

The Messenger

The Magazine of
the villages of
Great & Little
Bromley
November 2019
Vol: 3 No: 11



Little Bromley War Memorial

Year photographed and by whom unknown to Editor

THE FIRST PAGE

At time of writing the sun is finally shining after a weekend that can only be described as wet. Actually I have spent all of it indoors nice and snug having had a tummy bug shared with me by the grandson. I have discovered the joys of undiluted Gigglebizz with Justin Fletcher who, over the weekend, I have come to slowly admire. My grandson loves him and I couldn't be bothered to argue.

The dog has been to the vet with a bad paw and is wearing the



granddaughter's unicorn socks (she has grown out of them) during the day and a bucket at night. She is



unhappy with the bucket but grandson thinks it is wonderful when he is a robot.

Katisha is the only one full of beans but refuses to go outside when it is wet so is bored! A small furry toy hedgehog has been a substitute for running around the garden.

The forecast is unsettled but it looks as though we will be in for more rain (which a few weeks back we were desperate for) that could potentially make both bonfire night fun and Remembrance Day services wet and probably cold.

Wrap up warmly!

Leonie

P.S. Don't forget the next issue of The Messenger is the combined December/January issue so be sure to send me any dates through to February. Also please note that any late arriving copy next month will not be included.

MATERIAL for the **DECEMBER 2019/JANUARY 2020** edition of 'The Bromley Messenger' should reach the Editor, Leonie Henderson, by **14th NOVEMBER 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. 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 or www.littlebromley.org.uk

For details of availability and costs for **ADVERTISING** in the 'The Bromley Messenger' please contact the Treasurer on 01206 230537

Please support the sponsors of our magazine.

WI COFFEE MORNING ON 12 OCTOBER

We were worried the day dawned grey and mizzly! - We thought folk would stay warm and cosy indoors on this grim Saturday morning.

But! we were so wrong!

At 9.45 our first customers arrived at the door and more and more continued to come and join us.

Thank you all so much for your support, both our community and ladies from neighbouring WIs, Brightlingsea, Wivenhoe, Elmstead, Thorrington to name a few.

Of course we were all supporting a very worthy cause, Essex and Herts Air Ambulance. Charming Roger came from the charity, ran his own stall and gave an

interesting overview of this very worthwhile charity and all their good works in our area. Great Bromley WI members chose to support Essex and Herts Air Ambulance and have already sent a cheque for £220 to help their much needed funds so that they may continue to fly 24/7 and help residents in our part of the county.

Thank you again there was a super. friendly warm community feel to our coffee morning - people came and stayed for the whole morning enjoying the atmosphere, chatting, laughing together.

We hope you enjoyed it as much as we did.

Jenny Nicholls

THE FIREWORK CODE



Only adults should deal with setting up firework displays, the lighting of fireworks and the safe disposal of fireworks once they have been used (and remember, alcohol and fireworks don't mix!). Children and young people should be supervised, and watch and enjoy fireworks at a safe distance. Follow these top 10 tips for a safer fireworks party:

1. Plan your firework display to make it safe and enjoyable, and ensure it finishes before 11pm
2. Only buy fireworks which carry the CE mark, keep them in a closed box and use them one at a time
3. Read and follow the instructions on each firework using a torch if necessary
4. Light the firework at arm's length with a taper and stand well back
5. Keep naked flames, including cigarettes, away from fireworks
6. Never return to a firework once it has been lit
7. Don't put fireworks in pockets and never throw them
8. Direct any rocket fireworks well away from spectators
9. Never use paraffin or petrol on a bonfire
10. Make sure that the fire is out and surroundings are made safe before leaving.

GREAT BROMLEY AUTUMN LITTERPICK

The Great Bromley Autumn Litterpick will take place on Saturday 9th October, meeting at 10am in the Car Park of the Bromley Cross Inn. Volunteers (the more the merrier, but over 18s only please) should bring appropriate footwear and gloves. Hi-visibility clothing, bin bags and litter grabbers will be provided, and refreshments will be available afterwards at

The Cross Inn.

More details can be obtained from Owen Blowers on 01206 231010



theWI

GREAT BROMLEY WOMEN'S INSTITUTE

Great Bromley WI finds some really interesting speakers for our meetings, and October's meeting was no exception. Our speaker, Linda Holloway told us about the National Garden Scheme. The scheme opens privately owned gardens across England and Wales on selected dates with the proceeds going to charities.

The scheme started in 1859 when philanthropist William Rathbone wanted to train district nurses in Liverpool and beyond. He had hired Mary Robinson as the first district nurse in Liverpool and realised that there was a huge need for more nurses. He needed funds. He worked with Florence Nightingale to develop the nursing service. In 1862 he established the Liverpool training school and home for nurses, which benefitted from a £70,000 donation from Queen Victoria's Jubilee fund.

