

# The Messenger

The Magazine of  
the villages of  
Great & Little  
Bromley

July 2018

Vol: 2 No: 7



## DONKEY DAY

A HUGE THANK YOU to everyone who came and supported Donkey Day. We raised £250+ - a wonderful result in just three hours. We are so grateful to everyone who helped - the cake-makers, the stall-persons, the rafflers, the tea-makers, the gatekeepers and the clearer-uppers - and, most of all, to Jane and Nigel Brind for bringing their gorgeous donkeys, **Candy and Rusty**. They were enchanting and were stroked and admired all morning. As you know, the money raised will be used for riding and association therapy for children and adults with learning difficulties and mental health issues. If you would like to see how your money is spent, I urge you to log into the Sidmouth Donkey Sanctuary's website where lots of information can be found. Again, our heartfelt thanks to all for your generosity - you are star people.

*Brenda & Richard*

# THE FIRST PAGE

I write this on the day of the Summer Solstice, 21st June, the longest day of the year. Also known as midsummer it occurs when the Earth's maximum axial tilt towards the sun is 23.44°. There, a bit of useless knowledge for you. However it is also one of the very few days that public access is allowed into Stonehenge (something we did every time we passed Stonehenge as children when we touched, climbed on and wondered at the immensity of the Stones) when thousands of people gather every year to watch the sun rise behind the Heel Stone - it rose at 4.52am this year. What a sight that must be. Visiting the site for the Solstice is

something I have always meant to do but never organised myself to achieve: the sunrise today was apparently spectacular.



We have been having some amazing weather recently although we do need some rain (like Camelot at night only please!). I was away for three weeks childminding in Telford and was despairing that my fledgling garden would survive with no rain. We had massive thunderstorms and flooding in Shropshire but there was virtually nothing here so imagine my surprise to return to find the garden a lush and green profusion of plants some of which were in flower. How exciting was

that? I also had a few weeds to remove. I now have insects and a few visiting birds which makes me happier still. I bought myself some fish for my small pond, two of which have already died, but I find myself dallying beside this miniature water area just watching them - what a time waster they are!

Both villages seem to be taking a holiday from organising any events this month but there is the school's Summer Fair and Little Bromley church's Bromfest to look forward to and maybe some of your children are taking part in the Little Dragons Barnado's Toddle. I have a 2 year old grandson who loves walking (he almost never goes in the pushchair unless he is really tired) and coming with me to take the dog for a walk but you do have to allow time for such walks. However the time factor is far outweighed by the joys of seeing tiny creatures - we found a ladybird larva recently - birds, flowers and noticing all kinds of things one usually just passes by or takes for granted. Plus of course the questions!

The children will soon be let out of school for the summer holidays and with weather as it is maybe picnics and beach days are in store for you. Have fun.

*Leonie*

**MATERIAL** for the **AUGUST 2018** edition of 'The Bromley Messenger' should reach the Editor, Leonie Henderson, by

**14th JULY 2018** 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

# IN THE GARDEN WITH KATE

July should be a lazy month; time to enjoy all your hard work for the rest of the year, time to sit, cup of tea (or stronger) in hand, and admire the beautiful flowers - happy in the knowledge that the weeds will fade into the general lovely green background.

Sometimes it catches you out - I had been admiring one of my beds, only to realise that the lovely green plants giving height to the border were, in fact, six foot stinging nettles! Ah well - good for the butterflies.

As I write, we have had a very dry spell. It has had a startling effect on many of the established plants with the peonies, for example, producing the best display ever. This has more than made up for the frantic watering of all the tubs, pots and young plants that takes place every evening.

At present, we are enjoying many of our own fruit and vegetables, yummy asparagus, radishes, lettuce, rocket and broad beans. These all seem to be completely oblivious to the lack of rain. The main casualty has been the chard and spinach which have gone to seed. I am hopeful though that having chopped the seeds off, with some water, we may still have some decent leaves.

The gooseberries and currants also seem to be producing lots of fruit, again seemingly unfazed by the lack of rain. they do presumably have much deeper roots, so can tap into deep moist earth.

Although July is a lazy month, deadheading needs to be done daily to prolong the flowering season. Obviously if your garden is huge, this may be rather time consuming, but should not take long in an average sized garden. Another job that can be done at this time of year is taking photos of the various beds in your garden, and probably best from several different angles. This means that when, in the depth of the winter, you are planning your garden, you have some reference points.

When watering tubs and pots, regular feeding will improve the display dramatically, and green house tomatoes, cucumbers, peppers and chillies should be fed weekly.

If you are inundated by tomatoes, cucumbers, courgettes and soft fruit, remember the Hospice stall in Briar Road. John and Jen raise an astonishing amount for St Helena's Hospice every year selling both home grown and donated plants and produce.

Can I also take this opportunity to thank all those who donated and bought plants at the sale in the Village Hall in May. Thanks to their generosity, over £450 was raised for our Village Hall.

