

The Messenger

The Magazine of
the villages of
Great & Little
Bromley

August 2019



Stanley Johnson,
winner of the Junior Rock
Competition at Great Bromley
Flower Festival 2019 and his
winning rock 'Dad
rocks' (right)



THE FIRST PAGE

The beauty of a small garden is the ease of care! I can sit on my new swing chair ('cocoon' it is called) guilt free that I don't have to jump up and do tons of weeding or cutting back. I am learning to grow vegetable in pots with greater and lesser success and using old pallets to slot the pots in. A brand new garden also produces surprises. The soil here is completely different to that in the garden of Badley Hall and different wild flower seeds dormant in the earth have popped up. Along with the silybum thistle, the teal and, my favourite, the statuesque verbascum which came with me in pots, wild poppies and a tall wildflower have appeared. The tall wildflower, thanks to a friend, has now been identified as weld or Dyers Rocket which, in olden days, was used to make a yellow dye. Mixed with the blue dye made from woad you get a green dye!

Once upon a time I would have experimented making the dyes but my 'experiments' used to end up either a disaster, creating a dreadful mess or evil smelling although I did make from comfrey a poultice which worked on Eleanor's bad leg (though she didn't appreciate it - it was green, slimy and smelt a bit!) as well as comfrey liquid manure (very smelly) which is excellent; I have some in the process of maturing in a watering can as I write. However the comfrey and marigold antiseptic ointment I brewed and kept till maturity at three years was truly dire and

went straight into the bin with no one even trying to see if it worked!

The Great Bromley Flower Festival at the church has just taken

place and how beautiful the church looked. There are pictures of the flower arrangements scattered throughout the magazine for you to see.

The Tendring Show enjoyed near perfect weather this year! It was neither too hot nor too cold and it was lovely bumping into so many of you there and having little catch up chats. I then came home to the Men's Singles Final in the afternoon and there I stayed for the next five hours ...! Crikey the stamina they have.

Enjoy the holidays.
Leonie



MATERIAL for the **SEPTEMBER 2019** edition of 'The Bromley Messenger' should reach the Editor, Leonie Henderson, by

14th AUGUST 2019 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.

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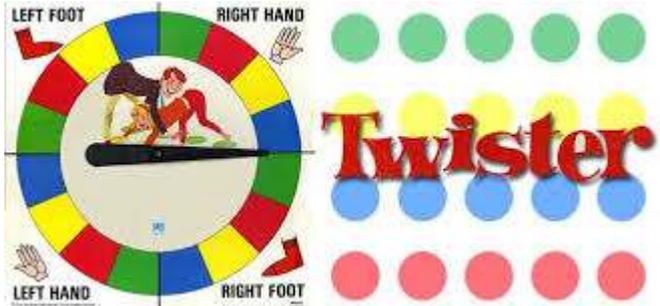
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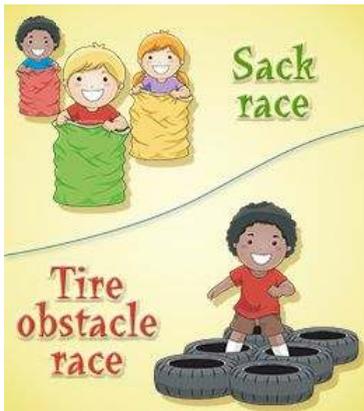
GAMES TO PLAY OUTSIDE

Garden Twister

Make your Twister as small or large as you want. Spray paint the circles directly on to the grass and you can keep playing until the next time to mow. Make sure your parents say 'yes' to your painting the grass!



Garden Obstacle Course



Gather up items (make sure you are allowed to take them outside) from around the house and garden and make an obstacle course. Then test the speed you can get round it. Or you could make a small obstacle course for your model cars etc to race around.



Back Garden Memory Game

Make - or draw - and stick on to sheets of card (so they don't blow away!) two identical pictures. Make at least 10 more pairs (but you can do as many as you want). Muddle them up and, picture side down, place them on the lawn or patio. Each player then takes it in turn to turn the picture over trying to match up the pairs. If they don't match turn them back over in their original place and the next player tries their luck. The player with the most pairs at the end is the winner. How good is your memory?

Have fun!

KIDS IN THE KITCHEN

Summer holidays are here! Some simple ideas for fun, tasty cooking with the kids

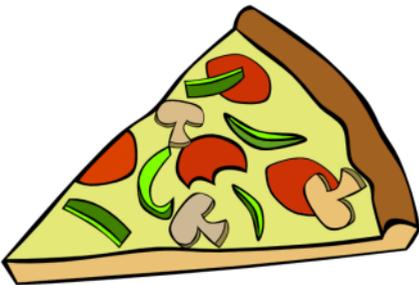
Individual Quick Pizzas

225g SR flour
½ teasp salt
2 level Tablespoons baking powder
30g butter
60g finely grated hard cheese
120ml milk (about 10 tablespoons)

Rub butter into flour, salt, and baking powder in a bowl. Add grated cheese, stir in the milk and using a fork, mix to a rough dough. Turn onto a floured surface and knead lightly til smooth. (Alternatively, just combine all the ingredients and whizz up in a food processor til it comes together). Roll into a sausage and cut into 3 - 6 equal portions, depending on how big you want your pizzas. Make into a ball, and roll out or squash down into a round.

Spread with pizza sauce, and each can add toppings of their choice, such as mushroom, ham, peppers, sweetcorn. Sprinkle with grated cheese. Bake in a hot oven (220*/gas 7) 10 or 15 minutes til risen and browned.

For super quick pizzas, use English muffins cut in half as the base.



Rock Buns

225g SR flour
80g butter
80g sugar
100g mixed fruit
1 egg
A little milk.