The idea for people opening their private gardens to the public came from one of the Queen's nursing institute members at a council meeting in 1926. Miss Elsie Wagg channelled the nation's obsession with gardening and invited gardens to open for a fee of one shilling. In 1927 funds raised from the 609 gardens that opened were £8191. This quickly grew in popularity and by 1930 there were 900 gardens that opened to the public including gardens belonging to Vita Sackville-West and Sir Winston Churchill.

In 2019 the scheme made an annual donation of £3 million to its main beneficiaries; Macmillan cancer support, Marie Curie hospice UK and the Queen's nursing institute and several other charities.

Visitors get access to over 3,500 exceptional private gardens. Some offer tea and cakes, others sell plants from their gardens. Dogs are welcome in some gardens, although none in the Eastern region, and some are particularly family friendly. A list is available on the website at ngs.org.uk, and there is an app for iPhone and Android phones too.

Across Essex in 2019 there were 79 privately owned gardens that opened to the public. The National Gardens Scheme printed out 45,000 leaflets this year, reflecting the interest for the scheme. There are some fantastic looking gardens across our region, all well worth a visit. You will be contributing to an excellent set of charities, as well as enjoying a nice day out – perhaps even with delicious cake too. Do plan a visit to a garden soon.

Eileen Brown

The next meeting of the WI is on November 6th, 7.30pm in the Village Hall "Original Gift Wrapping" Dorothy O'Grady. Visitors are very welcome



GT BENTLEY DOCTORS' SURGERY

At the time of writing, this year's flu season has gone

much more smoothly compared to last year. We got all our vaccines earlier and they all arrived on time this year which always helps! We may still have stock available when this is published, so if you think you are eligible for a free NHS flu vaccination, do please get in touch to check and book yourself in to have it administered.



whether they really need to see a doctor before calling and consider using other local services which might be more appropriate. Of course if you consider your problem urgent we are always here to help and our daily on call doctor triage system will ensure you are seen in a timely manner.

As well as some great websites below, you can also get professional medical advice from your local pharmacy, the walk in centre in Colchester and patients can call 111 at any time 24/7 for help and advice.

Living with Type 1 Diabetes

About 8% of people with diabetes have Type 1 diabetes. This is a condition where the body can't make a hormone called insulin, causing high sugar levels in the blood which in turn can damage blood vessels and organs. Type 1 diabetes can occur at any age and is not related to lifestyle or weight.

The treatment of Type 1 diabetes is always by insulin injections or an insulin pump for life. We know that keeping the blood sugars well controlled gives the best outcome and here at the surgery we have a gentleman who has just been awarded his 70 year medal by Diabetes UK. Mr. Plummer was diagnosed at the age of 11, here in



the village. He has seen a lot of changes to his care over the years and we congratulate him on his achievement. I know he is keen to collect his 80 year award in 10 years' time!

Please find below a list of ailments you can safely manage yourself:

- Back pain* *Cold sores*
- Common cold* *Influenza* *Conjunctivitis*
- Constipation* *Diarrhoea* *Insect Bites*
- Period pain* *Earache* *Haemorrhoids*
- Migraine* *Hay fever* *Head lice*
- Headache* *Nappy Rash* *Sore Throat*
- Nasal Congestion* *Sinusitis*
- Sprains/ Strains*

There are other conditions that can be managed at home if they are not related to any other underlying conditions, for example: cough that doesn't last for more than three weeks, Heartburn & indigestion unless symptoms persist.

The Patient Participation Group will be holding its annual general meeting at 6.30pm on Thursday 21st November at the Great Bentley Village Hall.

Richard P Miller - Practice Manager

Winter Demand – Help us to help you!

As we head into winter, demand for our services usually increases substantially. We really do need all of our patients to consider



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

Telephone: 01206 230305

Key Stage Two outcomes

We were delighted to receive a letter from Essex County Council's Director of Education, Clare Kershaw, congratulating us on our Key Stage Two outcomes this year. 100% of our pupils reached the expected standard in Maths, Writing and Grammar, Punctuation and Spelling; 94% in Reading. This is compared to a National figure of 65% and puts St George's in the top quartile for pupil attainment. This achievement is down to the hard work and commitment of pupils and staff; well done to all.

MARATHON KIDS LAUNCH DAY

At the beginning of the term we welcomed Martine, from the charity 'Kids Run Free' to our school to introduce the Marathon Kids programme. The scheme is simple: a running course has been set up and measured on our field. The children can run laps at break time, lunch time and at set times during class time. For every lap, they receive a wristband; these are counted on a daily basis and will be logged online by the four Marathon Kids ambassadors so we can track individual and class / whole school achievements.

The children are thoroughly enjoying the programme.



Class 4 trip to Barleylands

On Tuesday 24th September Class 4 took a coach to a farm called Barleylands. When we arrived we were greeted by a lovely woman called Donna. She led us to a

room with a kitchen at the back. She explained the Stone-Age with lots of fascinating facts to us. We went to a museum to see artefacts and then had a long stroll in the vegetable green house.