Finally, if you are going away for your summer holidays, it may be worth considering investing in a solar powered watering system which will water all your precious tubs and pots at regular intervals whilst you are away. They can be run off mains water or from a water butt or bucket.

I do hope everyone has a wonderful summer, and enjoys their gardens.

*Kate Strowbridge*



# 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)  
Email: [littledragonspreschool@gmail.com](mailto:littledragonspreschool@gmail.com)



OFSTED INSPECTED **OUTSTANDING**

## BREAKFAST AND AFTER SCHOOL CLUBS- PLACES AVAILABLE

Tel: 01206 231823/ 07857 503103

We are flexible and 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.

**30 Hours funding** for eligible parents comes into effect from September 2017 - give us a call for more details.

## HOLIDAY CLUB

We are running holiday clubs on the following days:

Tuesdays and Wednesdays 8.30am – 4.00pm

24<sup>th</sup> – 25<sup>th</sup> July

31<sup>st</sup> July – 1<sup>st</sup> August

7<sup>th</sup> – 8<sup>th</sup> August

14<sup>th</sup> – 15<sup>th</sup> August

Please call/ email for more details or to book a place for your child.

To ease the transition of the children who will be starting school in September we have been working closely with St George's Primary School. At preschool the children have also been practising to undress and dress for PE activities to prepare them for school. We would like to wish them many happy days in their new school; we shall miss them all very much.

## FUNDRAISING:-

**BARNADO'S TODDLE** - On Tuesday 3<sup>rd</sup> July we will once again be taking part in the Barnardo's Toddle – this year the theme is 'Nature'. We will be raising funds for both Barnardo's and Little Dragons Preschool.

## ASDA GREEN TOKENS

*Help us to fundraise when you shop – please tell friends and family too. Thank you.*

Asda 'Green tokens'

Please look out for '2-3's garden project' in the foyer of Asda Colchester. If you use the self-service tills don't

forget to ask for a green token.

Thank you for supporting our project.

## Please help us to collect:

Used Printer Ink Cartridges/ biscuit wrappers/ plastic bottle trigger heads and caps from washing up bottles.

## OUR RECYCLING STATION now makes it easier to drop off items

We have set up an area – across the car park to the right of gate, with boxes for you to drop off collected items. Thank you.

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:

Tuesday 3<sup>rd</sup> July – Barnardo's Toddle

Friday 20<sup>th</sup> July – Last day of term

## FRIENDSHIP CLUB

At the May meeting it was reported that a ramp will be placed at the front door for easier access.

The outing was discussed and members indicated their suggestions which will be considered by the Committee. The next Bring and Buy stall will be at the July meeting - please remember to bring your items.

Our Speaker for the afternoon was then introduced, and we were entertained to a selection of old and new songs which were familiar to many members.

Our Speaker for July will give a talk on fuschias - the competition a small pot plant.

New Committee Members are needed, please consider offering your help, we do need you!

We are very sorry to hear of the death of Mary Robert's husband Harold, and send our condolences to her and her family.

*Sylvia Ward*



## LITTLE BROMLEY PARISH COUNCIL

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

The Council have been asked if anyone would like to form a Neighbourhood Watch group in Little Bromley. If this is something you feel you would like to do, then please contact the Clerk on [littlebromleypc@gmail.com](mailto:littlebromleypc@gmail.com) in the first instance and we can get the ball rolling.

At the next Council meeting on 19th July, Tony Clements from the Chelmsford Motor Club will be coming along to discuss the recent Car Rally in the Tendring area. This event is planned again next year on April 28th 2019. If you have any comments to make about the Rally then this will be your chance to have you say. The meeting will start at 7.30 at The Haywain as usual.

The Council have given the go ahead for the posts to be put in around the Memorial to stop lorries driving over the plants and this work should be starting shortly.

As the Council have had some success at getting the Entrance Gates and the VAS signs given to us, we have been able to offer our Church a grant towards the proposed composting toilets which we are sure will improve the facilities once all the permissions and monies have been collected. Full details of this will be discussed in July.

**Next meeting:** 19th July, 7.30pm at the Haywain

*Little Bromley Parish Council*

# GREAT BROMLEY PARISH COUNCIL

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

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



At our meeting a number of residents spoke about the effect of the recent Tendring Rally, some positive comments as well as some negative. Tendring District Council is reviewing the event as part of a working group attached to the Community Leadership Overview and Scrutiny Committee. It was suggested that residents be encouraged to submit their feedback, good and/or bad to Ian Davidson, Chief Executive at TDC, or via the Clerk at [clerk@gbpc.gov.uk](mailto:clerk@gbpc.gov.uk) who will forward to TDC on your behalf.

It's that time of year that hedges are becoming overgrown and impeding sight at road junctions and pavements for

pedestrians. If you have a hedge can you please check it and cut it back if necessary.

Diversions remain in place due to the roadworks at Harwich Road roundabout. Further updates can be found at <https://highwaysengland.co.uk/projects/a120-harwich-road-improvement/>

The Council's General Data Protection Regulations (GDPR) Privacy notices have been approved and are available on the Parish Council website, or upon request from the Clerk.

