative impact on the local road network been demonstrated as acceptable? Particular concern is raised regarding the Ravens Green area, which is a single track road already experiencing dangerous daily traffic issues.

Impact on Local Businesses

This proposal would divert trade from existing businesses, harming local vitality. Has a retail impact assessment been provided?

Litter and Environmental Impact

The nature of the development, including a drive through restaurant and 24 hour operation, presents a high risk of litter dispersal, waste accumulation and environmental harm. Without a clear and enforceable strategy, the proposal risks damaging the rural environment, local lanes and nearby residential areas.

Dates for your diary



JULY

1	WI Metal Detecting with Suzette Clark, Village Hall	7:30pm
8	WI Knit & Knatter, Seven Rivers	2:00pm-4:00pm
8	Great Bromley Parish Council, Village Hall	7:00pm
16	WI Ladies Lunch (Carole for details)	
16	Little Bromley Parish Council, The Haywain	7:30pm
28	WI Crafting Social, Village Hall	10:00am-12.30pm

AUGUST

6	WI Garden Party details TBA	
12	Great Bromley Parish Council, Village Hall	7:00pm
15	Ardleigh Flower & Produce Show, Village Hall	2:00pm, prizes at 4:15pm
25	WI Crafting Social, Village Hall	10:00am-12.30pm

SEPTEMBER

9	Great Bromley Parish Council, Village Hall	7:00pm
17	Little Bromley Parish Council, The Haywain	7:30pm

THE PRIORITY SERVICES REGISTER

If you are not aware of the Priority Services Register, this may be of interest to you or someone you know.

The Priority Services Register (PSR) is a free UK-wide service offering extra help during electricity, gas, or water supply interruptions.

You may be eligible if you or someone in your household relies on medical equipment, has a disability, long-term illness, dementia, mental health difficulties, refrigerated medicines, is of pensionable age, or has children under five.

Support during a power cut can include:

- A 24/7 priority contact number

- Text and voice alerts about local outages and severe weather
- Tailored support such as home visits, hot meals, welfare checks, and updates for family or friends
- In some cases, hotel accommodation and transport
- On-site community support with hot food, drinks, Wi-Fi, and charging points during major outages

To join the PSR, contact your local electricity network operator, gas distributor, and water supplier, as each runs its own register. You can find your providers using your postcode on the Energy Networks Association and Water UK websites, then apply online, by phone, or by post.

The Mobile Library visits every three weeks at Church Meadow on a Thursday - next dates are:

- 2 July
- 23 July
- 13 Aug

9.45am to 10.15am



Post Office & Community Library
The Great Bromley Cross Pub



Wednesdays
10.00am - 12 noon



Did you know? Our local area has three Automated External Defibrillators. You can access these at:

- The Courthouse, Harwich Road, CO7 7JG
- The Great Bromley Cross Pub, Ardleigh Road, CO7 7TL
- The Haywain, Bentley Road, CO11 2PL

Also at The Great Bromley Cross Pub 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 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.

LITTLE BROMLEY PARISH COUNCIL

www.littlebromleyparishcouncil.gov.uk

Interim Clerk: Mrs Lizzie Ridout cILCA

Email: clerk@littlebromleyparishcouncil.gov.uk

June turned out to be a very wet month, although we are certainly not complaining, as the gardens, fields and surrounding countryside were in great need of the rainfall after the drier spring weather.

Appointment News

We are delighted to share some exciting news regarding the Parish Council. Following six months in the role on an interim basis, Lizzie Ridout has now agreed to become our permanent Parish Council Clerk. During her time as Interim Clerk, Lizzie has worked tirelessly to bring all of the Council's policies up to date and has provided invaluable support to both councillors and residents. We are very pleased that she has agreed to continue in the role.

We are also pleased to announce that Neil Stock was appointed Chairman of the Parish Council at our May meeting. Iain Smith was elected Vice Chairman, and we look forward to working together over the coming year on behalf of the parish.

Defibrillator Training Event

Our Defibrillator Training Event, held on Thursday 11th June, was a great success, with 22 people attending, including five children. The session was both informative and engaging, providing valuable knowledge and practical skills that could one day help save a life. It was also a wonderful opportunity for residents to come together as a community.

We would like to extend our thanks to Manningtree First Responders for giving up their time to deliver the

training and share their expertise.