We gaped and gasped at all the fruits, herbs and vegetables. We then picked herbs and blackberries to use for cooking. We also ate some of the big juicy ones but Mrs Brincklow bragged about getting the best ones! After this we visited a big barn with 11 pens all housing different animals of all shapes and sizes!

Continued on next page ..

We had our lunch and then started cooking. Firstly, we made Stone Age bread by adding flour and water and then moulding it into fun shapes. We put this in the oven to cook and then made our Stone Age stew. We were given a bowl of ingredients to chop up which included: apple, onion, carrots, mushrooms, blackberries and herbs and leaves. Donna then boiled this. We were given the stew and the bread to take home to eat. It was delicious. We had a really good day at Barleylands.

By Jessica B and Emily T

Harvest Friendship Club Tea

On Wednesday 25th September the Great Bromley Friendship Club came to school for a tea party. It was an amazing afternoon with laughter, biscuits, tea, dancing and singing. Class 1 and 2 children started the afternoon by singing a song and this was followed by Class 4 singing our favourite harvest song - Harvest Samba. After the singing, the Year 6 children served the Friendship Club tea, coffee and biscuits. We really enjoyed talking to them.

At the end of a lovely afternoon we presented them with boxes made up from the food that was kindly donated by pupils and parents at our school. This was a lovely afternoon and we are sure that everybody can't wait for this occasion next year.

By Alice B and Pru F

Baby Chicks in School

It has been a very eggciting couple of weeks in Class 2. We had a special delivery of ten eggs which we had to keep warm in an incubator. After two days the eggs began to wobble and some small cracks appeared in the egg shells.



We also heard some cheeping coming from

inside the shells. Next the shells began to crack open and one by one the baby chicks appeared. The children were eggstatic! At first the baby chicks were wet and grey but as they dried they turned yellow and fluffy. Class 2 took eggcellent care of the chicks and had fun holding, stroking and learning about them. The chicks have been collected and will go to their forever homes.

By Class 2

ALDI'S KIT FOR SCHOOLS CAMPAIGN

We are taking part in Aldi's Kit for School initiative.....To be in with a chance of winning £20,000 we need to fill a poster with 300 stickers! Please ask family and friends to collect the stickers on our behalf - we will need all the help we can get to complete this challenge!

Every time you spend over £30 in any Aldi store you'll receive a Team GB sticker. Take your stickers to school to help complete your poster. Once complete with 300 stickers send the poster back to us to receive an exclusive sports kit and to be in with a chance to win £20,000 for your school.

Please bring your stickers to the school office. Thank you

KITCHEN CORNER

Apple Snow

Serves 4

2 egg whites
120g golden caster sugar
375ml unsweetened apple sauce
Pinch of cinnamon
4 tsp muscovado sugar

Whisk egg whites until stiff, and fold in caster sugar. Whisk again until shiny and smooth. Mix the apple and cinnamon and fold into the egg white mixture. Divide among glasses or bowl and sprinkle muscovado sugar on top of each.

Dorothy O'Grady



Hi everyone,
Normally when I write

my piece for the messenger I am sitting in my office looking out at the garden at Seven Rivers, today I am sitting in my lounge at home looking at the trees wishing I was sitting at my desk. Like most of us there are things that I wanted to do before the onset of winter and one of those was to give my fence in the front on the house a coat of paint. My husband and myself set out full of vim and vigour to get this last job of our garden season done, 'fantastic' we both thought our last job, we have completely made over our garden this year and the fence has been pushed back and back until I felt we could leave it no longer. So armed with brushes and nice barn black paint we started and it didn't take very long. But within the hour of finishing I thought my back was going to split in half. I went to the hospital on Monday after spending the whole of Sunday attached to a hot wheat bag (please be careful if you use these I had burns as had not waited for it to cool a bit after taking it out of the microwave). I was told to rest but not too much as I needed to walk otherwise the muscles would weaken and stop working, so I went up and down and the pain is so bad I could cry at times. So I am giving myself a week of self pity then I have to march on and back to work on Monday.

Part of the reason I need to get back is not only do I miss all the wonderful residents and staff, I enjoy my job. Yes, I moan about this and that and how I would do things better if I was in charge. But we who work at Seven River are very lucky we have staff who help each other and residents who do their bit in helping us and others.

While I could chat all day I need to remind you all about our **Bonfire night** to be held on **Friday 1 November gates open at 6.00pm**, ticket on sale from October 21 or on the gate, but there is a big saving if you buy your tickets before 12 midday on 1 November.

On **Sunday 2 December** we will be holding our **Christmas Market from 2.00pm**. This year we have changed the time, as we will be holding the market in the main hall at Seven Rivers this we hope will give us more room to view the stalls and a special grotto area for Father Christmas who will be walking around handing out sweeties to anyone who has been good this year, and chatting to any children who would like a personal chat or write him a note to remind him what you would like for Christmas.

The sun is shining the fence is looking great (my back is in pain) and I can hardly believe that next month we will be rushing around for Christmas.

So take care until next time
Liz x



FRIENDSHIP CLUB

At our September meeting it was decided to keep the Charity tins for donation Collections.