**Next meeting:** 8th August, Great Bromley Village Hall at 7.30pm.

## PLANNING APPLICATIONS

REFERENCE	PROPOSAL	LOCATION
18/00706/FUL Primrose Pork	Variation to condition 3 of 17/01810/FUL - To change opening hours of retail shop to 8:00am to 6:00pm on Saturdays and 10:00am to 4:00pm on Sundays.  GBPC had no objection to this application.	Primrose Farm, Hall Road, Great Bromley CO7 7TP
18/00714/COUNOT	Proposed conversion of two barns into two dwellings.  Information only.	Holly Lodge, Colchester Road, Great Bromley CO7 7TN
18/00778/FUL Toad Hall Free Range Eggs	Erection of a storage building.  GBPC noted that there is no size legend on the plan but had no objection to the application.	Bush Farm, Hall Road Great Bromley CO7 7TR
18/00799/OUT Mr Norman Shimwell	Proposed erection of 2 no. four bedroom dwellings and a detached double cart lodge.  GBPC had no objection to the application but had concerns over the condition and ownership of the access road and how it would be maintained in the future. It was also development outside of the village envelope and not on mains sewerage.	Land rear of Essex House, Harwich Road, Great Bromley CO7 7UL

# DISTRICT COUNCILLOR NEWS

The main concerns for residents in Tendring including our parish area are decisions being made by the planning inspectorate. Some of the decisions being made by Planning Inspectors are bizarre and causing unnecessary problems. I am hopeful the TDC cabinet will be in a position to discuss the situation in the near future.

Please note the car rally will now be discussed at the TDC Resources and Overview Scrutiny committee meeting at Weeley Council Offices on Monday 2nd July. Residents are welcome to attend but cannot speak.

Dualling of the A120 from Horsley Cross to Harwich has been raised by Cllr Ivan Henderson from Harwich. This follows on from a statement by the leader of TDC, Cllr. Neil Stock, who has recently met with our MP Bernard Jenkin who in turn had met with Martin Fellows, Regional Director Operations East Highways England and driven from Horsley Cross into Harwich. Cllr Stock had already informed full council of his conversation with our MP and it has been agreed TDC and ECC will push Highways England and the government to improve this road which at the moment is in a very poor state of repair. Cllr.

Henderson appears to be jumping on a bandwagon that has already started.

Another councillor has raised a question regarding the flying of the flag of St Georges on St George's day. There are several issues regarding flag flying, it is not a simple matter of just flying a flag there are a number of protocols to go through. This has been referred to an Overview and Scrutiny committee to examine.

The issue of Broadband is still ongoing for the majority of our village. At the parish council meeting on 13th June, our Broadband champion Mr Neil Skinner gave parish councillors an update. In his opinion there appears to be confusion between BT and Open Reach regarding the siting of the fibre enabled cabinet in Mary Lane East close to its junction with Springhill Close. Hopefully this will be sorted out to enable houses in the centre of the village to receive Superfast Broadband.

I now have recycling boxes. If anybody would like one please contact me.

*Fred Nicholls*

## KITCHEN CORNER

### ALMOND SLICES

#### **Ingredients:**

8 oz plain flour  
2 oz ground almonds  
2 eggs separated  
6 oz butter or margarine  
2oz sugar

#### **Topping:**

Two egg whites whipped very stiff, fold in  
6 oz sugar and 4 oz ground almonds,

#### **Method:**

Rub butter into flour, mix in almonds and sugar and egg yolks and knead to a smooth dough.

Press into a well buttered tin 8inch square and spread with jam and topping.  
Bake 20 minutes 180°C

*Jill Frostick*



# THE BROMLEY CROSS PRESENTATIONS TO THE RNLI AND ESSEX AIR AMBULANCE

We were proud to present cheques to the Essex and Herts Air Ambulance for £450 and the RNLI for £250 today at our Wednesday morning coffee shop. The cheques were presented by Linda Pinhey to Clair Mitchell and Martin Wade. The monies were raised at our Xmas and Easter Raffles. Pictures were courtesy of Dave Edwards.



## NATIONAL AIR AMBULANCE WEEK

### National Air Ambulance

**Week** is a chance for all of the member charities of the Association of Air Ambulances to get together to celebrate and promote the work of their local communities. This year, we asking our supporters to come together during 10th – 16th September to raise the profile of their local Air Ambulance. After a recent survey conducted by Essex & Herts Air Ambulance (EHAAT), it was found that more than 50% of participants did not know that EHAAT was funded solely by **charity donations**.

Our mission for this year's National Air Ambulance Week is to reach out to more people across Essex and Hertfordshire and raise awareness of the Charity's vital service and much needed funds. During last year's National Air Ambulance Week we raised over £7,000 just through our bucket collections! This year we are looking to raise even more and we need your help! Volunteer for as little as two hours during National Air Ambulance Week this September and help keep your local life-saving Charity operational. Please contact 0345 2417 690 for more information.