Rub the butter into the flour until it makes little crumbs. (or use the processor for this step). Add sugar and mixed fruit. Beat the egg and add. Add 1-2 Tablespoons of milk and stir with a fork until it clumps together. (If you use too much milk you will have flat pebbles instead of rocks!) Pile a good tablespoonful onto a greased baking tray in rocks 2 inches apart. Bake at 200*/gas 6 15 minutes til lightly browned. Cool on a rack.

All-Summer-Long American Brownie Mix

Mix up a batch of this and store in a jar/tub for a shortcut to delicious brownies;

4 cups plain flour
4 teaspoons baking powder
4 teaspoons salt
8 cups sugar
2 ½ cups cocoa powder

To make the brownies,

2 cups brownie mix
2 Tablespoons oil
2 beaten eggs
1 teasp vanilla
(2/3 cup chopped nuts if you like)

Stir it up into a lumpy mix. Spread in a greased or lined 8" square pan, cook at 350* 20-25 minutes. It will still look moist so don't overcook! Cool in the pan, then slice into small squares. If you line the pan with greaseproof paper you can lift out the brownies more easily.

4 Have fun in the kitchen!

Dorothy Frostick

What a treat to have Adam Whiteman as our speaker this month. Adam is an archaeologist and worked on the dig as Fenwicks, Colchester was being renovated. Fenwicks is on Colchester High Street – the same high



street as the Romans walked down 2000 years ago. The shop is in the centre of the original Roman fortress in AD 43 – when the Roman 20th legion invaded

and marched into town.

Colchester has had a long and rich Roman history – the Romans did not leave until about AD 410, and the centre of the town shows a rich history through layers of soil and mud.

Underneath the rear of Fenwicks there were some fascinating finds; a piece of brick wall which had not been plundered for use in another building project, a cross section of a Roman Road – the High Street – and a thick layer of ash and burnt debris which can be dated exactly to AD 61.

It was during this year that Boudicca, Queen of the Iceni marched into Colchester. She had amassed an army who were not happy with the way that the Romans were administering England. She marched south from Norfolk to destroy the Roman administrative capital. However, the Roman army was away in Anglesey, and Lincoln. By AD 61 the town of Colchester was thriving with a large temple of Claudius, Roman Baths, and a theatre that would seat 2000 people. Boudicca had no resistance. She burned all of the buildings within the original fortress to the ground, flattening any buildings that remained standing. She attempted to erase all evidence of Roman inhabitancy in the town.

The Romans marched back to London to protect the fledgling town. Boudicca marched south and destroyed London as the Romans retreated to St. Albans, followed by the queen. There she was defeated and killed herself.

Colchester burned depositing a thick layer of ash and charcoal around the town – marking this event precisely as the volcanic eruption of Pompeii preserved the town as it was in AD 79.

The archaeological team discovered a house under the proposed Fenwicks building. This house, had burned to the ground in AD61 yet the team found amazing finds. Along the side of the house wall they found carbonised remains of a wooden table with charred remains of dates, and date twigs sitting on top of a wooden platter on the table. They discovered carbonised remains of lentils, chickpeas, wheat, figs, grapes, white mustard seed, fennel, fenugreek, spelt, millet, beans and peas. This house belonged to a wealthy family. A dark patch showed a shallow indentation in the ground. There they found treasure – hurriedly buried under a wooden chest. Gold and silver jewellery was stuffed into a leather bag and hidden.

This house belonged to a high status retired Roman official – his copper alloy Bulla – evidence of a boy born to a Roman family was stored with his medallion of Jupiter, and armbands that were awarded for valour and bravery. His wife had gold bracelets, five gold rings, and a keepsake – dating from 80 BC passed down through the family. All of these items are on display at Colchester museum, but don't show the devastation and loss that everyone must have faced during this terrifying time.

So next time you are in Fenwicks, buying a trinket for the family, think of the people in Boudicca's time who lost all that they had as she burned the town to the ground. Consider yourself lucky that we live in such a historical area – in more peaceful times.

Eileen Brown



GREAT BROMLEY WI DARTS TEAM



The former Erdelega (Ardleigh) WI darts team are now members of the Great Bromley WI. This year the team were very successful, reaching the finals of the Essex WI Darts Tournament, held in Chelmsford in May. We won the first two games, lost the next two and it then came down to the team who scored the double in



Members of Gt Bromley WI Darts team
L to R: Jane Salmon, Pat Ainger, Tessa Halsall



Bobby George at The Cross

In June, member Amanda Lucas, manager of The Great Bromley Cross, was able to arrange a masterclass with the one and only Bobby George for the team. It was a great evening, we learnt a lot about 'grouping and muscle memory' and have been busy since then practising

the last game, which we unluckily lost. We were not disheartened, we had made it to the finals, one step better than in previous years.

ever since.

We have also played a friendly match, again organised by Amanda, against the St Osyth WI darts team at the beginning of July, in which we were lucky enough to score those 'doubles'. A return match is planned for August, so we need to keep on practising.

We practise every Wednesday at The Great Bromley Cross from about 7.00pm. So join the Great Bromley WI and come along and play.

Pat Ainger

GT BROMLEY & DISTRICT CRICKET CLUB



100 Club Winners

June

- 1st - D. Lording
- 2nd - James Carver-Hardy
- 3rd - David Goss

IN THE GARDEN WITH KATE



The mantra of feed, water and deadhead continues into August. The pots and tubs that have been flowering their socks off all summer will need TLC now if their displays are to continue into the

Autumn. Regular watering is essential, even if it rains, as most tubs and pots, especially the smaller ones, will simply not get enough moisture. Deadheading regularly will prevent a plant setting seed, which effectively puts the brakes on future flowers. Feeding on a regular basis helps too; as any purchased enriched compost will have exhausted their supply of fertiliser by now.

Late summer is an excellent time to start planning for next year. Hardwood cuttings can be taken from woody herbs, shrubs and roses; softwood cuttings from pelargonium, fuchsias and other frost tender plants. Clematis and rhododendrons can be propagated by layering. Collect seeds from rock plants, trees and shrubs and hardy annuals. These need to be completely dry before storage and then put in a labelled paper bag in an airtight tin. Bearded irises can also be divided now.

