

# THE MESSENGER

*April 2017*

Volume 1 No 4

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



# THE FIRST PAGE

I received a laugh out loud text message the other day and it got me thinking

How do you convey a chuckle, a laugh, a smile, a snort even or maybe disapproval in words? For a laugh I usually write 'he he he', for a chuckle I just use the word but for the others? I loathe the face symbols (can't remember what the terminology for them is) that the younger generation - and some of the not so young! - use but I do see that they convey what is being thought. I just don't like them and in any event it takes me ages to scroll through them to find the one I want and I can't be bothered half the time to do that. So back to my words dilemma – how to make a sound meaningful over the ether. I will carry on pondering that one.

Talking of words 'headless chicken' just about sums me up at the moment. The other day the computer displayed a box time and again nagging me that there were a million updates from Microsoft and would I please update the computer. In the end I clicked on the icon and it then spent absolutely ages downloading them and 'updating' my computer. I went to bed and left it to it. It then automatically turned the computer off.

The next time I fired up the computer was to get this magazine edited, proofread and sent to the printers in time for you all to receive this in good time for April. As you

all know I have been having various issues with the computer recently and my love/hate relationship has definitely been on the hate side whenever I try to do the magazine. This time the updates seem to have messed around with the advertisements. You don't need to check, advertisers, they are all there - or they should be! The 'updating' process has caused *some* adverts to be invisible. What has happened? I spent about two whole days trying everything I could think of to find them then decided to print them out to work out which ones were missing and lo, behold there they were, invisible on the screen, visible on paper!

What a waste of time!

Happy  
Easter!

Leonie



**MATERIAL** for the **MAY 2017** edition of 'The Bromley Messenger' should reach the Editor, Leonie Henderson, by **14th APRIL 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](http://www.greatbromley.org.uk) or [www.littlebromley.org.uk](http://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.***



# VILLAGE HALL TRUSTEES

Refurbishment work at the village hall continues apace now

that the better weather permits outside work to be undertaken. External repair and redecoration will be complete in the next few weeks and hopefully work will start next month on constructing a side entrance path to the Millennium Lounge door and the associated patio area. It is hoped that almost all of the planned refurbishment work will be complete by the end of June at which time the trustees intend to host a tea party for representatives of those organisations who have given grants towards the cost of the work and others who have helped us in so many ways to make our refurbishment programme a success.

The trustees have decided to provide new notice boards in the main hall for use by the WI, Carpet Bowls Club and Friendship Club. These notice boards will be larger and smarter than the boards they replace and there will also be a large notice board for general village hall notices. A new hirer's notice board has been installed in the rear lobby and all hall users are asked to familiarise themselves with the information displayed there to ensure that the terms and conditions of hire are being met.

The village hall had its formal hygiene inspection on 7th March during which an environmental health officer from TDC visited the hall to review all aspects of food safety and general hygiene. Trustees were delighted that the hall was awarded the top '5' rating in all areas and are grateful to Marion Britton, the caretaker, for ensuring that the standards of cleanliness in the hall are consistently high.

The attention of trustees is now turning towards the Village Hall AGM which this year will be held on Wednesday 24th May commencing at 8pm 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.

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. There are currently 3 vacancies on the management committee (the trustees) 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 required, however a desire to help our fine community facility to flourish and 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 and Craft Fair at the hall on 27th May so please do support us and buy quality plants for your garden as the summer approaches. The plant sale last year was a great success and a very enjoyable occasion for those who attended. Kate Strowbridge has volunteered to organise the event again and would be grateful for donations of plants in due course. Other dates for your diary later this year are the Christmas Fayre on 9th December and the ever-popular New Years Eve Ball.

The trustees would like to take this opportunity to wish you and your families a very Happy Easter.

*Martin Frostick*  
Secretary  
01206 250263

We are continuing our plans for the memorial garden for Leonard Cheshire 100<sup>th</sup> birthday, so if you are a Gardener or would just like to help please call in and see me. I will be arranging a day in May as it will need "all hands on deck" to build this garden. I'm hoping by then some of the companies and Parish council will have let me know if they are willing to sponsor us.

We are looking forward to our 100 steps, 100 people, 100p so again if you feel like a stroll please join us on 15<sup>th</sup> April at 11.00am only £1.00 and all monies going to our Garden.

We are all looking forward to Easter, with all the promises that come with it. Also the warmer longer days are always a welcome.

If any groups are looking for a speaker we are willing to come along and give a short talk (about 45 minutes) about Seven Rivers, our charges are very good – only a cup of coffee.

We are also looking for New Volunteers, to come into the Home and help. If you like Sports, talking, crafts, gardening, making things, cooking or are willing to drive some of our residents out for a while or to see family we would be pleased to hear from you.

Sorry I have been asking for so much, we are part of the community and as such are will to help others so please contact me and I will do my best to help you.

Happy Easter everyone

*Liz*

## KITCHEN CORNER

### Easter Biscuits

These were featured on Blue Peter very many years ago when my children were at school.

8oz flour  
4 oz unsalted butter  
2oz white sugar.  
1½ tsp grated nutmeg  
Kind regards,  
2 oz soft brown sugar  
1 egg yolk  
1 tbsp milk  
8 oz currants  
1 tbsp sherry or water  
few drops vanilla

Rub butter into flour and mix in other ingredients to form a dough  
Roll out ½ inch thick and cut out rounds  
Bake at 180°C 20-25 mins.  
Dust with icing sugar.

*Jill Frostick*

## LITTLE BROMLEY AMENITIES GROUP

The Little Bromley Amenities Group held their Spring Litter Pick on Saturday, 11 March, with a very good turnout of volunteers from the Group. There were a total of nearly 30 bags of rubbish collected, along with some tyres and guttering. We were quite amazed at the amount of rubbish that was picked up, the majority of which would appear to be thrown from passing cars. Unfortunately, the major culprit would appear to be from McDonalds take away.