Infrastructure Projects Update

Little Bromley and Ardleigh Parish Councils submitted their Deadline 5 response to the Examining Authority on 10th June. Residents can view the submission under the Notices on the Parish Council website

www.littlebromleyparishcouncil.gov.uk

The third set of hearings took place during the week commencing 22nd June and covered a wide range of topics relating to the proposals. The Parish Council continues to monitor developments closely and will keep residents informed of any significant updates

Little Bromley residents will probably have received a letter (including map) from National Grid dated 12 June notifying them that National Grid will be submitting a separate planning application to Tendring District Council in late July for early commencement of "*some small, localised enabling works*" relating to the Norwich to Tilbury Project. These "*small, localised enabling works*" are said to include:

- A new permanent access road south of Little Bromley;
- Road widening along Bentley Road and Ardleigh Road;
- Site access points on Little Bromley Road, Bentley Road and Ardleigh Road;
- Three temporary construction compounds;
- Permanent extension and widening of the A120 slip road at the junction with Bentley Road.

National Grid wants to start these works before the outcome of their DCO application is known! Rest assured, the Parish Council will not be supporting this application and are in communications with our District Councillor and Tendring District Council on the way forward.

Vehicle Activated Sign

Residents may have noticed that the Vehicle Activated Sign (VAS) near the Harlequin is now operational once again. This has been made possible thanks to the efforts of Cllr. Tony Monger, who successfully resolved the issue after the Parish Council had been pursuing a solution through our County Councillor for over a year without success. We are grateful to Tony for his persistence and practical

assistance in getting the sign back up and running, helping to improve road safety within the village.

Next Meeting

Our next Parish Council meeting will take place on Thursday 16th July at 7:30pm at The Haywain. Residents are welcome to attend and observe proceedings, and there will be an opportunity to raise matters of local interest. You can view the Minutes of previous meetings on the website <https://www.littlebromleyparishcouncil.gov.uk/council-minutes>

We hope everyone enjoys the summer months ahead.

Cllr. Christine Barrett

FROM PAGE TO STAGE: KITTY CANHAM

The story of Kitty Canham is legendary in these parts. Born in Beaumont-cum-Moze to a family of yeoman farmers, she was, by all accounts, beautiful, intelligent, and restless — a woman constrained by the expectations placed upon her in the eighteenth century. She married the Rector of Thorpe-le-Soken, but after only two years she vanished, leaving behind a mystery that has echoed through the centuries.

During the long walks so many of us took through the Covid lockdowns, I found myself wandering the backwaters from Kirby-le-Soken to Beaumont Quay. As I walked those quiet marshes and lonely shores, I began to imagine Kitty treading the same paths some three hundred years before me. Slowly, she began to get under my skin. By the time the lockdowns dragged on, there was only one thing for it — I knew I had to write her story.

That novel became *Kitty Canham* (available on Amazon), a work woven

around the real events of Kitty's life. Yet the truth of her story is elusive. The few facts we have often conflict depending on the source. Even her death is shrouded in legend. Some say her body was brought home from Europe in a barrel of rum; others claim she threw herself from the church tower. Entertaining though these tales are, neither felt right for the novel. And then, of course, there are those who believe Kitty never left at all — that she still walks the passageways of the Bell Inn in Thorpe in ghostly form.

Since writing the novel, I have worked with a small and dedicated team to adapt it for the stage — and what a journey that has been. A novel can hold hundreds of characters and endless worlds; a play must find its power in something leaner and more immediate. It has been fascinating to watch Kitty's story evolve again through performance while remaining true both to the spirit of the novel and to the

woman at its heart. Inevitably, the piece has transformed into something new — shaped not only by the adaptation itself, but by the wonderful cast who have brought their own insight, emotion, and interpretation to the story.

We are absolutely delighted to be bringing Kitty Canham home to Beaumont, and deeply grateful to the owners of Beaumont Hall for welcoming us to perform in such beautiful surroundings.

For me, this feels like the culmination of a long and deeply personal journey. This project has been evolving since 2022 through countless stages: conception, writing, publishing, adaptation, casting, producing, and now directing. Over those years, I feel I have grown genuinely close to Kitty, and I cannot think of a more fitting way to honour her than by bringing her story to life in the very village where she was born.