When the flowers are over, lavender can be clipped and the heads dried for lavender bags (good moth deterrent) and heads of everlasting flowers will also need to be cut and dried.

In the greenhouse, continue to ventilate well, and damp down regularly in hot weather. Tomato plants need to have their bottom leaves cut off to aid ripening, and tomatoes, peppers, aubergines, cucumbers and melons harvested when ripe.

Gooseberries, red and blackcurrant bushes and summer fruiting raspberries need to be pruned now, when all the fruit has been picked, as do fan and cordon trained fruit trees.

In the vegetable garden, French and runner 7 beans, lettuce, beetroot, turnips, courgettes, onions, marrows, calabrese, summer squash,

second early potatoes, outdoor tomatoes and globe artichokes should be ready to harvest. In the new gaps, carrots, peas, turnips, lettuce, baby spinach, spring cabbage and oriental leaves can be sown. It is a good time of year to cut fresh herbs and freeze them ready for winter soups and stews.

By now the lawn may look rather worn and sad, but try not to water it. It will recover after a good soaking from the rain, and watering just encourages shallow roots. However, regular mowing is still necessary. Some climbers such as wisteria and some clematis will need to be trimmed back otherwise they soon get out of control.

I hate to spoil the summer by mentioning the "C" word, but if you intend on planting some containers with forced hyacinths for Christmas, it is worth keeping an eye open at your local garden centre as the bulbs may well start appearing by the end of the month. Other spring flowering bulbs (unforced) can be potted for an earlier indoor display (but not necessarily Christmas).

Have a wonderful time if you are going on holiday, but if not, enjoy your garden!

Kate Strowbridge



CUTTING CONNECTION TO USA

I had an email some time ago from the USA, which I have never followed up on but will share now, from a chap who had spotted the Stone Connection pages on the GreatBromley.org.uk website:

"The Cutting family also left Great Bromley, in 1634. Susan's husband apparently died and left her with their son Richard, named after his father, and daughter Susan, named after her mother. (Using the same names for your children was not unheard of in those times).

Susan remarried soon after the death of her first husband, but without waiting the "prescribed" mourning time. Apparently, she and her children left Great Bromley for Ipswich due to church persecution, and

from there sailed on the ship *Elizabeth* landing in Boston. Susan's new husband was a wheelwright in the town of Watertown, Massachusetts."
Stephen Cutting, California USA

A little search on the internet turns up:

The Great Migration: Passengers of the *Elizabeth* sailing from Ipswich on April 10, 1634.

Amongst the passengers were:

Kemball Henry 44, from Rattlesden, Suffolk bound for Watertown.

Kemball Susan 35, wife of Henry

Kemball Elizabeth (9) child of Henry

Kemball Susan (7) child of Henry

Cutting, Richard (6) stepchild of Henry
Kemball



I am very glad that Stephen troubled to get in contact and reveal the connection. Anyone with any further information about the Cutting connection please let me know!

Hugh Frostick
07722 253962
hugh@greatbromley.org.uk

FRIENDSHIP CLUB

At our June meeting we held a minute's silence in memory of Paddy and Margaret. Donations have been sent to The Royal British Legion and Battersea Dogs' home respectively.

The key to the village hall has been returned to the Village Hall committee who have very kindly suggested we place a poster in the hall indicating our new venue and times.

Our Speaker for the afternoon was unavoidably delayed in traffic and consequently unable to give her talk.

Speaker for July will be Barbara Faulkner and the competition a book mark.

No decision has yet been made regarding the format of the August meeting. The competition for August is a paper weight.

Sylvia Ward



SEVEN RIVERS CHESHIRE HOME

Hi everyone,

I hope you all are enjoying the summer weather.

Like most grandparents these days I will be on granny duty during August. This I always look forward to with a mixture of excitement and dread. My grandchildren live 200 miles away in Coventry, so are used to living in a city, I live in a village. My grandson who is now 11 (and will be moving up to his secondary school in September) understands that in a small village with no shop you can't just go and buy something if you run out, but my granddaughter still does not understand that shops don't open 24 hours a day in small towns. But this year I have also taken extra time off. They will be staying with me for a week, so this year I have taken recovery time into my leave from here and booked 10 days off.

Over the last few months we have been raising money to buy a new wooden gazebo, we now have the funds to proceed with this. So I hope by the end of August I can put a photo in this section for September, so you can all see what some of you have helped raise the funds for. We had hoped to raise funds from our sponsored walk, but this had to be postponed due to bad weather on the day. The new date for this walk is Saturday 21 September. If anyone is interested in joining us please contact me on 01206 230345

Yesterday on Radio BBC Suffolk they talked about the well being factor of volunteering in retirement. If anyone is looking, or know anyone who could benefit from helping us, please contact me at Seven Rivers. We enjoy having volunteers come into the home it gives a very different dimension to the home. You don't need any special talent, if you can chat and enjoy the company of others then that's just what we need. On Saturday 28 September I will be holding an open day / Coffee morning for those who are

interested in becoming a volunteer. Everyone is welcome to come along

I am taking names for those who wish to have a stall at our Market on Saturday 1 December, sorry, it's far too soon to say the C word but I'm sure you all know what I'm talking about.

Have a good holiday away or at home
Take care till next time
Liz x

The Great Bromley Cross

More than a Pub....

Events August

****Every Friday Pub Food 6:30pm to 8:30pm**

Mon 5th - Darts Home Match v The Club
open from 6:30pm All Welcome

Thu 8th - Charity Quiz Night hosted by Grant and Marcus in aid of Heart Foundation 8:00pm, book tables in advance, some food at halftime.

Sat 10th Takeaway night choose from a selection of menus from the pub or bring your own.