The Amenities Group had arranged for coffee, tea and bacon rolls to be provided at The Haywain and these were enjoyed by a majority of the volunteers.

There are a number of residents in the village who do, throughout the year, pick up rubbish in and around the lanes in which they live, and our thanks also go to them.

*Ann Clark*

## EASTER JOKES

**Q. What do you get if you pour hot water down a rabbit hole?**

A. Hot cross bunnies!

**Q. What do you call a rabbit with fleas?**

A. Bugs Bunny!

**Q. Why shouldn't you tell an Easter egg a joke?**

A. It might crack up!

**Q. How did the soggy Easter Bunny dry himself?**

A. With a hare-dryer!

**Q. Why did the Easter Bunny cross the road?**

A. Because the chicken had his Easter eggs!

**Q. How did the Easter Bunny rate the Easter parade?**

A. He said it was eggs-cellent!

### Table Tennis for Fun

Come to Lawford Venture Centre  
Every Monday 10.00am-12 noon  
Non-league, any standard, any style.  
Make new friends, learn new skills, get fitter.

Bats and coaching available.

Contact George Earle on 01206 323264

OR Just Turn Up and enjoy Monday mornings again.

All for only £2.50 per session

### 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

## BEYOND OUR VILLAGES

I have not heard much about it on the news but following the eruption of Mount Etna in Sicily have you heard that a new island, Arial, flanked by two smaller isles, Uppercays and Lowercays, has been marked up in an indent off the coastal margin on a navigation pane and orientation to the east? The date and time of their appearance was about 48 hours after the volcano suddenly erupted.

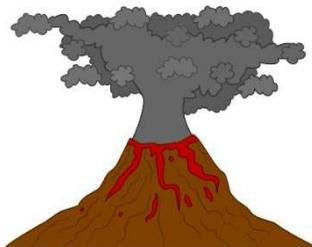
Once cooled it has been agreed a travel hyperlink could be inserted between Sicily and Corsica to save the export and import business as well as open and close more links.

The government, Pica, in a break with tradition, will be formed of 9 bold people who will all wear small caps. The ruler at the head of Pica will be Mr A Narrow who sits by the font. All Pica's papers' page

numbers will be tabbed and underlined in italic print in files and stored in a text box. The new government will come into power with effect from 1 April 2017.

The Messenger, via its website, is intending to create links with their newspaper, The Times Roman, to forge a trade router between Great and Little Bromley and their capital city, Format, for the benefit of us all.

**Watch this space!**



On St. David's Day the ladies of Great Bromley W.I almost raised the roof of the Village Hall with a lively rendition of Jerusalem.

What a wonderful "turn out" we had, (another new visitor, thank you) to listen to a fascinating talk by Mr Gordon Bailey who had travelled with his wife from Chelmsford. The talk was entitled "The History of Jewellery" .

Gordon began his talk by explaining a little of his background as a Metal Detectorist which began at the age of 3. Gordon took us through the centuries from Saxon times to C18 and asked the question. "Were these pieces of jewellery lost, buried in a grave or buried because of invading tribes.?"

To illustrate each section of this "not to be missed" talk Gordon had the real artefacts for us to study and examine.

Gordon began with his collection of rings - and we learned some very interesting facts - Did you know that Roman Finger Rings were not round and why? - they were shaped like a "D" to fit the shape of the finger.

Did you know Viking stirrup Rings were pear shaped? Again to fit the shape of your finger and not twizzle round - emulating the shape of a stirrup on the saddle of a horse.

A particular example he showed us had a beautiful lapis lazuli stone designed to ward off evil spirits.

In the C13 - C14 (Gordon's favourite period in history) - a ring was designed during the period of the Black Death,- "A Conographical Ring it has a picture of a saint on one side and perhaps a skeleton on the other.

"Thumb Rings" were worn by Merchants who travelled the country - and the ring

(which could also be worn over a glove) was a form of identification for the Merchant.

Gordon led us through the story of rings in Tudor times, "Keeper Rings", "Seal Rings", "Posy or Poetry Rings".....

Gordon then moved on to Bracelets. Did you know that in the Bronze Age a piece of red hot metal would be formed into a bracelet straight on to an arm or wrist which was wrapped in leather, hence the shape? The Romans wore multi numbers of bangles and Gordon talked about Viking Bangles, Ague Bracelets. Then on to the Brooches: Brooches to hold togas, nightshirts and brooches to display wealth.

With time slipping away Gordon spoke briefly about Buckles - Hat buckles, Glove Buckles, Britch Buckles and Belt Buckles. What a fascinating subject - so much to talk about and see in such a short time.

Gordon was a most entertaining speaker, obviously passionate and knowledgeable, regarding his subject. Interjected along the way were lots of other facts and figures - Did you know that the Vikings wore knitted helmets?

Did you know that the Vikings knitted their sails for their Long Ships?

Now - there's a challenge for Knit and Knatter and the Pins and Needles!!

Our next meeting is on 5th April 7.30 Great Bromley Village Hall.

The speaker is John Robinson - History of W.I in Music

Competition an "Easter Card".

# THE DOCTORS' SURGERY NEWS

## Great Bentley Surgery



We've had the busiest winter ever, yet again. From November to February inclusive, we completed

18,533 clinical consultations, issued 130,262 prescription items and made/received 46,507 phone calls. We coped. Just.

I just hope that the chronic underfunding and lack of GPs across the country is sorted before the NHS breaks.

### Urgent Appointment Requests:

The doctors have asked me to mention a growing issue of late. They report that we are getting more patients calling us in the afternoon, sometimes very late, asking for urgent on the day appointments. Although we do have a very effective triage system in place for urgent on the day appointments, we only have a fixed amount of appointments to offer. The later in the day we receive a call, the fewer available appointments there are making it harder and harder to find one for those who call late in the day. Although patients may think that they are helping by giving extra time to see if they feel better, the doctors would prefer patients to call in the morning. This allows them to make more efficient use of the daily urgent appointments slots for all.