Adapted from the novel by Nicola Matthews

2026

Black Brook Theatre
Langham, CO45PP
August 7th-9th

Beaumont Hall
Beaumont-cum-Moze, CO16AZ
August 11th-12th

Based on the real life story of Kitty Canham who walked the Walton backwaters 300 years ago. A tale of love, loss and necessary lies.

KITTY

For booking info go to nicolamwrites.com

I do hope you will be able to join us.

Nicky Matthews

ST HELENA'S HOSPICE BEREAVEMENT CAFE

A space to talk – or simply be

Grief can feel isolating, but you don't have to face it alone. St Helena Hospice Bereavement Cafés provide a kind welcoming space for people who are bereaved, to meet others who know how you're feeling.

You do not have to talk, share your story, or prepare anything in advance. Many people come just to listen, have a cup of tea and spend time in the company of others.

Bereavement Cafés happen monthly and are open to anyone who has lost someone, at any stage of grief. To find out how to attend a Bereavement Café, visit sthelena.org.uk/cafe or contact our bereavement team - By phone: 01206 984274 By email: ces-coordinators@sthelena.org.uk

**Best wishes,
Bill Savill**

OWLS AT PRIMROSE FARM

We had a pair of barn owls habit the owl box at the end of February, and during March we were very hopeful this year for a brood, as we haven't had a breeding pair for three years.

The field has been planted up with trees and beginning to become established, so a good habitat for a food source. We have a camera in the box and spend many an evening watching Owl TV!

The camera tipped forward on 2nd April, just as the female laid her first egg, giving us half a picture, then the high winds rocked the camera completely one hundred and eighty degrees, giving us a good view of the internal wall but nothing else.

But we had barn owl activity, with the male out hunting to feed the female every evening. Calculating the hatching time of a month and adding six weeks, we asked the Local Owl Expert, David Wilkin, to come and have a look in the box to see if we had any owlets. There was lots of high-pitched screeching heard from the box, so we were hopeful that we had at least one baby owlet. We were absolutely delighted that we had five owlets, one girl and four boys, ages between 35 and 47 days of age;

all had full tummies and were looking well. Some of them very fluffy, and the older ones beginning to develop their beautiful golden markings.

While they were out being measured and ringed, we repositioned the camera so we can have Owl TV again.

The first owlet may fly within the next week to ten days, hopefully roosting within the neighbourhood.

Karen Moss
Primrose Farm



ARDLEIGH HORTICULTURAL SOCIETY

Ardleigh Annual Flower & Produce Show

Ardleigh & District Horticultural Society are hosting the Ardleigh Annual Flower & Produce Show on Saturday 15th August 2026, 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.

ARDLEIGH SURGERY

Dear Parishioners,
Thank you for your continued support.

Surgery News

Sister Fiona Wallington is retiring at the end of June having worked at the surgery for 8 years. We wish her a very happy retirement and will be missed by patients and staff.

During the months of July and August we will gain another three new GP trainees. With ongoing staff shortages and summer holidays we continue to face a challenging summer. Patients however remain our priority and we will endeavour to provide the best possible service.

Research Projects

We as a surgery will be participating in research projects, these will be led by Dr O'Carroll. Some of you may have noticed the Indigo survey posters in the surgery, or you may have been contacted to fill in a questionnaire. If you wish to opt out of these please let the surgery know, we appreciate patient support. The Research Nurse is happy to come and join the PPG group meeting, if you think this would be helpful, please let us know.

Patient Participation Group- PPG Have your say!

Would you like to have an input into the way your local GP Surgery operates? If so, we are currently seeking new members for our PPG. If you are a registered patient at Ardleigh Surgery and interested in becoming a member, please visit the surgery for further information. We are especially looking for young people to inject new blood into the PPG.

Over the next few months, we'll be running an **Empowerment Series** from **A to Z**, focusing on common health

topics and how you can take charge of your own care.

UTI – suspected

If you suspect you have a urine infection, firstly please check if you can be seen by Pharmacy First- Female only and age 16 to 64. If you do not fit this criteria please submit an Anima request to be reviewed.

Verruca

Verruca Treatment Steps:

1. Self-care and over-the-counter treatments like salicylic acid.
 2. Stronger pharmacy treatments or cryotherapy.
 3. Referral to podiatrist or dermatologist for persistent cases.
 4. Private clinics such as Colchester Foot Clinic offer advanced treatments.
- Avoid walking barefoot in communal areas and do not pick or scratch the verruca.