We had such a treat for our members meeting this month. Our speaker, Paul Nicholls QPM not only is a local lad, but has a strong family connection to the Great Bromley WI – his mum, Jenny, is a long-time member here.

Since he was about 13 or 14, Paul has had a single dream – to become a dog handler in the police. He joined Essex Police force in 1987 initially in Harlow, moving to Halstead and Braintree throughout his career. His persistence paid off and he moved to Brentwood to become a dog handler in 2000.

Trained dogs perform a variety of specialised roles.

There are drug dogs, dogs that can sniff out large sums of money at airports, dogs that can detect explosives, crime scene dogs that can detect blood traces, and victim recovery dogs that can smell a hidden body – or body parts – even if that body has been under water for two weeks.

Dogs are considerably more accurate than machines in detection. Apparently, dogs can detect concentrations equivalent to one teaspoon of sugar in an entire swimming pool – no wonder dogs have such an intense sniff at everything when they are out for a walk.

Paul rescued his first dog, Sabre, from a traveller site where he had been living in an abandoned car. Sabre died in 2006 and broken-hearted Paul wanted to mark the commitment and achievement of police dogs like Sabre that give their all for their handlers, who die in the line of duty or give long term service for the police force.

Paul set up the National K9 Memorial Project (<http://K9MemorialUK.co.uk>). Its goal is to create a fitting memorial to the many dogs that have contributed so much

to the service.

Through his efforts Essex has given planning permission to the Memorial Project for the statue to go into the grounds of Oakland Park, appropriately, a dog-friendly park in Chelmsford. The sculptor, John Doubleday, is creating a statue of a police officer with a German Shepherd and a Spaniel which reflects the special bond between handler and dog. The Project needs to raise £60,000 to fund the entire project.

Paul has also created a police dog medal for dogs that die or retire from the service –

Essex is the only county that does this. He wants this medal awarded across each force in the UK. He believes that it is important to recognise the dog's service in the force.

Paul was awarded the Queens Peace Medal (QPM) in



2017 and he continues to work for the memorial, as well as spreading the word about medical detection dogs. Fully trained dogs can detect biological markers such as malaria, Parkinson's Disease, PTSD, cancer and can alert their owner if they are about to have a diabetic episode.

If you have time to socialise an 8-week-old potential medical detection Labrador and foster it for its first year, please get in touch using the website link <http://k9memorialuk.co.uk/tagged/home>. Its future owner will thank you for potentially saving their life.

*Eileen Brown*

# 2018-19 EVENTS

## JULY

- 2 TDC Resources & Overview Scrutiny committee meeting, Weeley Council Offices
- 3 Little Dragons Barnado's Toddler
- 4 WI, Village Hall, 7.30pm
- 6 Church Lunch, St George's, 12 noon
- 7 Summer Fair, St George's School, 12 noon
- 11 Gt Bromley parish council meeting, Village Hall, 7.30pm
- 14 Tendring Show
- 19 Friendship Club, Village Hall, 2.00pm
- Little Bromley parish council meeting, The Haywain, 7.30pm
- 29 Bromfest, Lt Bromley church, 12 noon

## AUGUST

- 3 Church Lunch, St George's, 12 noon
- 8 Gt Bromley parish council meeting, Village Hall, 7.30pm
- 16 Friendship Club, Village Hall, 2.00pm
- 23/24 Clacton Air Show

## SEPTEMBER

- 5 WI, Village Hall, 7.30pm
- 6-9 St Helena Hospice Coast to Coast Cycle Challenge 2018
- 12 Gt Bromley parish council meeting, Village Hall, 7.30pm
- 20 Friendship Club, Village Hall, 2.00pm

## OCTOBER

- 10 Gt Bromley parish council meeting, Village Hall, 7.30pm

## Village Hall Events

Saturday 10 Nov - **Festive Fayre Shopping Event**  
at Village Hall

Friends of Little Bromley Church

Join us for  
**BROMFEST 6**  
on Sunday July 29<sup>th</sup>  
noon – 5pm

Folk and original music  
at Little Bromley Church (CO11 2PP)

Meet talented local musicians with a huge variety of instruments and styles, try out some folk dancing, indulge in delicious inexpensive homemade light lunches, lashings of lemonade, tea and cake.

Fun and relaxed, a good time for all the family!  
Free event

For more information or to enquire about performing  
contact Dorothy 07791 974053

St George's C of E Primary School PTA



Come and join the fun!