### Hayfever:

It might feel a little early, but best to be prepared before it all starts. Now is probably the best time to start thinking about preparing yourself if like me, you are a hay fever sufferer. You can get antihistamine tablets extremely cheaply these days, so why not make sure that you have three months' worth at home ready? Also don't forget your pharmacist can also give you help and advice and GP appointments should only be considered for this in extreme cases.

*Richard P Miller – Practice Manager*

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

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!***



**Sore throat** – Use a chlorate of potash gargle, and rub externally with hartshorn and oil, and be careful not to expose the patient to cold. As a child, however, often find it impossible to gargle, blackcurrant lozenges should be given to suck. Sore throats are often the result of lowness in tone, so the child should be given a tonic – extract of malt or cod liver oil.

**Stings** – If the child is stung by a wasp or bee, first of all extract the sting with a small pair of pincers, or by pressing the hollow end of the barrel of a key over the wound. Then apply a few drops of sal volatile to the spot. Moistened tobacco, well rubbed in, is an excellent remedy, as is fresh butter.

**Most sore throat symptoms are treated in a similar way these days but, with over the counter remedies from your pharmacy, will usually get better on their own. Even if they are caused by a bacterial infection, antibiotics only speed up recovery by 12 to 24 hours and not a lot of people know that! If any insect sting causes a serious allergic reaction, call 999 immediately.**

## IN THE GARDEN WITH KATE



Surely spring will have sprung by now. The problem with spring in England is that it is generally hope over experience, and like Easter, it is a moveable feast.

Despite this the garden is revving up; many plants having the trigger of day length rather than temperature to start the growing cycle though, sadly, the most vigorous seedlings are invariably weeds. If you have not already done so it is the time of year to dust off the gardening gloves, tidy the greenhouse and shed, and get gardening!

If your lawnmower has not yet made an appearance, now is a good time to give the lawn a high cut, it does wonders for the appearance of the garden and morale. If the lawnmower operator is like mine, they need tactful reminders to not cut down the daffodils, however untidy they look - they need to replenish themselves for at least six weeks after flowering otherwise they may not flower in subsequent years. Spring treatment of lawns can be applied now to help eradicate moss and weeds, though often moss growth is a symptom of poor drainage and shade.

A light dressing of fertilizer over previously weeded beds and around shrubs, trees and climbers can invigorate them, and the same fertilizer can be lightly dug in prior to seeds being sown. One of my pet hates, when preparing the vegetable garden for sowing, is local cats using the beds as a latrine. A cheap and effective deterrent is short lengths of bamboo stuck vertically in the ground. The plants can easily grow up round them. The only proviso is be careful of your eyes when bending over the beds!

This month is positively the latest that roses can be pruned, and many people are nervous of cutting down the new growth; it will not harm the plant but possibly reinvigorate it. They will also benefit from a

light dressing of fertilizer. Summer baskets and pots can be planted now, but keep a close eye on night-time temperatures, and have protection in the shape of fleece or bubble wrap handy. Frosts are not uncommon, and there is nothing more depressing than a beautifully planted up tub being reduced to pulp by a late sharp frost.

Many vegetables can be sown now. Broad beans, summer cabbage, brussel sprouts, peas, calabrese, cauliflower, leeks, beetroot, radish, spring onion, lettuce, rocket, turnips, spinach, parsley, chard, parsnips, carrots and onions. First early, second early and main crop potatoes can also go in.

In the greenhouse, regular ventilation on warm days is essential but the door will need shutting at night. If it is very sunny, your seedlings will need shading. If you have good germination of your seedlings, and are wondering what to do with your five hundred vigorously growing tomato plants, please spare a thought for the plant sale on May 20th from 10-1pm in the village hall in aid of their funds. Similarly, if your germination rate was nil, come and visit us and buy locally grown plants. contact me for more information.

Lastly don't forget to continue to feed the birds during this busy breeding season.

Enjoy your garden and may your bird boxes be occupied!

*Kate Strowbridge*

## GT BROMLEY & DISTRICT CRICKET CLUB

### 100 Club Winners February

1st Mr. Henry Fairley  
2nd. B. Fuller  
3rd. Mr. Simon Baines



# Little Dragons Pre-School - Great Bromley & Frating

Church Meadow Bungalow, Hall Road, Great Bromley CO7 7TR  
Ofsted Inspected

Website: [www.littledragonspreschool.org](http://www.littledragonspreschool.org)



## **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.

Last month we learned about 'Holi' the Hindu festival of colour: the children took part in lots of fun and colourful activities. They created some wonderful pieces of art for a lovely display and we were able to share these with our friends in India via Skype which has now been set up. This is very exciting and we look forward to sharing and learning lots more with them in the future.

We also celebrated 'World Book Day' on March 2nd and everyone looked wonderful dressed as their favourite characters, with lots of story related activities.

The grant which we received from 'Solarfield Ltd' for our wonderful canopy also included funds for a living willow structure. We have now been able to start construction on this - it is a work in progress as it will grow and evolve over time. The children have already used the 'dome' for a 'picnic' and are watching closely as it begins to grow and take shape.

With spring on the horizon thoughts are also turning to other things that grow and the children have been involved in planning which vegetables and flowers they would like for our sensory garden, very exciting.

### **Fundraising**

### **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](mailto:littledragonspreschool@gmail.com)*

Dates for Diary:

Monday 3 <sup>rd</sup> April	Easter Holiday
Tuesday 18 <sup>th</sup> April	Preschool reopens
Monday 1 <sup>st</sup> May	Bank holiday
Monday 15 <sup>th</sup> May	Mums' Week



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

Telephone: 01206 230305

## World Book Day

We all enjoyed our fantastic World Book



Day celebrations and I know the Church School Inspector was amazed by the fabulous costumes he saw as the children came into the hall for Collective Worship. Thank you for all your



hard work at home creating characters from Big Bad Wolves to 'Gangsta' Granny. Thank you too for supporting and encouraging the children to provide entries for the 'World Book Day' Competition. It was lovely to see the range of entries and the time and effort children put into completing them.