Thu 15th - Summer Ramble leaving Pub at 2pm Walking Approx. 8 miles with halfway drink stop. Meal back at the pub after please book Meal in advance £9 each - 3 options

Sat 17th - The Duke Pizza Van from 6pm until 8:30pm

Thu 29th - Open Floor Music Night come and sing, play or listen! from 8:00pm

Sat 31st - Filthy Lounge Band from 8:00pm

Opening Times

Wednesday 6pm - 9pm • Thursday - Friday 5pm - 11pm • Saturday 6pm - 11pm • Sunday 12 Noon - 3pm • Cafe/ Post Office Wednesday 10am - Noon

info@greatbromleycross.co.uk
www.greatbromleycross.co.uk
Tel. 01206 621772



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

Telephone: 01206 230305



On Friday 28th June a team from Class 2 took part in the Small Schools Cluster Scatterball tournament. Gt Oakley, Bradfield and Ardleigh schools joined us here at St George's. The quality of play was amazing and there were lots of fantastic catches too. A couple of times the ball was hit straight into the bucket! We came first and enjoyed collecting our medals and the big trophy.

by Oliver S

PTA Summer Fair

Thank you so much to everyone who attended the PTA Summer Fair. It was a lovely, relaxed afternoon and it was great to see families enjoying spending time together in the sunshine. Huge thanks go to the PTA Committee members and volunteers, chaired by Donna Carr, for organising a very successful event. I am pleased to tell you that the event raised an amazing **£1400!**

Half of this will go into the ICT fund and the other half will go into PTA funds which are used towards a variety of different projects and resources for the children. Most recently, the PTA have provided over £250 for additional reading books for the Key Stage One children.

Funds raised by the PTA are more vital than ever in the current climate, where school budgets are under immense pressure and have decreased in real terms over several years. Your support for our

PTA events is therefore hugely appreciated.

St George's Flower Festival

St George's church held their biennial flower festival last weekend. The church looked beautiful and on Friday, our pupils

showcased some of the songs they have been learning this term. Thanks to those who were able to attend; the children sang beautifully and we very much enjoyed being part of this community event.



Peace Garden plea!

We are now in the final stages of finishing the Peace Garden, with work taking place over the summer break. We have had a bespoke metal arch made to mark the entrance to the garden which we would like to fill with small logs, as in the picture here. If you are able to provide any logs / branches which would be suitable, please let the office know 01206 230305/admin@st-georges-pri.essex.sch.uk. We would be very grateful for any donations - the intention is for each child to write their name on a log section to be inserted into the archway.

They do not have to be cut to size as this can be done over the summer.



LITTLE BROMLEY VILLAGE FUND

The Village Fund holds the former 'Amenities Group' monies which amount to £3360.

The rules governing the fund stipulate that the trustees inform the residents when a request has been made to spend some of the money on projects for the Village. We have been approached to see if the fund will contribute money towards a new Composting Toilet for the Church grounds. The sum of £1500 has been agreed. If there are any objections to this, could you please email anita.spall@gmail.com or speak to

Carol Cordwell, Ken Hatch or Anita Spall by the end of August. If no objections are received, the money will be paid on receipt of an invoice towards this project.

We have also been asked if the fund would contribute towards two more permanent Village Planters costing £276 each - making a total spend of £552. Again please email or contact the Trustees with any objections by the end of August. If no objections are received, the money will be paid on receipt of an invoice.

Little Bromley Village Fund

LITTLE BROMLEY PARISH COUNCIL

Email: littlebromleypc@gmail.com

We understand the first Broadband connections are being made in July with BT by some residents. This is great news. A reminder that the County Broadband scheme has been extended to the end of August if anyone wants to sign up to this deal.

The road closure at Pelhams Corner has finally happened and although it's more inconvenient not being able to turn right, it has made a difference to the amount of traffic using Shop Road/Bentley Road as a cut through - the roads are definitely less busy.

The Council met with Highways and our County Councillor to discuss the 30 mph limit along Bentley Road and this was met with support from both parties. A scheme has again been submitted to the Highways Panel so we remain optimistic that this will happen.

The Council has been approached for grants towards the Composting Toilet at the Church and towards two new Village Planters. Both schemes are under review - if anyone has any objections to these grants please email the Council with your reasons before the end of August.

We have been informed that the Car Rally will be held again next year - using the

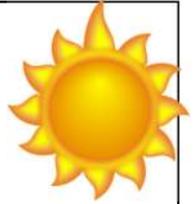
same route. The organiser has offered to come along to a future Parish Council meeting to answer any questions - the date to be confirmed.

The next meeting of the Council will be on the 19th September, 7.30pm at The Haywain.

Little Bromley Parish Council

	The Post Office at The Cross Wednesday mornings 10 - noon
	Community Library at The Cross Every Wednesday 10.00am-12 noon

2019 EVENTS



AUGUST

- 1 Wind in the Willows, Lt Bromley church, 7.30pm
- 7 WI BBQ, Fryerning, Gt Bromley, 12.30pm
- 10 Bromfest, Lt Bromley church, 12.30pm
- Race Night, Gt Bromley Cricket Club Marquee, 7.00pm
- 14 Great Bromley Parish Council meeting, Village Hall, 7.30pm
- 17 Ardleigh Annual Horticultural Show, Ardleigh Village Hall, 2.00pm
- 26 Panto Horse Derby Day, Colchester High Street, 10.30am
- 31 Cantilena Cellos, Lt Bromley church, 12.30pm

SEPTEMBER

- 11 U3A meeting, Constable Hall, E Bergholt, 2.00pm
- 19 Little Bromley Parish Council meeting, The Haywain, 7.30pm
- 21 Sponsored Walk, Seven Rivers
- 26 Ardleigh WEA, Village Hall, 2.30am
- 28 Open Day/Coffee Morning, Seven Rivers
- Boxted Silver Band, Thorrington church, 7.30pm