BBQ + Beer tent + Refreshments + Ice Cream  
Entertainment + Activities + Stalls + Games

**Summer Fair**

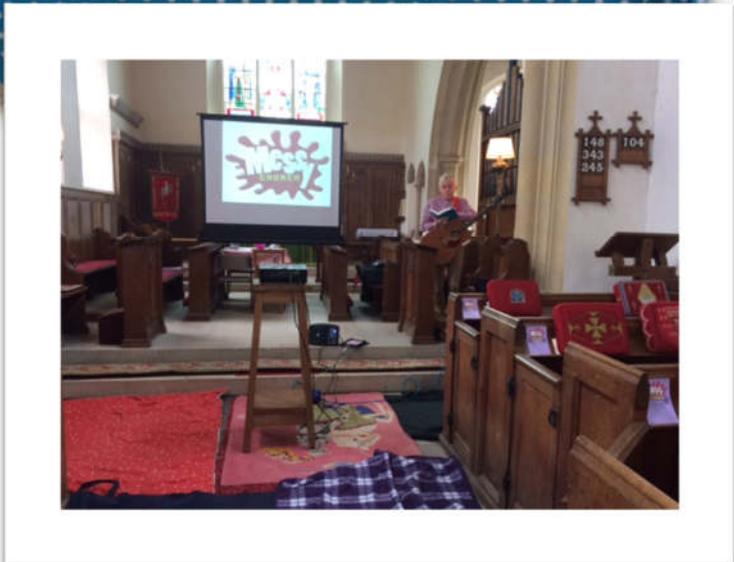
SATURDAY, 7th JULY - 12.00pm - 4.00pm  
St George's C of E Primary School, Great Bromley

Inflatables + Beat the Goalie + Coconuts  
Teacher Stocks + Bottle Tombola  
Much much more for the whole family to enjoy

This event is to raise funds for St George's C of E Primary School PTA Registered charity no. 1142707

# MESSY CHURCH

On 30<sup>th</sup> May we had the most wonderful morning at St George's !!!





# SEVEN RIVERS CHESHIRE HOME

Hi, I would like to start by thanking everyone who came along to our dog show. What a lovely afternoon we had, even if it was a bit damp. We raised £270.00. This money will be going towards our garden project so thank you all very much.

We are hoping for the sunshine on 23<sup>rd</sup> June for our 60<sup>th</sup> Birthday Cream tea, we have Gary King performing as Elvis and hoping to have Clacton Classic cars in attendance. I have been asking for any old photos from events held at Seven Rivers in the past so we hope that we will be able to display these as well. How we treat disability has changed so much, but Leonard Cheshire has always been forward thinking, and his philosophy has, and will always be, to empower the person



whatever their ability, colour or race. These principals still apply today.

Our residents are now getting out and about, booked are picnics at Walton on Naze and Brightlingsea, trips to the sea life centre and a Scottish day in Colchester. A few of our residents will be going away - some overseas to Europe,



others to our sister home on the Sandringham estate. Like last year we will be having some of our residents children coming into the home. Some come from away and only see their Mum or Dad in School holiday time. We all notice how they have grown.

Staff are also looking forward to their holidays, away with their families to recharge and come back to give time and attention to all our residents.

I hope you are all able to recharge at some point over the next few weeks while the weather is (meant to be) nice.

Take care till next time  
Liz x



## Community Library at The Cross

Every Wednesday 10.00am-12 noon



## The Post Office at The Cross

Wednesday mornings 10 -

## GT BROMLEY & DISTRICT CRICKET CLUB



### 100 Club Winners

May

- |     |               |
|-----|---------------|
| 1st | James Pirie   |
| 2nd | Janet Taylor  |
| 3rd | Jill Frostick |

## HAVING PROBLEMS SLEEPING?

It may have more to do with what you eat than you think. We need nutrients and vitamins to make our body processes work. If these are lacking from your food, this will have a dramatic impact on the body's processes that regulate your metabolism, your health or your sleep.

The circadian timing system (*sleep cycle*) is the body's 24 hour clock. It is regulated in the brain by the hypothalamus – thought to be the master gland of the body's hormonal system.

It controls hunger, thirst, fatigue, body temperature and the sleep cycle.

It is light sensitive, specifically to sunlight, triggering the production of daytime hormones and neurotransmitters that regulate the circadian clock.

If you don't get enough daylight during the day or you are exposed to too much artificial light (*phone, laptop etc*) in the evening, you have a perfect recipe for a disturbed night's sleep. A vital component affected by light exposure is the powerful neurotransmitter Serotonin. It plays an important role in our feeling of wellbeing and it is central in regulating our body clock. Most of the Serotonin is found in the gastrointestinal tract. But, of course, it doesn't just magically appear. It is affected by what you eat, by how much exercise you do, but most of all, it's driven by how much sunlight you are exposed to. Serotonin is produced in the mucosal cells in the intestines; once active, it helps the digestion overall. It is involved in the production of the sleep hormone melatonin as well.

Scientists at the California Institute of Technology have recently discovered that the bacteria in our gut – the gut microbiome - are involved in the production of serotonin. The microbiome, referred to as 'the good bacteria' in our gut, plays a huge part in keeping us healthy in more ways than one. If you have a disturbed sleep, this gives the other 'bad' bacteria (*that also reside in our gut*), a chance to flourish.

It's possible that you are deficient in some nutrients or vitamins too.