## Church Inspection

Thank you to everyone for making our Church School Inspection such a pleasure to be part of. The inspector, Andrew Binnell thoroughly enjoyed his day at St George's and could see how hard all members of the community work to ensure that our pupils get the best start they can in school. He was particularly impressed by the children's impeccable behaviour and their understanding of how our core values help

us to work well together and care for each other.

## Roman Cup

On Thursday 23rd of February, eight children from class 3 participated in a squash tournament at the Garrison in Colchester against other children from nine other schools. Mrs Platt and Ms Mitchell kindly took us and we were amazed how many people were there. We had butterflies in our stomachs as we played different children who were all different levels. There were lots of people watching us but we got used to it and began to really enjoy it. As we played, we definitely improved our skills and techniques. We also began to use tactics to beat the other players. After this first round, year 3 are placed first in their group and year 4 are placed second in theirs. It is all to play for and we look forward to the second round on the 10th of March. We know Mrs Platt and Ms Mitchell are looking forward to it too!!!!

*Maria Lee, Torri MacRae, Alice Hart, Pru Fricker Thomas Stacey, Charlie Harden, William Daff, Brandon Towner.*

## Cluster Quiz

On Friday 24th February Alice Hart, Joshua Wood, Grace Black and Oscar Brincklow went to Tendring Primary School to take part in a quiz. We arrived with a mixture of confidence and nervousness. The quiz was set up in 10 rounds, each on a different category. Our favourite categories were science, logos and the dingbats picture round. We found the TV round really hard. We worked really hard together and we tried hard and overall we came fourth out of seven schools, which we were very pleased with. It was great to explore a different school and meet with new and old friends. Special thanks to Mrs Sandell for taking us.  
*by Grace Black and Oscar Brincklow*

# GREAT BROMLEY PARISH COUNCIL

[www.gbpc.org.uk](http://www.gbpc.org.uk)

Clerk: Lizzie Ridout Email: [clerk@greatbromley.org.uk](mailto:clerk@greatbromley.org.uk)

The meeting opened with the appointment of a new Vice-Chairman and it was agreed that Cllr Lord would take on this role. We also welcomed Rosemary Heaney to the Parish Council as a co-opted member, and at our next meeting we will be formally co-opting Carole Mander and Robert Day also.

One area of concern in the village lately has been the decreasing amount of wildlife. Brenda Perry reported to the Council that virtually no frogs/toads/newts had been sighted yet when only three or four years ago, the area had a healthy quota.

You may have noticed that the road markings at the Harwich Road junction have been repainted thanks to intervention from Cllr Nicholls and County Councillor Mick Page.

Other progress in the village includes:

- Safety equipment has been installed at the Village Pond
- Defibrillator cabinets have been sited at The Court House and The Bromley Cross Inn – if anyone would like training and hasn't already attended, please let me know and we will endeavour to arrange another session.
- The potholes in Church Meadow have been filled – many thanks to Bob Steward for providing the planings.

It is also worth mentioning the TDC Highways Ranger Service. Items which will be considered by the Highway Ranger Service are:

- overgrown vegetation
- strimming
- general maintenance of road signs and street furniture
- removal of graffiti
- removal of illegal signs and flyposting
- cutting of surface water drainage grips

The link to the service is <http://www.tendringdc.gov.uk/travel-and-parking/>

[roads-streets/local-highway-maintenance-highway-rangers-service](#) and there is a form to report issues.

## **Harwich Road – Petition**

Speeding along the Harwich Road has become more and more a problem with a number of motorists exceeding the existing 40mph limit, as proven by our Community Speedwatch Team. Vehicles pulling out of side roads and pedestrians attempting to cross the road are all at risk. Please take the time to sign the petition online at <https://you.38degrees.org.uk/petitions/30mph-speed-limit-in-hare-green-great-bromley-1>

## **We need you!**

### **We need volunteers who can help with:**

- Attending events
- Coordinating collection pots
- Bucket collections
- Organising fundraising events

You only need to volunteer the time you can manage

Call us today on 01206 764600 or email Jenny at

[j.macpherson@mnessexmind.org](mailto:j.macpherson@mnessexmind.org)



## Planning Determinations

REFERENCE	PROPOSAL	LOCATION	DECISION
16/01974/FUL Mr S Brazier	Proposed erection of a cart lodge structure for use in connection with, ancillary/ incidental to the use & occupation of the dwelling house granted planning permission under reference 14/01581/FUL (revisions to 16/00653/FUL).	Land East of Hall Road Great Bromley CO7 7TR	Approval - Full <b>30.01.2017</b> Delegated Decision
16/01872/FUL Mr Richard Sargent	Two entrance walls with gates to property.	Brookside Badley Hall Rd Great Bromley CO7 7UX	Refusal - Full <b>08.02.2017</b> Delegated Decision
16/02003/OUT Mr & Mrs Stephen Pinhey	Proposed three-bedroom cottage.	Forge Cottage Hall Road Great Bromley Colchester CO7 7TP	Refusal - Outline <b>08.02.2017</b> Delegated Decision
17/00068/AGRIC Toad Hall Free Range Eggs	Proposed agricultural storage building.	Toad Hall Free Range Eggs Land East of Hall Road Great Bromley CO7 7TR	Determination prior approval not required <b>08.02.2017</b> Delegated Decision
17/00087/TPO Cllr R Heaney	G1 - 10 Oak, 2 Hawthorn - remove lower branches to enable ditch and hedge maintenance, remove lower branches, marked with red and white tape, over the highway	Opposite Bay Cottage Chase Rd East Great Bromley CO7 7UN	Approval - Full <b>14.02.2017</b> Delegated Decision
16/02042/FUL Mr and Mrs Jarvis	Proposed single storey extension housing indoor swimming pool and internal alterations.	Morants Lodge Colchester Rd Great Bromley Colchester CO7 7TN	Refusal - Full 24.02.2017 Delegated Decision