Members all agreed on the venue for the afternoon tea outing to be arranged at a later date.

An invitation to the harvest praise at St. George's school on 25th September had been received. As many members as possible attended and enjoyed the excellent singing from the children, after which they were served with tea/coffee and biscuits. Many thanks to the staff and children for their hospitality which was thoroughly enjoyed by all.

A poppy wreath will be laid by a member of the Club at the November church service as

in previous years.

We have received a very generous legacy from the estate of Ray Rogers in his memory. A letter expressing our sincere thanks has been sent to Ray's Executors.

Our speaker for the afternoon, Barbara Faulkner then gave an excellent talk on her subject "The Perfect Man" the gingerbread man. Barbara had brought along numerous items relating to gingerbread and filled us in on the background of gingerbread with its medicinal and culinary uses.

Our speaker for November will be Jill Bucke who will talk on Watership Down, and the Competition is a rabbit.

Sylvia Ward

WEA ARDLEIGH BRANCH

CELEBRATE HOW THE BEATLES CHANGED THE WORLD

It was 50 years ago today!

This course explores the history of The Beatles and their influence on everything from music, art, and culture to fashion and politics. While most people are aware of the Beatles, even 50 years on, many will have forgotten how the phenomenon of Beatlemania came about. We will flesh out the pop scene of the time with reference to the promotion of music through foreign tours, recordings, film and TV. We will study the impact of studio technology and press promotion and explore the reasons for the demise of the group (as a collective). Much work will be done on the creative work of contemporary poets, painters, composers and performers. Tutor – Bill Tamblyn

**A ten week course for £57.75*, starting
Thursday 16th January 2020
(2:30 to 4pm)**

Book online now, in advance at enrolonline.wea.org.uk, search for course C2226659 or book by telephone 0300 303 3464.

Meeting at Great Bromley Village Hall, Parsons Hill, Great Bromley, CO7 7JA WEA course Spring Term, welcoming all adults, from all areas. For any further information contact the Branch Secretary, Judy Owens on 01206 257429, or the Branch Chairman, John Terry on 01206 397101.

*Free to those in receipt of qualifying benefits



WHICH DIET?

Do you ever wonder which diet to go for? There is a new diet in the headlines virtually every day. Magazines and TV programmes are full of dietary advice and there are stacks of books to choose from. Whether you want to lose some weight or improve your health in general, where do you start? The list is almost endless. Here is just a small sample of the most popular diets around at the moment:

- The Mediterranean diet
- Paleo diet
- Ketogenic diet
- Vegan diet
- Vegetarian diet
- The Atkins diet
- Weightwatchers diet
- Slimming World diet
- Whole 30 diet
- MIND diet
- Low-FODMAP diet
- The Pioppi diet
- The GI diet

Each of the above diets have something to offer for everyone's taste but is it right for you? Over the past 10 years there have been research leaps into the unknown world of the microbiome – the bacteria in our intestines. Researchers have now found that in fact the state of our microbiome is the most important starting point where our health is concerned. All disease starts in the gut. This isn't a new revelation. Hippocrates – the forefather of medicine - said this in his day: 'You are what you eat' and 'All disease starts in the gut'. If you have unfriendly bacteria lurking around in there and you are feeding them with their favourite food, they will thrive. And that means you will develop symptoms of some sort of illness. The symptoms won't be present just in your gut, but you may experience other symptoms of, let's say, arthritis or headaches, muscle pain, bloating, memory loss, etc.

So what does that mean? Which diet should you go for? The answer is – there is no such diet that fits all. We all have individual bugs in our guts and now there is a test

which can tell you which foods are your superfoods and which you should avoid. I have mentioned in a previous article a test which is now available from the US. The company is called Viome. The test is being offered @ £120 at the moment.

What is the microbiome?:

It is a person's entire collection of microbes living in and on the body – on your skin, in parts of your body, including the lungs and the digestive tract, from the mouth all the way to the colon. When the microbiome is out of balance, your body can't absorb nutrients the way it should. The result is inflammation, the root of almost every chronic disease.

What do you get from your sample?:

You take the guesswork out of eating right with a science-based at-home microbiome test.

Viome use 'metatranscriptomic' sequencing technology that allows them to see every microorganism in your gut and analyse its activity. It took 15 years to sequence the human genome. Viome are now sequencing and analysing the gut microbiome – which includes identifying trillions of active microbes and their pathways and functions - in just a few weeks'.

Some of our family and friends have just done the tests with really surprising results. Each of them has been given different lists of foods to avoid, which foods they should consider as their superfoods and which foods to minimise. It also advises on daily quantities of individual foods. All in all, a very comprehensive and detailed breakdown of your microbiome. For more info and to decipher what 'metatranscriptomic' sequencing means, go to viome.com.

Best of health!