OCTOBER

- 9 Anglia Baroque concert, Lt Bromley church, 1.00pm
- U3A meeting, Constable Hall, E Bergholt, 2.00pm

NOVEMBER

- 29 The Snow Queen play, Lt Bromley church, 7.,30pm

DECEMBER

- 1 Christmas Market, Seven Rivers
- 23 Christmas Carols, Lt Bromley church, 7.30pm



Age Concern N E Essex

PANTO HORSE DERBY DAY 2019

26th August

10.30am-3.00pm

Colchester High Street

including

Fire Engines * Rodeo Bull
Riding * Face Painting *
Scavenger Hunt * Dance
Troupes * Singing Groups *
Clog Dancers * Irish Dancers *
Military Marching Band *
Morris Dancers * Art
Competition

FOR MORE

INFORMATION, 01206

368420

Ardleigh Annual Horticultural Show

Ardleigh & District Horticultural Society are hosting the Ardleigh Annual Show on Saturday 17th August 2019 at Ardleigh Village Hall, Station Road, Ardleigh (CO7 7RS).
Open to the public from 14:00 prizes presented at 16:15.

There are classes for Vegetables, Fruit, Flowers, Dahlias, Flower Arranging, Homemade Wine, Cookery, Handicraft, Photographs and Children's exhibits. Refreshments are available. Schedules for anyone interested in exhibiting are available at Craft Nurseries, Ardleigh Newsagents and online (just google Ardleigh Horticultural Show)

Friends of Little Bromley Church EVENTS August 2019

Thursday 1st August at 7.30pm - tickets £10
(also concessions)

WIND IN THE WILLOWS – a return of the talented This Is My Theatre group
Tickets available from
www.thisismytheatre.com

Saturday 10th August from 12.30pm to 4.30pm - Free admission

BROMFEST – folk music for all, with light lunches and teas.

Saturday 31st August at 12.30pm - Free admission

CANTILENA CELLOS lunchtime concert - hot drinks available, bring a picnic lunch.

Follow the Friends of Little Bromley Church on @FofLBC and join the mailing list via Facebook or contact friends@littlebromley.org.uk

Friends of Little Bromley Church EVENTS 2019

October 9th

Anglia Baroque lunchtime concert
1.00pm. Free admission
November 29th

The Snow Queen (This is My Theatre group)

7.30pm tickets from
www.thisismytheatre.com

December 23rd

Christmas Carols

with seasonal refreshments
7.30pm. Free admission

Seven Rivers Cheshire Home

The **Sponsored Walk** earlier this year was postponed due to bad weather on the day.

The new date for this walk is Saturday 21 September.
If anyone is interested in joining us please contact 01206 230345

28th September

Open Day/Coffee Morning

Saturday 1st December
Christmas Market



St Mary Magdalen
Church
Thorington
presents



Boxted Silver Band

Saturday 28th September 2019
at 7.30pm

Come and join us for an evening of entertaining music
Light refreshments served during interval
Entry £8

The Refill Van

visits the

Great Bromley Cross car park
on alternate Wednesdays between 10-12
at the Coffee Shop

August dates: 7th and 21st

Called "An Ethical Life" they sell refills of popular cleaning products – like washing up liquid, liquid soap, bars of soap, loose beans and lentils and the like. They also have some fresh produce for sale. You can bring your own bottles, punnets and boxes for refilling.

Little Dragons Pre-School - Great Bromley & Frating

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

Ofsted Inspected

Website: www.littledragonspreschool.org



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 came into effect from September 2017 -give us a call for more details.

We have had a very busy time this term:

Thank you all so much for your donations and support for our Summer Fayre on 15th June.

The weather was lovely (not too hot) and we raised a fantastic £1271.

On 21st June we once again took part in the Barnardo's Toddle around the beautiful grounds of Leonard Cheshire Disability. This year the theme was 'animals' and staff and children looked great all dressed up. Thank you to all those who took part – we have raised £65 so far and still have some more to come.

On 29th June we joined Gt. Bentley Carnival procession – we had a lovely time and our float won 2nd prize in its category for the second year running! Some of our children and families joined us for the procession – thank you to all who were able to make it.

We really couldn't do any of this without you! We would again like to thank all our parents, friends and staff for their continued support, time, generosity and hard work. We really do appreciate you.

Wishing you all a lovely holiday and look forward to seeing you in September.

FUNDRAISING:-

Please help us to collect:

We are now collecting **CRISP PACKETS** – reduce landfill waste and help us raise money too! Any brand of crisp packets accepted including multi-pack outer packaging.

We are still collecting biscuit wrappers (sweet and savoury)/ 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

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Dates for diary:

Thursday 5th September – Autumn Term begins



GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

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



Glass Recycling facility at The Cross – please can all users be considerate of neighbouring properties when using the facility – we suggest use could be between the hours of 8am to 6pm.

Footpath Warden vacancy – we have an opportunity for someone who is keen to contribute to the village. The footpaths around our village need someone who can notify the Clerk of any work or maintenance required, and any safety issues. If you are interested, please contact the Clerk via clerk@gbpc.org.uk

Ian Davidson. It was an opportunity to highlight some of the issues we face such as flies, broadband, the Rally and lack of ditch clearance enforcement. Mr Davison made a note of all our concerns and promised to contact the relevant authorities where appropriate.

We will be asking Essex Highways if more 'Beware – Horses' signs can be erected on some roads in the village.

Our next meeting is at 7.30pm on Wednesday 14th August in the Village Hall – everyone is welcome.