## Planning Applications

REFERENCE	PROPOSAL	LOCATION
17/00279/FUL Mr Martin Davis	Proposed garage extension for use as home office.  Great Bromley Parish Council supports this application.	2 Chase Cottages Honeypot Lane Great Bromley Colchester CO7 7UR

# 2017-18 EVENTS

## APRIL

- 1 Public meeting (Overweight Lorries), Village Hall, 12.30pm,
- 5 Amenities Committee meeting, The Haywain, 7.30pm,  
Gt Bromley WI meeting, Village Hall, 7.30pm
- 9 Running into the Graveyard - see details on page 21  
Great Bromley Spring Litter Pick, The Cross Inn, 10.00am
- 15 Leonard Cheshire's 100th Birthday Celebrations, Seven Rivers
- 19 Ladies Coffee Morning, The Haywain, 11.00am
- 20 Friendship Club meeting, Village Hall, 2.30pm

## MAY

- 6 Tea & Music for Springtime, 3.00pm, St Mary's church, Lt Bromley
- 7 Bluebell Service, Little Bentley Woods, 3.00pm
- 10 Amenities Lunch - details to follow
- 13 Donkey Day, Brook House, Gt Bromley, 11.00am
- 19 Concert, St Mary's church, Lt Bentley, 7.00pm
- 20 Plant Sale, Village Hall, 10.00am  
Seven Rivers Spring Market, from 11.00am  
Amenities Quiz - details to follow
- 24 Village Hall AGM, Millennium Room, 8.00pm
- 27 St Helena Hospice Midnight Walk, see page 19 for details

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.

## CONCERT

in St Marys Church, Little Bentley  
Friday 19th May at 7pm.  
Peter Clayton & friends make Music.  
More details in May Magazine or call  
01206 250622

## OVERWEIGHT LORRIES IN OUR VILLAGE Public Meeting



Great Bromley Village  
Hall  
Saturday 1<sup>st</sup> April at  
12:30pm  
All Welcome

*Overweight lorries travelling through Great  
Bromley and Ardleigh are causing misery  
for many. Please come along and make  
your views heard!*

## Plant Sale

20th May 2017 10-1pm  
Great Bromley Village Hall  
Annual plant sale in aid of Village Hall  
Funds.  
Locally grown plants  
Craft stalls  
Tea/Coffee/Cake

For further information, to book a stall  
(£10), or to donate plants (VERY  
WELCOME) contact Kate 07592735600

## Seven Rivers Cheshire Home

# 100 years

Saturday 15<sup>th</sup> April  
Seven Rivers as part of  
Leonard Cheshire's  
**100<sup>th</sup> Birthday celebrations**  
**100 people, 100 steps,**  
100p call in for details

Saturday 20<sup>th</sup> May  
Spring Market from 11.00am.

Saturday 24<sup>th</sup> June  
Cream Tea from 2.30pm.

## Great Bromley Spring Litter Pick

will take place on  
Sunday 9<sup>th</sup> April

Please come and help out at the Great Bromley Spring Litter Pick.  
Meet at 10am in the car park of the Cross Inn.

Volunteers (the more the merrier) should bring appropriate footwear and gloves. Bin bags, hi-visibility bibs and litter grabbers will be provided.

More details can be obtained from Owen Blowers on 01206 231010. The pub will of course be open from noon, so post-pick refreshment will be available!



## Friends of Little Bromley Church Tea and Music for Springtime

St Mary's church,  
Little Bromley  
3.00pm  
Saturday 6<sup>th</sup> May  
All welcome



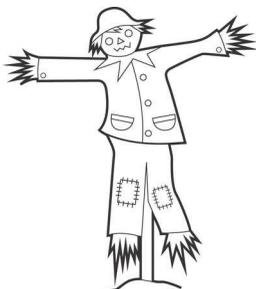
It's time to start thinking about

## **The Bromley's 'Scarecrow festival'** Our theme for this year will be "RAINBOWS"

Can you think of a character from a film/  
book/story where a rainbow appears?  
Can you add a rainbow scarf or badge to  
any type of scarecrow? Can you make a  
rainbow coloured scarecrow?

This event will  
coincide with the  
Great Bromley  
Flower Festival  
at the end of  
June 2017

-----More details  
next month-----



## DONKEY DAY

Saturday, 13<sup>th</sup> 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. Looking forward to seeing you there.



# LITTLE BROMLEY PARISH COUNCIL

Email: [littlebromleypc@gmail.com](mailto:littlebromleypc@gmail.com)

The Council have been notified that there has been an increase in the number of large lorries using the Village as a through route - especially in the early morning. The Council would like to organise "Lorry Watch" - and with that in mind, residents are asked to report any lorries that they see - taking note of the license plate and also the Company concerned. This can be reported to the Clerk at [littlebromleypc@gmail.com](mailto:littlebromleypc@gmail.com) or to one of your local Councillors and we will contact the companies concerned.

There is a continuing issue around the area with the amount of Fly Tipping in the country lanes. If anyone sees this

happening please take note of as much information as you can; vehicle involved, license plate, and, if possible, any pictures and let the Council know. We are planning on collecting as much evidence as we can with a view to contacting Essex County Council. We feel that the changes to opening times and restrictions being bought in at the Lawford Recycling Centre are a contributory factor here.

The next meeting of the Parish Council will be at 7.30 on the 18th May at The Haywain.

*Little Bromley Parish Council*

## DISTRICT COUNCILLOR NEWS

It is with great pleasure to inform you all the white lines at the junction of Harwich Road/ Frating Road/Parsons Hill, Great Bromley have been repainted. Following a site meeting with Cllr Mick Page, Chairman on the LHP, Cllr Carlo Guglielmi and myself within three days the white lines were repainted. A huge thank you is due to both of them.