Suzanne

Naturopathic Nutritionist

MORE THAN JUST A FARM

With the nights drawing in the farm has been busy with both livestock and arable. Due to the lack of rain at the end of September, beginning of October the ground was very hard which made things difficult to Power Harrow, plough and drill. But in the second week of October we had



a few heavy down pours. One morning we had just over an inch of rain! With the fields easier to work it was straight back out there getting the seed beds ready for another year. This year we are growing wheat, barley, oil seed rape and potatoes. We use some of the wheat and barley crop to feed our animals.

At the end of September, we had our third



litter of piglets from our resident sow Ruthie, she had nine very healthy and adventurous piglets. Both mother and babies are doing well.

At the start of October, we had a visit from a local school showing the children around the animals and machinery. This was such a great opportunity to educate another generation where food comes from and how a farm works.

Shooting season is again well underway and we will be sourcing pheasants and partridges from local shoots surrounding us. We will of course be making some new game sausages for the season too.

With Christmas now only a month away this year has certainly flown by! We will of

course be offering free range turkeys as well as beef, lamb, pork, venison or anything else you may require for your Christmas dinner. Do make sure to pop into the butchery to collect your ordering form.



Until next time,
Thank you
Becky

www.beckysbutchers.co.uk

2019/2020 EVENTS

NOVEMBER

- 1 Bonfire & Fireworks, Seven Rivers Cheshire Home, 6.00pm
- 2 All Souls' Service, Gt Bromley church, 3.00pm
- 6 Probus meeting, Manningtree, 10.00am
WI meeting, Village Hall, 7.30pm
- 8 Concert, Lt Bentley church, 7.00pm
- 9 Gt Bromley Autumn Litterpick, Bromley ross, 10.00am
Musical evening & supper, Oak Room, Acorn Village, 6.30pm
- 10 Lt Bromley Remembrance Day Service, War Memorial, 10.45am
- 13 U3A meeting, Constable Hall, E Bergholt, 2.00pm
Ardleigh & District Horticultural Society meeting, Ardleigh Methodist Hall, 7.45pm
- 16 Village Hall Christmas Market, Village Hall, 10.00am
- 20 Probus meeting, Manningtree, 10.00am
- 21 Friendship Club meeting, Cross Inn, 2.00pm
Lt Bromley Parish Council meeting, Haywain, 7.30pm
- 29 The Snow Queen play, Lt Bromley church, 7.30pm
- 30 Cricket Club Quiz Night, Village Hall, 7.30am

DECEMBER

- 1 Christmas Market, Seven Rivers
- 4 WI meeting, Village Hall, 7.30pm
- 7 Church Festive Coffee Morning, Village Hall
- 11 Ardleigh & District Horticultural Society meeting, Ardleigh Methodist Hall, 7.45pm
- 19 Friendship Club meeting, Cross Inn, 2.00pm
- 23 Christmas Carols, Lt Bromley church, 7.30pm

JANUARY

- 1 **NO** WI meeting
- 16 Friendship Club meeting, Cross Inn, 2.00pm
WEA Course starts, Village Hall, 2.30pm

FEBRUARY

- 5 WI meeting, Village Hall, 7.30pm
- 8 Willow & Rush Weaving Day, Village Hall, 10.00am
- 12 Ardleigh & District Horticultural Society meeting, Ardleigh Methodist Hall, 7.45pm
- 20 Friendship Club meeting, Cross Inn, 2.00pm

MARCH

- 11 Ardleigh & District Horticultural Society meeting, Ardleigh Methodist Hall, 7.45pm
- 19 Friendship Club meeting, Cross Inn, 2.00pm

APRIL

- 8 Ardleigh & District Horticultural Society meeting, Ardleigh Methodist Hall, 7.45pm
- 16 Friendship Club meeting, Cross Inn, 2.00pm
- 25 2020 Tending & Corbeau Rally

MAY

- 13 Ardleigh & District Horticultural Society meeting, Ardleigh Methodist Hall, 7.45pm
- 16 Ardleigh & District Horticultural Society Plant Sale, Ardleigh Village Hall, 9.30am

JUNE

JULY

AUGUST

Friends of Little Bromley Church

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

Light A Candle All Souls' service

St George's Church, Gt
Bromley

Saturday 2nd November
at 3pm



A time to remember and give
thanks to God for loved ones who have
died.

QUIZ NIGHT

@ Great Bromley Village Hall
Saturday 30th November

- 7.00 for 7.30 pm start
- Bring your own food and drink
- Teams – Maximum of 8
- £5.00 per person
- Contact Tracey on 01206 251434

This is a fund raising event for Great
Bromley Cricket Club

CELEBRATE HOW THE BEATLES CHANGED THE WORLD

A ten week course
starting Thursday 16th January 2020
2:30 to 4pm
Great Bromley Village Hall

SEVEN RIVERS CHESHIRE HOME

BONFIRE NIGHT

FRIDAY 1 NOVEMBER
GATES OPEN 6.00pm



Price List

Pre-paid ticket are available from our
reception from Monday 21October:-
Family ticket £10.00 (2 Adults 2 Children)
Single Adult £3.50 Single Child £2.50
On the Gate

Family Ticket £14.00 (as above)
Single Adult £4.50 Single Child £3.50

**CHILDRENS FANCY DRESS
REFRESHMENTS**

Festive Church Coffee Morning & Messy Church

Saturday 7th December
Gt Bromley Village Hall
10.00am-12 noon

Please check for venue (which if works are
finished it may be in the Church) - watch for
further advertising and Banner. Christmas
arrangements, Cakes, Bric a Brac, Bag a
Bola, delicious refreshments and much more

CHRISTMAS MARKET

SATURDAY 16
NOVEMBER
10AM-2PM

IN AID OF VILLAGE HALL FUNDS.
LOCALLY PRODUCED, HANDMADE
AND OTHER FESTIVE GOODS.