We had a visit from TDC's Chief Executive, *Lizzie Ridout, Parish Clerk*

PLANNING DETERMINATIONS

REFERENCE	PROPOSAL	LOCATION	DECISION
19/00659/FUL Mr G Orme	Extension to bungalow and addition of front porch.	The Cottage Badley Hall Road, Great Bromley CO7 7UX	Approval - Full 04.06.2019 Delegated Decision
19/00321/FUL Mr Andy Hunt - Wentworth Developments Ltd	Proposed 4/5 bedroom chalet style dwelling with detached garage and new vehicular access.	Land Between Fieldside and Eltone Frating Road, Great Bromley CO7 7JW	Approval - Full 25.06.2019 Delegated Decision
19/00703/FUL Mr Paul Wareing	Proposed first floor extension to front.	Atlantis Chase Road West Great Bromley CO7 7UA	Approval - Full 28.06.2019 Delegated Decision

PLANNING APPLICATIONS

REFERENCE	PROPOSAL	LOCATION
19/00879/ AGRIC	Proposed single storey pitched roof building FOR INFORMATION ONLY	Newhouse Farm, Hall Road, Great Bromley
19/00915/FUL Mrs Sarah Curtis	Proposed annexe in garden of farmhouse. Great Bromley Parish Council had no objection to the application.	Hazels, Carringtons Road, Great Bromley CO7 7XA

MY CARE CHOICES REGISTER



New technology to record end of life choices

If you have an incurable illness or care for someone who has an incurable illness or is suffering from fragility or dementia, then this article will be of interest to you.

Have you heard of the My Care Choices Register, or MCCR for short? Developed and introduced by St Helena, the charity which helps local people face incurable illness and bereavement, the MCCR was first launched in September 2013.

Research had showed that people don't want to spend their last year or their last days in hospital but this was often the case due to poor co-ordination of care or crisis driven care. The introduction of the MCCR has alleviated some of these issues.

The patient is empowered to record their end of life choices. Questions such as: Who do

you want to care for you when you are too poorly to manage it all yourself? Where would you like to be? What information do you want those caring for you to know? These are often subjects that are never discussed – they are the elephant in the room.

Did you know that if you want to die at home, then you must have a DNACPR (do not attempt cardiopulmonary resuscitation) form in place? This information can be listed on the My Care Choices Register and all local health care professionals can view it.

To find out more, visit www.mycarechoices.online or chat to your healthcare professional. The My Care Choices Register is specific to north east Essex but anyone can download the booklet and start the conversation.



Past Meetings

On Wednesday 10 July Paul Stancliffe, Media Manager of The British Trust For Ornithology, talked to us on "Bird Migration". He explained what we know & what we don't know. How the BTO is using the very latest technology to uncover the mysteries of bird migration. We followed cuckoos, nightingales and swifts as they undertook amazing journeys to and from their wintering grounds.

Future Meetings & Diary Dates

Our August Meeting, is a Member's only event and will be held at the Venture Centre, Lawford, CO11 2JE, at the normal time, on the 14th of the month. Further information will be given at our June & July meetings.

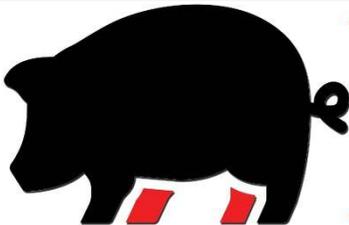
The theme of our meeting on 11 September is "Great Composers Of Film Music". Steve Johnson, a film enthusiast, will recall the history of music in film from the beginnings

of sound, with emphasis on specific composers who have made significant contributions to music in film.

Jenny Gibbs will talk to us on "An Englishwoman's Life in Rural Turkey" on Wednesday 9 October. Her stories capture a simple, serene, pastoral way of life in a Turkish mountain village unchanged for centuries, from the day she first arrived there 25 years ago to today.

Each month, the Coffee Grinders meet at The Lambe School, Gaston Street, East Bergholt, CO7 6SD from 10-12 noon. This meeting especially welcomes new members but gives all members the opportunity of meeting the activity Group Leaders and the Committee whilst enjoying a cup of coffee. The next meeting is on Friday 30 August.

For further information please visit www.stourvalleyu3a.org.uk where our membership secretary Val Pretty may be contacted.



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MAKING YOUR OWN BATHROOM CLEANER

Some of you will have seen the recent BBC Programmes "Blue Planet" and "War on Waste" and may have decided that it's time to do something about it. We can all help in small or big ways. For the last year or so I have been making my own bathroom cleaning spray which is based on acid so it shouldn't be used on granite or lime tiles. It means I save on lots of plastic and there are no chemicals involved so it's like a double whammy. Some people in the Cross Coffee shop the other day asked me what the recipe is, so I thought I'd share it with everyone as it is so easy.

1. Get a large glass jar – a Kilner type jar is really good for this (see pic). Fill it halfway up with white non-distilled vinegar.
2. Every time you have a piece of citrus fruit, put the skins or peel in the jar.
3. Top up the vinegar from time to time to make sure the fruit is covered. Then leave it for about 2 weeks, preferably on a warm windowsill.
4. When you want to use it, get a couple of plastic bottles with triggers and using a sieve pour it halfway up the bottle. Then

simply add water to dilute it. Give it a good shake and it's ready to use.

The bits left after brewing can be put on the compost heap.



Left: Citrus peel in the jar



Right: The finished product!

There are lots of recipes on the internet for making your own cleaning products. Bicarb and citric acid are great for cleaning too.

Lesley Broadbent



STOUR VALLEY MEN'S PROBUS CLUB

Recent Meetings

Peter Jones talked about "Martello Towers Of Essex" on 3 July and on 17 July Liz Barringer talked about the work of "The Leonard Cheshire Homes". Both meetings were most interesting and enjoyed by all Members present.

Future Meetings

We do not hold meetings in August and our speaker on 4 September is Mervyn Linford introducing us to the river from "Cattawade Bridge to Ha'Penny Pier". Ted Wheatley will return again and his subject is "Speakers' Corner" on 18 September. On 2 October David Prynne will talk of "China, past and present" and two weeks later on 16 October Cherry Mullins will present "Confessions of a Tour Manger".