The lorries continue to cause residents problems along our roads. We now have several people involved in trying to stop the drivers flagrantly breaking the weight restriction. Residents are being requested to note the registration number of the vehicle, time and date and direction of travel. I feel that with everybody working together we can stop these vehicles breaking the weight restriction. I am happy for all vehicle details to be forwarded to myself via [fred@fryerning.net](mailto:fred@fryerning.net) (preferably) or telephone 01206 230688.

There is to be a Public Meeting on 1st April at Great Bromley Village Hall regarding the

lorries breaching weight restrictions. The meeting will follow the Police Meeting. There has recently been an article in the Clacton Gazette regarding the possibility of a "Mega" Prison in Tendring. The Leader of TDC, Neil Stock, is quoted as stating three sites could be considered, Horsley Cross, Pond Hall Farm (Harwich) and a site near Frating. Having checked with Neil he has stated " We simply indicated where the most appropriate sites could be located given the Ministry of Justice criteria." None of the sites were big enough or near a railway station and nothing further has been heard. At no time has the MOJ mentioned a "Mega" prison. Any proposal would require a detailed planning application and possibly a public enquiry.

*Fred Nicholls, District Councillor*

## COFFEE BREAK NUTRITION with Suzanne Abbott

### THE SECRETS OF YOUR FOOD

This month I wanted to write about a programme series that is running on BBC2 on Friday evenings, presented by Dr Michael Moseley.

The reason why I wanted to write about it is simple. Dr Michael Moseley explains what cooking does to food, the hidden chemistry of food and what effect food has on our biology inside of our bodies. This is exactly what naturopathic nutrition is all about. We investigate what type of diet a person is eating. Is it processed, lacking in vitamins and nutrients or is it healthy, organic, nourishing food? Or could the body be exposed to too many chemicals, be it from food, the environment, drinking water or medication. The possibilities are endless and therefore we need to take a very close look at the person's lifestyle and health history. This often reveals clues that a person may not associate with ill health, like food intolerances causing migraines, for instance.

As Hippocrates, the forefather of medicine said: *'We are what we eat, let food be your medicine'*. We need to remember this, because good quality fresh food, cooked properly, gives us all the nourishment, the nutrients and vitamins the body needs. We shouldn't think of food as just something that we put in our mouth, swallow and never mind what it is as it has filled us up until the next time we are hungry. It's very important for us to know what we need to eat and why.

The body uses complex biochemistry to break down food into different types of components that are used for bringing nourishment to every single cell in our bodies. These include oxygen, protein, fat, carbohydrates, fibre, vitamins or minerals. These are used to build new cells, repair damage, nourish every part of our body and mind, as well as give us energy to move. All this biochemistry is created from the food we swallow and it goes on 24/7, even whilst we sleep.

There is much more the programme covered and I have little room to describe it all, but one very important point made was

about the importance of omega 3 and omega 6 essential fatty acids (EFAs). The body can't produce these, but they are essential for our well-being, hence the name. There should be a balance between O6 and O3. The western diet is high in O6 – found in vegetable oils used for deep frying chips, burgers and also found in biscuits, crisps and roasted nuts. Reducing intake of such foods is a good move, as is increasing your intake of O3.

O3 can be obtained from beans, salmon, mackerel and grass fed beef, but not just any beef. Highland grass pastured cows have the highest levels of Omega 3 EFAs in their muscles. It is because cows convert grass and clover (*rich in O3*) into this essential fatty acid.

Factory farmed meat has low levels of O3 because these cattle are fed wheat, which is very low in this essential fatty acid.

Obviously highland beef is expensive, but the next best thing is grass fed beef from local farms.

This of course also applies to milk and butter from cow's milk. The two butters made from grass fed cows, that are widely available, are Yeo Valley organic butter and Kerrygold.

As milk goes, it's best to get organic whole milk that hasn't been highly processed like skimmed or semi-skimmed milks. One of these is Channel Island milk (*from Jersey or Guernsey*). It is good quality, rich milk, with a creamy top and it is un-homogenised, which is another process we should avoid, (*available from most supermarkets*).

Try to regulate the 6:3 ratio by taking care of what you are consuming.

If you get a chance, look at some of the programmes, they may still be available on iPlayer.

Best of health!

**Suzanne**  
*Natural Health Consultant*  
*Specialising in Naturopathic Nutrition*

# MORE THAN JUST A FARM

I would like to start by introducing myself. My name is Becky Robinson and will be writing periodically about farming life.

Badley Hall Farm is a 400 acre mixed farm



producing cereals as well as beef, lamb and pork. We have a brand new on-site butchery where we produce fantastic quality products for friends, family and beyond. We do not have a shop; however, we do have a

private butchery for people with livestock.

With the weather warming up, and the days lasting longer we are managing to squeeze more into our days down on the farm. At the moment we are in full swing with the lambing season and new life joins us every day. It is such a great job satisfaction seeing new born lambs making all those long sleepless nights seem very worth it. We have 60 ewes to lamb this year so between my parents, Ken and Nicky, and fiancé, Tim and myself, we rotate the share of 'sheep sitting!' This year we have also produced eight calves which are such a delight. They are a cross between Aberdeen Angus and Limousin. Keeping

the traditional breed but crossing with a continental gives a greater meat to bone ratio.

Last Month Tim and I purchased four Gloucestershire Old Spots x British LOP pigs. They are now living outside and enjoying the British spring weather. We have been experimenting with new sausage seasonings and hope to have new flavours available for tasting in the future.



With all drilling of the fields done and dusted before Christmas, Ken has been eager for the weather to warm up and dry out so he can start spraying and fertilising the fields. The reason for all the tender loving care of our crops is to ensure the maximum tonnage produced per hectare.