Weight loss medication

At present, GPs cannot prescribe weight loss drugs purely for weight loss. They can be prescribed for diabetes management.

Standing orders

Please be kind to staff, as the world is in turmoil and the life become stressful abuse of our staff is become a daily matter. There are always less appointments than patients needing appointments so please fill in your ANIMA requests early in the day.

Thank you once again for your ongoing support and for being such a vital part of our community. We look forward to continuing to serve you in the months ahead.

*Kind regards,
The Team at Ardleigh Surgery*



GREAT BENTLEY DOCTORS' SURGERY

After many years working in the NHS, Gill Driver, one of our Health Care Assistants, has now retired from the Practice. It has been lovely working with Gill and we all wish her a very happy and well-deserved retirement.

RSV VACCINATION PROGRAMME – PROTECT YOURSELF BEFORE WINTER

Great Bentley Surgery will shortly be launching a weekend RSV vaccination programme for eligible patients.

What is RSV?

Respiratory Syncytial Virus (RSV) is a common virus that can cause serious chest infections, particularly in older adults and those with underlying health conditions. Each year, RSV leads to thousands of hospital admissions across the UK.

Why is the vaccine important?

The RSV vaccine significantly reduces the risk of severe illness, hospital admission and complications from RSV infection. It is a simple and effective way to protect yourself and maintain your health and independence.

Our plans:

- Over 800 eligible patients are registered with the surgery.
- We will soon be contacting eligible patients by text message.
- Dedicated vaccination clinics are planned, including **Saturday clinics**, to make access as easy and convenient as possible.
- We hope to begin these clinics by the end of this month.

Once you receive your invitation, please book your appointment promptly.

By vaccinating now, we can help protect our patients before the winter months and avoid clashes with the busy flu vaccination season, which usually begins in late September/early October.

WHY WE DO NOT ROUTINELY PRESCRIBE DIAZEPAM FOR MRI SCANS, FEAR OF FLYING OR DENTAL PROCEDURES

We are frequently asked to prescribe diazepam (Valium) for MRI scans, fear of flying, and dental procedures. However, as a practice, we do not routinely prescribe diazepam for these situations. Diazepam is a controlled medication that can cause drowsiness, impaired concentration, reduced reaction times, and, in some cases, dependence. Because of these risks, national guidance advises that it should only be prescribed when there is a clear medical indication.

MRI Scans:

Most patients are able to complete MRI scans with reassurance and support from the radiology team. If severe claustrophobia is anticipated, alternative arrangements can often be made directly through the hospital radiology department.

Fear of Flying:

Flying anxiety is not considered a medical condition requiring treatment with sedative medication. Diazepam can impair your ability to react in an emergency, increase the risk of blood clots during long flights due to reduced movement, and may affect travel insurance cover.

Dental Procedures:

Dentists are responsible for managing anxiety related to dental treatment. If

sedation is required, it should be arranged and supervised by the dental team who are carrying out the procedure.

We appreciate that these situations can be stressful, but for patient safety reasons we encourage alternative approaches such as relaxation techniques, counselling, talking therapies, and support from the specialist team involved in your care.

Thank you for your understanding and cooperation

PATIENT PARTICIPATION GROUP MEETING

The next PPG Meeting will be held on Thursday, 23 July 2026 at 6.30 pm in the Mitchell Room at Great Bentley Village Hall.

Sue Mitson
Operations Manager

SOCIAL AFTERNOON AT LITTLE BROMLEY

On Saturday the 6th June, the Friends of St. Mary's Church held a Social Afternoon. Despite miserable weather, when the doors opened, we were pleased to welcome 52 people inside, including around 9 children.

With flowers all around making the church look even prettier and a selection of cakes, biscuits and savouries for everyone to enjoy, we had a lovely afternoon.

Beginning at 3pm, Dorothy had arranged a selection of singers and musicians (including herself) to perform for us. The variety was lovely and very

enjoyable. During the breaks, everyone came up for hot drinks and our tasty snacks.

It was lovely to welcome so many familiar faces from the village and further afield. We also had Jane Hatton, our CCT local community officer attend for the whole afternoon.

We would like to thank all those who came, those who cooked, did flower displays and a special thank you to our lovely singers and musicians. We are pleased to say that we received £300 in donations for the CCT, towards the upkeep of the church.