Here are some tips on what to eat to improve your sleep:

Try to cut out all processed food. They are high in sugar that feeds the 'bad' bacteria in your gut. Drink filtered water or if you don't have a filter jug, draw a jug of water and leave on your worktop for ½ hour. Some of the chlorine eventually evaporates.

Avoid chemical food additives – always check labels. The shorter the ingredient list, the better.

Lack of **Selenium** may be a culprit in sleep disorders. Just 2 Brazil nuts a day contain the recommended daily allowance of selenium. Selenium is also found in chicken or beef, sunflower seeds or oysters.

**Vitamin C** – eat plenty of green leafy vegetables and some fruit, peppers, kiwi or strawberries, etc...

**Tryptophan** – needed for the production of Serotonin – found in chicken, turkey, eggs, bananas, sweet potatoes, almonds, greens.

**Potassium** – leafy greens, broccoli, avocados or bananas.

**Calcium** – kale (*high in calcium*), other greens, sardines, sesame seeds.

**Vitamin D** – salmon, tuna, mackerel, shitake mushrooms, oysters, but most importantly – natural sunlight.

**Other sources** – sauerkraut, kefir, kimchi, kombucha – these are all fermented foods.

In a nutshell, if you eat plenty of good quality organic vegetables, some meat and a daily intake of fermented food, you will be well on your way to a good night's sleep as well as a much healthier you.

Best of health!

*Suzanne*

Naturopathic Nutritionist

Ref: WDDTY Oct 2016 from an article 'Gut Reactions' and book by Shawn Stevenson 'Sleep Smarter' 2016.

# RECYCLING SYMBOLS EXPLAINED - PART 1

<https://www.recyclenow.com/recycling-knowledge/packaging-symbols-explained>

Packaging labels and recycling symbols are now appearing on lots of everyday items and help us to identify how different types of packaging can be recycled.

Look out for the following labels which appear on all sorts of packaging - from soft drink cans, to bread bags and plastic toiletry bottles. They will tell you whether the packaging is likely to be collected for

recycling or if you can take it to your local recycling centre.

As local authorities do not all collect the same materials, the labels are based on what the majority collect, or do not collect.

**Remember: not all packaging will have a recycling label but this doesn't mean you can't recycle it.**

<p><b>Widely Recycled</b> This label is applied to packaging that is collected by 75% or more of local authorities across the UK, for example plastic bottles.</p>	
<p><b>Widely Recycled - Rinse</b> Rinsing packaging, for example food trays, ensures that any food residue doesn't contaminate other materials, particularly if they are collected together with paper. It also helps to stop attracting vermin into the recycling sorting centres where people work.</p>	
<p><b>Widely Recycled - Rinse, Lid On</b> You might see these on a glass jar, for example. These items should be rinsed, as above, and their lids left on. Even though the lid of the jar might be metal, it is better to be kept on. If the metal lid is too small then it will fall through holes in the sorting process, designed to remove contamination. The metal is separated from the glass by the glass recyclers and goes off to be recycled elsewhere.</p>	
<p><b>Widely Recycled - Flatten, Cap On</b> <b>Flatten</b> – you might see this on plastic bottles and drinks cartons. Squashing or flattening the packaging means that you have more space in your recycling bin. It also makes the transport of recycling much more efficient – less air, more recycling, better for the environment. Replacing the caps on bottles (and some cartons too) helps to keep them flat. <b>Cap On</b> - you might see this on plastic bottles. If the cap is too small then it will fall through the holes in the sorting process, designed to remove contamination. Keeping the cap on means that all of the packaging will get through the recycling process. When recycling is collected all mixed together it also helps to prevent other materials, particularly glass, getting stuck inside the bottles.</p>	

<p>Bottle - Widely Recycled, Sleeve - Not Yet Recycled  <b>Remove sleeve</b> – depending on the packaging it can be good to remove the outer sleeve. For example, a paper sleeve that is wrapped around a large yoghurt pot can be removed and recycled with paper.  Sometimes the sleeves are not recyclable and therefore the instruction is to remove the sleeve and put it in the waste bin. If it doesn't say either way, then you can probably leave it on and it will be removed during the recycling process.</p>	 <p>REMOVE SLEEVE</p> <p><b>BOTTLE</b> Widely Recycled</p> <p><b>SLEEVE</b> Not Yet Recycled</p>
<p>Metal paint cans  Metal paint cans can be recycled at recycling centres. Some paint can also be recycled. Check with your local council.</p>	 <p>WIDELY RECYCLED AT RECYCLING CENTRES</p>
<p>Widely Recycled at Recycling Points: Check Locally for Kerbside  Food and drink cartons  Food and drink cartons, e.g. Tetra Paks are collected by many local authorities and can also be recycled at many recycling centres.</p>	 <p>WIDELY RECYCLED AT RECYCLING POINTS  Check Locally Kerbside</p>
<p>Recycle with Bags at Larger Stores: Check Locally for Kerbside  Plastic film, wrap and bags (PE)  Some plastic films can be recycled at supermarket's carrier bag collection points. Look out for the 'Recycle with carrier bags at larger stores' message on your breakfast cereal, toilet and kitchen roll wraps, bread bag, grocery produce, multipack shrink wrap and newspaper and magazine wraps.</p>	 <p>RECYCLE WITH BAGS AT LARGER STORES  Check Locally Kerbside</p>
<p>Check Locally  This label is applied to packaging that is collected by 20-75% of local authorities across the UK, for example some types of plastic packaging.</p>	 <p>Check Locally</p>
<p>Not Yet Recycled  This label is applied to packaging when less than 20% of local authorities collect it across the UK, for example crisp packets.</p>	 <p>Not Yet Recycled</p>