If you are interested in what we are up to, please follow Becky's Butchers Facebook page.

Until next time, Thank you

*Becky*  
[www.beckysbutchers.co.uk](http://www.beckysbutchers.co.uk)

## FRIENDSHIP CLUB

Our February meeting was a particularly lively one as our speaker not only gave an excellent talk on the Seaman's Mission but also sang sea shanties which kept his audience entertained. A "thank you" letter has since been received from the Mission for our donation of £114.

Kathy and Brian will be our entertainment for the April meeting which will be a musical

afternoon. A trinket box is the item for the competition.

Our Club meets on the third Thursday each month from 2.30pm., and we would be pleased to welcome visitors or new members who feel they would like to join us for interesting talks and social activities. Just come along!

*Sylvia Ward*

# WILLIAM FORSDIKE & GEORGE COLE

## The Battle of Arras, 1917

This month marks the centenary of the start of the Battle of Arras, which began on Easter Sunday, 9<sup>th</sup> April 1917. This British offensive was marked by big gains in the first two days, but later deteriorated into a stalemate which continued into May. Although the Battle of Arras is little known to the general public today, the British suffered a far higher average daily casualty rate in it than at either the Battle of the Somme or at Passchendaele. Two men from the Bromleys lost their lives in the Battle, and at least one other was wounded.

## William James Forsdike (1896 - 1917)

William James Forsdike was born in the



spring of 1896 in the village of Otley, north of Ipswich. He was the one of 7 children from the marriage of Alfred and Elizabeth Forsdike, though two of William's siblings died in

childhood. Alfred Forsdike was a Groom from Otley, whilst William's mother was originally from Thorndon, near Eye. The Forsdikes moved to Little Bromley before William's third birthday, and lived at Jennings Farm on Back Lane (now called Ardleigh Road). By April 1911, William had left school and was working as a Farm Labourer. Two years later – using the surname of Forsdyke, and lying about his age – William joined the Essex Regiment as a member of the Special Reserve, which operated on a similar basis to the Territorial Army of today.

The Special Reserve were mobilised as soon as Britain declared war on Germany

on 4th August 1914, though William was not posted overseas for another five months. He disembarked in France on 26th January 1915, and shortly afterwards joined the Essex Regiment's 2nd Battalion who were at that time in the front line just north of Armentieres. William was later transferred from the Regiment's 2nd Battalion to the 1st Battalion and was almost certainly involved in the fighting during the 2nd Battle of Ypres in April and May of 1915 and the Battle of the Somme in 1916.

On the morning of 14th April 1917 – the fifth day of the Battle of Arras - the 1st Essex, alongside the Newfoundland Regiment, attacked German positions just east of the village of Monchy le Preux. They reached their objectives, but were then overwhelmed by a fierce German counter-attack. The losses suffered by the two attacking battalions were extremely severe. The 1st Essex had gone into battle with 32 officers, and 892 other ranks. Of these, 17 officers and 644 other ranks were either killed, wounded or missing, a casualty rate of 70%. The Newfoundlanders suffered even worse. William was one of those killed and has no known grave, but is commemorated on Bay 7 of the Arras Memorial to the Missing. One of the 1st Essex captured by the Germans in the fighting that same day was Private Arthur Harper, from Hill House at Hare Green, who had been wounded in the right leg.

## George Cole (1884/85 – 1917)

George Cole was born in 1884/85 in Ardleigh (though one source states he was born in Little Bromley) to Jonathan and Mary Cole. The Coles eventually had 11 children, with George being one of the youngest. The family lived in Ardleigh and later Lawford, before moving to Chequers Road, Little Bromley, sometime between 1891 and 1901. After he left school, George, like his father, was employed as a Farm Labourer until he started work at the Xylonite factory at Brantham. George was

Continued on over ...



## Walk with St Helena Hospice

Join hundreds of women on an incredible night-time walk at St Helena Hospice's 9th annual Midnight Walk on Saturday 27th May.

Many of the ladies walk in memory of a loved one or because the hospice has supported them personally, while others take part for a fun girls' night out and to raise money for their local hospice.

Choose to walk 3 or 7.5 miles, both routes starting and finishing at Weston Homes Community Stadium in Colchester. Along the route there will be an opportunity for those walking in memory of a loved one to have a quiet moment to attach a personal message to a special memory tree.

Walk on your own, or with your family and friends, your exercise class, your work colleagues; the choice is yours... and there will be plenty of new friends to be made along the route!

This year's Midnight Walk theme is Disco

Divas (think sparkles and neon) and the event is open to ladies aged 11 and over. It costs £15 to walk 7.5 miles or £10 to walk 3 miles paid in advance, or to pay on the night £20 for 7.5 miles or £15 for 3 miles.

By taking part in Midnight Walk and raising sponsorship money, you will help the hospice to help local people with an incurable illness to live well and die with dignity and choice.

Although the event is ladies only, anyone over 18 can offer to volunteer as a marshal on the night to help support the ladies on their walk, please contact [events@sthelenahospice.org.uk](mailto:events@sthelenahospice.org.uk) or call the number below for information.

The buzzing atmosphere and feeling of solidarity among the ladies on the night is always wonderful – register to experience it for yourself!

Visit [colchestermidnightwalk.co.uk](http://colchestermidnightwalk.co.uk) to book your place now or call the events team on 01206 931468.

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involved in the early stages of the manufacturing process in the Acid Department. It was extremely dangerous, and fatal accidents were not unknown.

George was "called up" for service with the British Army on 1 March 1916. At that time he was still living in Little Bromley, probably at the family home on Chequers Road as he never married. He was posted to one of the reserve battalions of the Essex Regiment to undergo his basic training, possibly at Harwich or Parkeston. At the end of the year, George was sent to France and posted to the 1st Battalion of the Bedfordshire Regiment.