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. New Members are always very welcome at all meetings of the Stour Valley Men's Probus Club, just join us at 10am on a meeting date. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. We meet on the first and third Wednesday of each month in Manningtree at 10 for 10.30am. Please contact President Dave Carman on 01255 880202 for further details

The trouble with sugar and the immune system

I hope you are having a lovely summer, taking advantage of nature's bounty in the form of lots of fruit and vegetables.

It is a common fact that sugar has found its way into almost every 'food' we eat these days. Sugar is being used by food manufacturers as one of the main ingredients in food, the other is salt; both to enhance flavour in processed food. Sugar in its natural form from fruit and vegetables isn't bad for you. It is the processed sugar which causes the damage. In some countries sugar cane – sugar in its most natural form - is chewed by children and they don't get any cavities. On the other hand children who eat lots of sweets and sugar laden drinks end up with many cavities. As far as sugar cane is concerned, when chewed, one is exposed to the whole plant, which contains vitamins, minerals, antioxidants as well as sucrose (the extract of table sugar). Snacking on refined sugar, which has been highly processed, results in not only decayed teeth but many other health problems. Sugar is one of the most inflammatory foods even in small quantities. And of course inflammation is the start of many a disease.

Sugar will not only suppress your immune system but also your digestion. Your body won't be able to fight off a cold in a hurry if you are snacking on sugar laden foods. It will slow down your recovery.

Here are just some pointers to indicate how excess sugar can negatively impact your immune system:

- Excess sugar causes mineral and vitamin deficiencies
- Sugar feeds cancer cells
- It can cause indigestion, reflux and problems in the intestines
- It can cause diabetes
- It can cause cardiovascular disease

- Sugar will impact the function of enzymes
- It can be the cause of headaches and migraines
- It can increase the risk of gout
- Sugar causes high blood pressure in obese people
- It causes tooth decay and gum disease.

The problem with eating too much sugar is that it will give you a sudden energy boost that will make you feel great and full of energy, but not for long. Unfortunately too much sugar in the blood cannot be absorbed into the cells quickly enough, if at all, and, after the blood sugar peaks, it then plummets, making you feel lethargic.¹ Turning to zero calorie sweeteners like aspartame, saccharin or sucralose is **not** the answer. In the long run they cause just as many problems as processed sugar. They all raise blood sugar levels even more than refined sugar.² – *which is quite a revelation!*

My advice is – let's get back to the fruit and vegetables, good quality meat/fish, plenty of filtered water and some sunshine as well as fresh air in this lovely hot summer we are having. And not forgetting the occasional glass of wine. That should do it!

Suzanne

Naturopathic Nutritionist

Ref: ¹If you are interested in finding out more about how to stop the hidden autoimmune damage that keeps you sick, fat and tired before it turns into disease – read the 'Autoimmune Fix' by Dr Tom O'Bryan 2016 from Amazon
²T.Feehley and C.R. Nagler, "Health: The Weighty Costs of Non-Caloric Sweeteners,"*Nature* 514, no.7521 (Oct9. 2014): 176-77.doi:10.1038/nature13752.



GT BENTLEY DOCTORS' SURGERY

Summer is now in full swing and hopefully any hay fever symptoms are starting to subside now. I've been asked to draw your attention to a couple of points this month as follows:

Call-backs – We need to request that patients always have their preferred call back telephone number to hand when calling the surgery. Our team frequently have to wait for patients to find and read out this number – particularly mobiles - which at busy times can cause longer waits for patients on the phone.

IMPORTANT!! - Dogs – Due to a very nasty incident in June where one dog attacked another resulting in a serious injury, we now have to insist that patients do not bring their dogs to the surgery and leave them tied up outside. We will be putting up signs to this effect soon and will be enforcing this rule without exception. In addition to the risk of dog attacks, we often get complaints from patients who get anxious around dogs, even if tied up. Please respect other patients and leave your dogs at home when attending the surgery.

“10 insider tips I bet you don't know about your GP”

I came across a great online blog by a Dr Jon Griffiths recently which really struck a chord with our GPs. As a result I am serialising this blog with Dr Griffith's permission and share its contents with our patients and numbers two and three are below. You can read the full blog online here: <https://bit.ly/2GHIjRt>

Your Doctor has entrusted their reception staff with an important job

- And that job is not just to make things as difficult as possible to make an appointment! The receptionist's main job is to deal with enquiries, book appointments and generally ensure all is running smoothly. They are not medically trained, but they will have a really good understanding of the

services on offer. My advice would be to *entrust them with a rough idea of the problem* that you have. This way they are able to direct you to the most appropriate course of action. Don't forget that everyone who works in the surgery is covered by the same confidentiality clauses. You can trust that the receptionist is NOT going to be talking about you to others.

Increasingly doctor's surgeries include clinics run by nurses, physios, pharmacists and more. If you ring and insist on an appointment with a doctor, without explaining that it's because you have a bad back, you might have missed out on seeing the physio – probably a better option for you.

- If you are polite and friendly to reception, they will be polite and friendly to you. They are not trying to be obstructive, they are just doing their job – you might be anxious and stressed, but try to keep calm. The receptionist can be key in getting the right help as quickly as possible – just remember, that help might not be the GP.

So, how many of these top 10 insider knowledge facts did you know? As with all things, the more we know about how things work, the better able we are to work with the system and get what we need done. I hope these facts and tips have been interesting and helpful to you. If they have, why don't you share them with a friend?!

Please remember that there is no Patient Participation Group meeting in August due to the summer break. The next one will be on Thursday 19th September 2019 at 6.30pm in the Great Bentley Village hall.