Great Bromley Village Hall
Parsons Hill, Great Bromley, CO7 7JA.

Follow us on FB or Twitter @GreatBromleyVillage
Email: gbvillagehallmarketing@gmail.com

FREE ENTRY!

Refreshments and cakes available in our café area and tickets will be
available for our Grand Christmas Draw taking place on the same day.

SEVEN RIVERS CHESHIRE
HOME

Sunday 1 December
Christmas Market
from 2.00pm





SANTA ISN'T THE ONLY ONE FLYING
this Christmas

Be one of our elves and support us this season.



Essex & Herts Air Ambulance
Your local life-saving charity

Visit ehaat.org/festive to find out more about:

- * EHAAT's Christmas Carol Event
- * Purchasing EHAAT cards and gifts
- * A host of festive fundraising ideas
- * Playing the Christmas Raffle
- * Christmas community events near you
- * Donating to keep us operational

Stour Valley Arts & Music

Sunday 10 November 2019
at 4.00 pm
Trio con Brio Copenhagen
St Mary's Church, East Bergholt
CO7 6TG

Sunday 24 November 2019 at 5.00 pm
Lecture by William Clegg, QC
Miscarriages of Justice I have known
Assembly Rooms, Dedham CO7 6HJ

Sunday 26 January 2020 at 4.00 pm
Jamal Aliyev, cello
Constable Hall, East Bergholt CO7 6TP

Sunday 09 February 2020 at 4.00 pm
Young Musicians' Concert
Constable Hall, East Bergholt CO7 6TP

Sunday 08 March 2020 at 4.00 pm
Carducci String Quartet
St Mary's Church, East Bergholt CO7 6TG

Sunday 29 March 2020 at 4.00 pm
Kammerphilharmonie Europa
St Mary's Church, East Bergholt CO7 6TG

Details for booking etc see
www.svam.org.uk




**The Post Office
at
The Cross**

Wednesday mornings
10 - noon



**Community
Library
at The Cross**

Every Wednesday
10.00am-12 noon

Stour Choral Society

Stour Choral society is busy rehearsing for its autumn concert which will be held on Saturday November 30th 2019 at 2.30pm at Mistley Parish church, CO11 1ER.

We will be performing excerpts from Bach's Christmas Oratorio, and the Fantasia on Christmas Carols by Vaughan Williams. There will also be some 'audience participation' carols.

We welcome back soloists Mitesh Khatri (Tenor) and Gary Griffiths (Bass) and will be ably led by our Musical Director Susie Hyman and accompanied by Stephen Smith, our organist, and Jonathan Abbott on the trumpet.

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.

Over the last few weeks we have been looking at the changing season and weather and the children have enjoyed exploring outside for signs of autumn. They enjoyed finding spider's webs covered in dew and made some wonderful webs themselves using string and glitter. We have been reading 'Oliver's vegetables' and talking about harvest time. We dried our sunflower heads and pulled out the seeds for the birds (saving a few to plant next year) and made garlic bread for snack from the garlic we grew in the sensory garden. We also planted some of the garlic cloves to grow more to harvest next year. The children continue to leave food and water out to hopefully entice a hedgehog to overwinter in our specially built house.

FUNDRAISING CLOTHES COLLECTION – 11TH November

Had a clear out over the summer? Have any unwanted clothes? - please drop off any unwanted clothes to preschool, collection date is 11th November and help us raise funds. Thank you.

Upcoming Event- Christmas Party
Saturday 14th December at Gt. Bromley Village Hall – more details to follow

TerraCycle is a recycling company. Through their free recycling programmes, we can earn TerraCycle points which are redeemable for a donation to our preschool. The more we recycle - the more money we raise! We have recently received a donation of £158.92, a big thank you to everyone who has helped us reach this. Please note - **trigger heads, lids and tops** are **no longer** part of the accepted waste for the programme as they are now accepted in regular recycling services provided by most councils.

Please help us to collect:

We accept **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).

We accept plastic air fresheners and plastic cartridges/ refills and flexible wipe packaging, **but no longer accept trigger heads, lids and tops.**

Posters are displayed at preschool with full details of what waste is accepted.

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

Tuesday 5th November 2019 - Pre-school returns

Monday 11th November 2019 - Clothing

Collection at Pre-school

Dates for diary:

Monday 4th November – Pre-school inset day (No Preschool)

Breakfast & After School Clubs as normal for St George's children.