## ADVERTISING & SPONSORSHIP

### Advertising

Are you a Business operating within a 15 mile radius of our villages?

Would you like to advertise your business?

The Messenger is delivered free to every household in the villages of Great and Little Bromley.

### Sponsors

Would you perhaps become a Sponsor and help keep our magazine printed each month? We are completely self supporting through sponsors and advertisers although Great Bromley parish council would help out in the case of an emergency. Sponsoring a month would give you a permanent box on the back cover and an additional advert on page 2 for one month of your choice (first come with a monthly preference, first choice).

**Contact Richard on [perrybr@btinternet.com](mailto:perrybr@btinternet.com)  
for more details.**

## Recent Meetings

On Wednesday 13 June Tony Diamond's subject was "Chocolate". He presented the history of the colourful discovery of chocolate and the spread of the hot drink in Europe, its astonishing aspects and an overview of its financial importance to the UK.

## Future Meetings & Diary Dates

"Around the World in a Container Ship" is the interesting talk by Peter Hesketh, a former Police Officer & Merchant Navy Purser, on Wednesday 11 July. As a lone passenger for around 4 months it positively was not a cruise. He explains the attraction of and comments on, life at sea when the ship spends so little time in port.

As suggested by Members we are introducing our first August meeting, on Wednesday 8th, when Tania Harrington MA, artist, art lover and researcher will talk on "Art Attack- A History of Vandalism In Art". She will look at works of art that have been vandalised over the years and the reasons behind these criminal attacks, divided into Political Motivations, Mad Attacks and Artist Attacks. It will be a serious, at times disturbing, but also humorous illustrated talk.

On 12 September Taff Gillingham, Historian,

will present a very British view on "Remembrance And The Great War". Taff advises film makers emphasising the need for historical accuracy on the 1914/18 War.

## 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 . We are affiliated to the Third Age Trust, have over 350 members and 40 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 for 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 over 1,000 U3As throughout the UK today!*



# STOUR VALLEY MEN'S PROBUS CLUB

## Recent Meetings

Dr John Knight spoke to us on 6 June on the life of "John Betjeman "The Man & His Poetry" and on 20 June Chris Parfitt presented "A Portrait of a Suffolk River". Both meetings were much enjoyed by members.

## Future Meetings & Diary Dates

On 4th July John Field will introduce us to "The Treasures of Ipswich". We hold our Summer Buffet at The popular Haywain on 18th July when our spouses and Probus Widows join us for what is sure to be an enjoyable event and a tasty meal.

We don't meet in August and return in the autumn on Wednesday 5 September when Tracey Macknew of the Giggly Pie Co will present her "Life Story". Then

on Wednesday 19 September David Ablewhite will return to tell us about "The

Other Prince William".

## Meeting Venue

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

## New members are welcomed

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 for 10.30am. Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.

# SPRINGTIME Music at Little Bromley Church

On Saturday the 26<sup>th</sup> May at St. Mary's Church, Little Bromley, the Friends held an afternoon of tea, music and cake.

Throughout the afternoon you could hear beautiful music from Julie on her clarinet, Gregory on the organ and singing with guitar from Dorothy.

The 28 people present also enjoyed the lovely cakes on offer made by our local cooks. The flowers made the church look even prettier and a good time was had by all.

In the midst of this, we held our Friends Annual Meeting. Gregory (our Chairman) reminded everyone of all that had happened over the past year. He thanked lots of people for their help in the church. He

stated that last year we were able to donate £410 to the Churches Conservation Trust. The committee were all voted back on with everyone willing to stand again and Ann Clark joining us. Ann Fairley stepped down as Treasurer and Gregory thanked her for all her work during the 12 years she had held this position. The afternoon ended with more music and a few more cakes!

Another event to look forward to is our **Bromfest on Sunday 29<sup>th</sup> July** between **12 noon and 5pm**. Come and have a lovely lunch whilst you are being entertained. Admission free, everyone welcome.

*Carol Cordwell*



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

Telephone: 01206 230305

We joined schools around the country and across the globe to celebrate Outdoor Classroom Day. Throughout the day, the children worked in mixed-age groups on a wide variety of activities in the school grounds and immediate surrounds. We were fortunate to have beautiful weather for it and children and staff alike had a fantastic day. It was lovely watching the children work together to solve problems, create art work, explore the grounds and learn new skills. As well as enjoying a picnic lunch on the field, the children took part in the following activities:

Orienteering, Geocaching, Storytelling, Team games, Natural weaving, Shape challenges, Mapping and Habitats and Natural Art.