On 23rd April 1917, during the Battle of Arras, George's Battalion were part of an attack against German positions in the fortified village of La Coulotte, near Lens. The attacking force was halted in front of the uncut barbed wire, but some of the men

managed to get through this and clear a portion of German trenches. Unfortunately, the severity of the German fire meant that they could not be reinforced, and after 10 hours of hard fighting they were forced to withdraw. The 1st Bedfords suffered nearly 100 men killed, and many more wounded. George Cole was one of the dead. He is now commemorated on Bay 5 of The Arras Memorial, along with almost 35,000 servicemen from the United Kingdom, South Africa and New Zealand who died in the Arras sector between the spring of 1916 and 7 August 1918, and who have no known grave.

\*

We have several wonderful photos and correspondence from Willie Forsdyke, kindly shared by his niece Audrey Sharman, and these will be placed on his memorial page of the village website.  
*Hugh Frostick*



## STOUR VALLEY MEN'S PROBUS CLUB

### Recent Meetings

On Wednesday 1 March Joyce Kimber spoke on "Ciphers & Enigma" and at the Annual General Meeting held on Wednesday 15 March President Hew Naylor stood down after his year in office.

### Future Meetings Diary Dates

At our first April meeting on Wednesday 5<sup>th</sup> Julian Wong will talk about the good work undertaken by the charity "Mary's Meals" and on Wednesday 19 April Jim Lowe will inform us of the work undertaken by the "Alzheimer's Society".

### 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 THIRD AGE TRUST



THE UNIVERSITY OF THE THIRD AGE

## STOUR VALLEY U3A

### Recent Meetings

On Wednesday 8th March Mark Mitchels spoke on "The Sutton Hoo Ship Burial". It was an illustrated lecture that attempted to re-create the moment. It told the story of the excavation and recounted when a remarkable people sent their leader on his final voyage. This was one of the greatest treasure ever found on English soil, and a Royal tomb.

### Future Meetings

On Wednesday 12th April Amanda Richmond's subject is "Two teachers ascent of Everest" Amanda is a teacher, mountaineer skier, traveller & bell ringer. She will tell 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.

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.

### 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](http://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 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except August and December.

### Remember

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

## FROM THE RECTORY

And so Easter and eggs became inextricably linked.

Forty minutes for a soft boiled egg sounds like overkill. And if it's chickens you keep in your garden, that would undoubtedly be the case. If however you're an ostrich farmer, forty minutes seems just about right.

Decorating eggs is a practice with a long history. Sumerians and Egyptians who lived more than five thousand years ago placed embellished eggs in graves and in parts of Africa engraved ostrich eggs that had been used as water carriers have been found which date from some 60,000 years ago.

Eggs had, quite understandably, been a symbol of fertility and rebirth when Christians began using them as a symbol of the empty tomb of the very first Easter. The outside of the egg appears dead, but inside there is new life about to break out. For Christians it's a reminder that when Jesus rises from the tomb he brings new life too.

Early Christians began staining the eggs red in memory of the blood of Jesus shed at his crucifixion in Mesopotamia. The custom spread from there through the Orthodox Church to Russia and then through the Catholic and Protestant churches into Europe and beyond.

The shelves of our national supermarkets are loaded to capacity with hundreds of different chocolate eggs at Easter. From Cadbury, to Green & Blacks, to Lego, every brand wants to take a chunk of the market - but for so many consumers, the reason we have the eggs at this time of year is at best fuzzy.

The Meaningful Chocolate Company is trying to change that with their Real Easter Egg. They have sold more than a million of these Fairtrade eggs over the last six years. Each of them comes with a beautifully illustrated 24 page Easter story activity book that explains the meaning of Easter. New Life.

That's what Christians celebrate at Easter. Jesus Christ who was beaten, whipped, crucified and died, is alive again. And because of his death and resurrection, New Life in God is available to everyone.

Happy Easter!

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

## RUNNING INTO THE GRAVEYARD 2

On **Sunday 9<sup>th</sup> April 2017** at **St. Mary's Church, Little Bromley** we will be holding for the second year: **Running into the graveyard.**

We have a **10K Run** starting at **10.30am** To enter go to; [Http://harwichrunners.co.uk/bromley10k/](http://harwichrunners.co.uk/bromley10k/) and a **2K Children's Run** starting at **10am**. £2 entry on the day.

The Children's run will be on a track around the car park, in Barlon Road, with a small gift for every entry.

**Please arrive before 9.30am to sign on and get ready. All the children will start together promptly at 10.00am.**

There will be plenty of parking

down Barlon Road, Little Bromley. All money raised will go towards the church / village.

**This should be a great village day for all to enjoy. There will be refreshments and lots of other events happening in and around the church.**

We welcome all entries if you would like to take part.

For more info call Roly Knott on [01206 393787](tel:01206393787) or Carol Cordwell on [01206 395103](tel:01206395103)

**Organised by the Harwich Runners and Friends of Little Bromley Church**



# ST. GEORGE THE MARTYR, GREAT BROMLEY



## Welcome to our services in April

April 2 <sup>nd</sup>	<i>5<sup>th</sup> Sunday in Lent</i> 8am Holy Communion (BCP) 6.30pm Sung Evensong (BCP)
April 9 <sup>th</sup>	<i>Palm Sunday</i> 10.30am Parish Eucharist (CW1)
April 13 <sup>th</sup>	<i>Maundy Thursday</i> 7.30pm Benefice Eucharist at St Mary's Lawford
April 14 <sup>th</sup>	<i>Good Friday</i> 2.00pm Hour at the Cross
April 16 <sup>th</sup>	<i>Easter Day</i> 10.30am Parish Eucharist (CW1)
April 23 <sup>rd</sup>	<i>St George's Day</i> 10.30am Parish Eucharist (CW1)
April 30 <sup>th</sup>	<i>Third of Easter</i> 10.30am Benefice Eucharist (CW1) at St Mary's Little Bentley

*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](http://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 7th April at 12 midday  
Please come and Join us for friendship  
and fun.