LITTLE BROMLEY PARISH COUNCIL

Email: littlebromleypc@gmail.com

At the last Council meeting, the Corbeau Rally organisers came along to give an update on next year's planned rally, which is also going to be a stage in the 2020 British Rally Championship in England. The Council suggested to the organisers, that as the Rally has been such a success that they might like to make a donation towards the planned Church Toilet at St Mary's Church.

A representative from the Contractors who are employed on the A120 works was also in attendance and was asked why Bentley Road was shut during daylight hours. We understand it is because of noise disturbance at night for houses near the junction.

We also understand that new planters are being sourced to replace the existing wooden ones and the Council would like to thank Ken and Roly for continuing to plant and care for these. If anyone can offer any help watering these then please contact Ken Hatch.

A reminder that there will be a service at the War memorial on the 10th November, starting at 10.45a.m. for anyone who would like to come along.

The next meeting of the Council will be on November 21st, 7.30 pm at The Haywain

Little Bromley Parish Council

ST HELENA HOSPICE STALL BRIAR ROAD

As you may already know, our stall will be closing as a charity stall on 31st December 2019 due to circumstances beyond our control.

The Stall will still be open next year as normal selling:- kindling, bird seed, jigsaw puzzles. There will also be flowers, plants and vegetables when available.

Jenny and John



GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

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



The November litter pick is scheduled for Saturday 9th November in time for Remembrance Sunday. Willing volunteers over the age of 18 should meet at 10am at The Cross Inn where litter picks and routes will be allocated. Thank you to all those who volunteer for this.

We hope that many of you were able to visit Hamilton Lodge during the Open Day on October 19th. This was a unique

opportunity to discuss the developers' plans for this historic and important site in the village.

Applications for S137 funding will be considered at our meeting in November and successful applicants will be written to and invited to the December meeting to receive grants.

Lizzie Ridout, Parish Clerk

PLANNING DETERMINATION

REFERENCE	PROPOSAL	LOCATION	DECISION
19/01035/FUL Mr Colin Wake	Proposed two storey side extension and rear conservatory to be rebuilt as a sun room.	Southerndown Frating Road Great Bromley CO7 7JW	Approval - Full 05.09.2019 Delegated Decision

PLANNING APPLICATIONS

REFERENCE	PROPOSAL	LOCATION
19/01234/FUL Mrs Germana Sinatra	Proposed ground level 20m x 40m manege for private recreational use. Great Bromley Parish Council had no objection to the application.	Greshams Farm, Harwich Road, Great Bromley CO7 7UH
19/01302/FUL Mr and Mrs Beale	Proposed rear single storey extension. Great Bromley Parish Council had no objection to the application.	1 Manor Cottages, Mary Lane South, Great Bromley CO7 7UD
19/01303/TPO Mr Mark Lamb	1 No. Lime tree - reduce by 30%. Great Bromley Parish Council had no objection to the application.	Lake Side, Badley Hall Road, Great Bromley
19/01353/OUT Mr and Mrs Owens	Erection of a bungalow with associated double garage, driveway and garden area. Great Bromley Parish Council had no objection to the application.	Wisteria House Back Lane East CO7 7UE
19/01324/AGRIC	Proposed agricultural storage building. FOR INFORMATION ONLY	Holly Lodge, Colchester Road, Great Bromley
19/01371/ COUNOT	Conversion of agricultural building to a residential dwelling. FOR INFORMATION ONLY	Willow Farm, Hilliards Road, Great Bromley



ESSEX WATCH DARKER NIGHTS' ADVICE

The clocks go back on 27th October - are you prepared?

This time of year historically sees an increase in dwelling burglaries. As the autumn nights draw in, the tell-tale signs of the empty house become more apparent.

As the days get shorter (if you work away from home or even go to get the children from school) by the time you return home it may already be dark. A house in darkness indicates that no one is in and can make you a target, especially if your neighbours houses have lights on or show other signs of being occupied. If you back onto open land or have parking areas or footpaths to the side or rear this may be even more apparent.

Create the "Illusion of Occupancy", when it's dark - make it look as if you are in.



Leave lights on or put them on timers or daylight sensors to come on when it gets dark. Remember though if you leave lights on in the hall or on the landing to supplement these with lights on in rooms that would usually be occupied at that time of day. A carefully placed "Fake TV" can further add to that illusion of occupancy by making it appear that the television is on. Some burglars may also listen at windows or letterboxes for sign of activity, so

consider leaving a radio on within your home.

Don't forget the outside of your property too, if burglars see that it is lit they are less likely to approach for fear of being seen. With energy efficient bulbs the cost of leaving lights on is much reduced and more environment-friendly.

At the front of your house consider "dusk till dawn" lighting around the porch area if your house is overlooked. Automated lighting at the sides and rear are only advised if the areas are overlooked by your neighbours. If not then consider a manual switch on the inside of your property so that you control when the area is lit. Remember that lights can be an aid to burglars, particularly if they are not going to be seen whilst going about their business.