Richard P Miller – Practice Manager

THE BROMLEYS ROCK COMPETITION

Rock Competition

To coincide with the Great Bromley Flower Festival we decided to hold a competition. A simple idea, decorate any sized rock with the theme 'As Long as I Have Music'. With lots of advance warning and entry forms in the school and at both churches, we awaited the entries. Possibly due to the busy time of year we only had a few responses. The 17 – 99 years entry was won by Mrs Elspeth Knott who received a certificate and prize for her lovely 'I'd like to build the world a home' rock.

On Saturday the 29th June at around 2.15pm we were able to award the first prize in the 6 - 11 years category. Our vicar Simon Heron presented **Stanley Johnson** with his certificate and prize. Stanley had decorated a rock with musical notes to spell 'Dad' and wrote Rocks underneath. This clever 'Dad Rock's' creation took pride of place in our much admired display over the weekend.

Colouring Competition

We would like to thank the 57 children from St. George's School who took part in our colouring competition of a treble clef. A favourite colouring was picked from each class and presented with a main prize during



the school concerts on the Friday morning. Little Dragons also had 16 children colouring in a musical note for the Flower Festival. We awarded a 1st, 2nd and 3rd place and these prizes were given out during their Monday concert.

The colouring banners looked lovely hanging behind the organ for everyone to see during the Flower Festival. All the other children who took part received a small prize.

Carol Cordwell



FRIENDS OF ST G'S

Hi there. Most of us in our village know quite a bit about our church called St. George's. But I realise (with the amount of building taking place and the "For Sale" signs I keep bumping into) that in Great Bromley we have a lot of new residents. Hello!

I would like to invite you to visit and enjoy the beauty of "The Cathedral of the Tending Hundred"

St. George's is steeped in history and is architecturally a master piece. Our Church is the only building in this parish which welcomes you all, it is the only building in this parish which is open to all. Parishioners in Great Bromley may be Baptised, Married and Buried at our church. The Rev. Canon Simon Heron is our vicar and he along with the P.C.C. (Parochial Church Council) administer St. Georges, of course it costs an absolute fortune to keep our beautiful church open for the parishioners and to this end our very small team of volunteers work tirelessly raising money to keep the church central to the village. But, we need new members to our team, new energy, enthusiasm and youth. We are very keen to set up a Friends group to achieve this

Folk like you who love our magnificent 14 century church with its beauty and grandeur. You do not have to be a church goer but just want to see St. Georges remain open for the years to come, the centre of village life. Our Flower Festival this year has been a great success we dont have a final figure but its close to £2000 (not much when you consider it costs £1000 to fill the oil tank) Presently we have two projects, applications are before the D.A.C. for approval.

a) refurbishing

and reordering of the North Aisle to have an accessible place for wheel chairs and buggies - the cost? somewhere in the region of £15,000,

b) Replacement of the windows in the ringing chamber of the Tower. Cost? somewhere in the region of £6000.

So you can see, we need your help...

Another project for the future is a small kitchen in the N.W. corner of the church where we can access running water, hot and cold and do the washing up instead of loading cars and trolleys with dirty cups and saucers or by filling the kettle at the tap - predicted cost somewhere in the region of £13,000.

Help me to set up a "Friends of St. G's" if you want more information please look in the church or alternatively give me a ring and if you want to know more about the projects which are ongoing, the plans and applications are currently on display in the church.

(While there you might like to purchase one of our "Friends of St. G's mugs.)

Looking forward to meeting you all - Come and see us. Come and have a look you are very, very welcome.

Jenny Nicholls, Churchwarden



FROM THE RECTORY

Henry Ford's vision of the future was one in which no-one earning a good salary would be unable to afford one of his Model T cars. Most famously, his description of the choice he would make available to customers is one of his best known quotes.

'Any customer can have a car painted any colour that he wants so long as it's black'

Ford's belief was that it was only 5% of customers who wanted something different. The ninety-five percent would purchase a car without making a fuss or requesting an alternative colour. This, says Ford, is why you should concentrate on the 95% rather than the five.

Visit any car showroom from any model from any manufacturer, even his own, and you'll see how much Ford's legacy, when it comes to customer choice, still exists.

It doesn't.

It's not just the colour of the vehicle that it's now possible to choose, but engine size, interior trim, diesel or petrol, sunroof or not, wheel diameter, sat-nav, dog guard, tow bar and more. The potential combination of variations is endless.

The primary reason for buying a car is usually that it can successfully take you from A to B. The speed, comfort and cost may change, but if the vehicle looks and feels great and just sits on a driveway, then choosing to invest in a bus pass might be a better decision.

When it comes to making the choice of how to spend our money, what is our primary motivation? Is it practicality or beauty? Function or design? Or is just about the price?

Although in the commercial world there is often a distinction made

between cost and looks - some companies actually stress one over the other or that their product straddles both - there doesn't have to be a dividing line made between the two. God would suggest that there is a another way.

Christians understand that God sees value differently. For him, it's determined neither by usefulness or attractiveness. It's a belief that all living things have worth by virtue of that life itself. And from the one who created it in the first place, who'd expect anything else?

Simon

Rev Canon Simon Heron
Lawford, The Bromleys & Little Bentley
Area Dean of Harwich
01206 392659
www.lawfordchurch.co.uk
'Loving God. Living Life.'



ST. GEORGE THE MARTYR, GREAT BROMLEY

August



Welcome to our services

August 4 th	Trinity 7 9.15am	Holy Communion (BCP) with hymns
August 11 th	Trinity 8 10.30am	Parish Eucharist (CW1)
August 18 th	Trinity 9 9.15am	Family Service
August 25 th	Trinity 10 10.30am	Parish Eucharist (CW1) (There is no evensong this Sunday)

Vicar:	Revd Canon Simon Heron	01206 392659
Churchwardens:	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
Facebook or Twitter @StGeorgesGtBrom*

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
Begins again in September
Parents and children welcome
Drop in for fun, games and laughter
3.00pm to 3.45pm
Refreshments, activities

Church Lunch

**Friday, 2nd August
12 noon.**



All welcome to join us.
Donations only.