HELP PREVENT WILDFIRES THIS SUMMER

A recent wildfire in Friday Woods, Colchester, is a reminder of how quickly fires can spread during warm and dry weather.

Every summer, firefighters are called to grass and countryside fires across Essex, and most of them are preventable. As temperatures rise, we're asking everyone to help reduce the risk and protect the places we all enjoy.

You can help reduce the risk by taking litter home, disposing of cigarettes carefully, and avoiding campfires, disposable barbecues and bonfires during dry conditions. Even a small

spark can quickly become a large fire.

We're also encouraging residents to download the what3words app before heading outdoors to help us locate fires and incidents quickly and accurately.

If you see a fire, call 999

If you spot a fire in the countryside or open grassland, don't assume someone else has already reported it. Calling early can make a huge difference and helps firefighters stop a small fire becoming a large wildfire.

Thank you for helping to keep Essex safe.

RECTOR'S LETTER

Dear friends,

I hope you're all well and enjoying some of the summer sunshine!

In our house, conversation is increasingly turning to the end of the school year and the start of the summer holidays. This year we're heading to the Lake District for the first time. We're looking forward to spending a week at the Keswick Convention and then exploring some of the beautiful countryside around it. None of us have been before, so excitement levels are pretty high!

What about you? Do you have any plans for the summer? Time with family? Travelling somewhere new? Or perhaps simply a chance to slow down, rest, and step away from the busyness and demands of everyday life? Whatever your plans, I hope they bring you refreshment and renewed energy.

As a family, we love spending time outdoors. There's something deeply restorative about being surrounded by nature – the peace and quiet (when the children allow it!), the beauty and the space to breathe and think. Psalm 24 begins, "The earth is the Lord's and

everything in it." When we encounter that beauty and space to take it all in, it's worth pausing to recognise them as gifts from a good and generous God.

The Gospel – the good news at the heart of the Christian faith – offers even greater gifts: forgiveness, a living relationship with God, lasting joy and the presence of God's Spirit in our lives. Through faith in Jesus, countless people have discovered a deep and enduring peace, a "peace... which transcends all understanding" (Philippians 4:7).

Peace can feel hard to come by these days. It can be crowded out by relentless news cycles, squeezed by busy schedules or challenged by difficult circumstances. Holidays often give us an opportunity to reset, to step back from some of life's pressures and to find perspective again.

I hope that this summer you'll not only enjoy the wonderful gifts God has given us in His creation, but also know personally the peace, joy, and hope He offers through His Son, Jesus.

With every good wish for the summer holidays,

Phillip

BROMLEY 10K RUN

Although it seems a long time ago now, on Sunday 12th April we held the last Bromley 10K run. The day was dry and around 500 runners took part on the fast, flat course. The first male finisher was Kieron Clements and the first female finisher was Hannah Somani. It was a lovely event and we would like to thank all those who supported the

race, those who marshalled and those who helped on the day.

We now have a provisional date for **Sunday 11th April 2027** for our next Bromley 10K run. Entries should open from the 1st November. More details nearer the time.

Carol Cordwell on behalf of Harwich Runners.



St George's Church, Great Bromley

For St George's contacts, information, or to receive our email newsletter, please visit www.greatbromley.org.uk or email us at church@greatbromley.org.uk

July 5 th	Trinity 5	Parish Eucharist BCP	11am
July 12 th	Trinity 6	Parish Eucharist with choir	11am
July 19 th	Trinity 7	Evensong BCP with choir	6.30pm
July 26 th	Trinity 8	Parish Eucharist	11am
Aug 2 nd	Trinity 5	Parish Eucharist BCP with choir	11am
Aug 9 th	Trinity 6	Parish Eucharist with choir	11am
Aug 16 th	Trinity 7	Evensong BCP with choir	6.30pm
Aug 23 rd	Trinity 8	Parish Eucharist	11am
Aug 30 th	Trinity 9	Parish Eucharist (Joint Service)	11am

St Mary's Church, Little Bentley

July 5 th	Holy Communion 11am
July 19 th	Morning Prayer 11am
Aug 2 nd	Morning Prayer 11am
Aug 16 th	Holy Communion 11am
Aug 30 th	Joint Service at Gt Bromley 11am

Tendring and Dedham Parishes (TADP)

- for the group bulletin and news see
www.tendringdedhamparishes.org.uk