On Wednesday 6<sup>th</sup> June, Years 4, 5 and 6 attended the Essex Food and Farming Day at Writtle College, Chelmsford. Initially, we were guided to the Livestock area, where we watched a man shearing a sheep while he explained the costs and crops needed to raise his flock. He told us that only 1/7 of the Earth's surface can be used to produce crops. Here we also spoke to farmers about

the life cycles of their stock, including cows, goats, pigs and turkeys.

Next we went to the Food Area, where we tried all sorts of different fruit, vegetables and meat. Some people even tried flowers! The farmers talked about how the crops were grown and harvested. This was then backed up in the Machinery Area where the farming year was demonstrated by many large machines including a Combine Harvester and a Baler.

After lunch, we visited the Environment Area, where a variety of groups who work in the Countryside talked to us. This included The Sewer Quiz which helped us think about what we throw down the toilet! Then Anglian Water asked us to make a vow to improve our water use.

Finally, we visited the crops tent, where we learnt about different and unusual vegetables. We also learnt about the process of making Oilseed Rape oil and wine! We also got free onions! It was a fabulous, very well organised day, helped by the weather. Many thanks to all those involved. *By Year 4.*

# FROM THE RECTORY

For church junkies who enjoy nothing more than travelling around the country and visiting places of worship - and there are some - the lack of imagination when it comes to the naming of Anglican Churches must be quite striking. St Mary is far and away the most frequently used. More than 2,300 churches in the UK are dedicated to her, with the catch all 'All Saints' the next most popular, followed by St Peter, St Michael & St Andrew.

This makes it even more noticeable when a church is dedicated to a Saint that is unique to one particular place.

Chittlehampton in Devon is one such village. The eight hundred or so residents live in the shadow of a strikingly large parish church that rejoices in the name of St Hieritha, the only one in the UK with that dedication.

Hieritha was born in East Stowford near Barnstaple in Devon sometime in the 8th century. Having converted to Christianity, she founded a church in Chittlehampton, before meeting her death at the wrong end of a scythe at the behest of her non



believing step-mother. According to legend, a spring of water appeared in the place that her body hit the ground - a welcome miracle at a time of drought.

Although the vast majority of church buildings that have been built in recent times are not dedicated to one Saint or another, there is a special place for those that are. They honour the heroes and heroines of the faith. Those that have given so much for what they believe in. Those who we would do well to remember.

I wonder what kind of legacy we expect to leave behind us?

The late American president Ronald Reagan has a Presidential Library and Center for Public Affairs named after him. Another President, Herbert Hoover, will be remembered by a dam on the Colorado river. Musician John Lennon has an airport, pop star Lady Gaga a type of fern and Pope John Paul the Second a beetle.

Will we be remembered by the games we won, the business we ran, the families we raised or the money we made? Or might we be remembered for the way we loved the stranger and the outcast. The way that we loved God.

*Simon*

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

01206 392659

[www.lawfordchurch.co.uk](http://www.lawfordchurch.co.uk)  
'Loving God. Living Life.'



## Services for July

### St George's Church, Great Bromley

*Welcome to our services*

<b>July 1<sup>st</sup></b>	<b>Trinity 5</b> 9.15am	Holy Communion with hymns
<b>July 8<sup>th</sup></b>	<b>Trinity 6</b> 10.30am	Parish Eucharist
<b>July 15<sup>th</sup></b>	<b>Trinity 7</b> 9.15am	Family Service
<b>July 22<sup>nd</sup></b>	<b>Trinity 8</b> 10.30am 6.30pm	Parish Eucharist Evensong with choir
<b>July 29<sup>th</sup></b>	<b>Trinity 9</b> 10.30am	Benefice Eucharist

<b>Vicar:</b>	Revd Canon Simon Heron	01206 392659
<b>Churchwardens:</b>	Mrs Jenny Nicholls	01206 230688
	Mrs Yvonne Cobbold	01206 230360

*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)*

#### St Mary's church, Lawford

Every Sunday	8.00am	Holy Communion
1st Sunday	10.30am	Holy Communion
2nd Sunday	10.30am	Family Service
	6.30pm	Evensong
3rd Sunday	10.30am	Holy Communion
	6.30pm	Café Church
4th Sunday	10.30am	Morning Worship
Wednesdays	9.30am	Holy Communion

#### St Mary's church, Little Bentley

1st Sunday	10.30am	Morning Prayer
3rd Sunday	10.30am	Holy Communion

#### St Mary's church, Ardleigh

1st Sunday	10.3am	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 and children welcome  
All are welcome  
3.00pm to 3.45pm  
Refreshments, activities

#### Church Lunch

Friday 6th July at 12 noon  
Please come & join us for friendship & fun.