Terry Fowles

Essex Watch Liaison Officer

Essex Police - Local Policing Support Unit
Chelmsford, Maldon, Braintree, Colchester
and Tendring Districts
Tel - 101 x 420149

Need to contact Essex Police ? Please always dial 999 in an EMERGENCY.

If you have hearing loss or a speech impairment and are unable to make a voice call, you can use the emergencySMS service. Find out more and register on the [emergencySMS website](#).

To report a non-emergency crime you can:

Use our [do it online](#) service

- Call our non-emergency number **101** or alternatively 01245 491491
Call in at a [police station](#)
Use our minicom service on 01245 452828. The minicom service is a typewriter device that allows people certified deaf or with hearing or speech problems to contact us.

Past Meetings

Jenny Gibbs talked to us on "An Englishwoman's Life in Rural Turkey" on Wednesday 9 October. Her stories captured 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.

Future Meetings & Diary Dates

On 13 November Magistrate Graham Higgins will talk of "Tales From The Bench". He will look at our legal heritage, particularly the part played by Suffolk. He will relate how the role of magistrates and local events have played a part in this history and will bring us up to date with an opportunity to decide how a defendant should be sentenced by briefly outlining a case. He will also include some of his unusual experiences on the bench.

We don't hold a speaker meeting in December but instead a Christmas lunch and this year it is being held on Wednesday 11 December at the Ipswich Best Western Hotel, Copdock IP8 3JD. This is always a very popular event so an early reservation is advised.

On 8 January Chris Parfitt, a retired teacher, will enlighten us on "The Mysteries Of Easter Island." He will present an illustrated talk in which he will look at life on this remote island today and he will explore its unique history revolving mainly around the famous statues and some of the theories surrounding them.

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 29 November.

Membership

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as

well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 400 members and 37 active groups. For further information please visit www.stourvalleyu3a.org.uk where our membership secretary Val Pretty 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 and this entitles members to attend the meetings that take place on the second Wednesday of each month, except December. Whilst Visitors are welcome to join us on a limited number of occasions, paying a donation each time, Members are given priority, for safety reasons, due the halls limited capacity.

Remember

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

Remembrance Service St George's church, Great Bromley November 10th

Join us at the War Memorial at 10.45 for a short service and laying of wreaths and afterwards in church for a service of Thanksgiving, Remembrance Reflection and poems.



STOUR VALLEY MEN'S PROBUS CLUB

Recent Meetings

On 2 October David Prynne talked of "China, past and present" and two weeks later on 16 October Cherry Mullins presented "Confessions of a Tour Manger". Both meetings were much enjoyed by members.

Future Meetings

Andy Malcolm will talk about the good work undertaken by "The Fishermen's Mission" on 6 November and two weeks later on Wednesday 20 November Sara Waterston of local Hunnaball Funeral Directors will talk on "The Humorist Side Of Funerals".

Our speaker on Wednesday 4th December is Simon Gallop introducing us to "The unknown Constable Country". We end the year with our popular Annual Christmas Quiz and it is rumoured that there are some valuable prizes to be won on this occasion.

We will not be meeting on the 1st January and so our first meeting in the New Year will be on Wednesday 15 January

when our Member Michael Hole will talk to us about "First & Second World War Prisoner of War Camps".

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.

NEWS FROM ST G'S

Well, you'll never believe the transformation which has taken place in the North Aisle!! There is now space, light and accessibility. Works have not finished yet but it is so exciting to see our vision for this space becoming a reality.

There have been struggles to overcome along the way, for instance, the bricks for the floor proved hard to find and match up - I understand Lodges sourced the bricks from a firm in Bury St Edmunds. The floor is beautiful, we wish we could relay the white bricks in the whole church - perhaps one day?

The good news is that amazingly we have not had to close St. G's throughout the weeks that the work is taking place, weekly services, a wedding, a school service have all taken place. We couldn't have done this without the help and support of a very hardworking band of helpers who came to

help sometimes at very short notice - Help me, I need you, can you come? Thank you to all of you (Carole, Sarah, Marion, Susan and Dorothy) you are stars.

At the same time as the works in the North Aisle we have also been upgrading accessibility and safety to the Tower, especially for our fantastic band of bell ringers. We now have lighting up to the steps to the ringing chamber and shortly with new wiring installed will have heating within the ringing chamber. The worn away steps in the Tower will also be made safe. So your vicar and P.C.C. are working very, very hard to keep St G's open for our community now and for years to come. Why don't you pop in and see what we are doing, the church is open every day or contact Simon, Gregory or myself if you would like more information.

Jenny Nicholls

IN THE GARDEN WITH KATE



November.
Bonfires.
Hearty soups
and stews.
Fireworks.
Roaring log
fires.
Hibernation.

Those are the words November conjures up for me. Unfortunately it sounds very calm and orderly, the reality being the frenetic run up to Christmas. Having said all that, escaping to the garden on the dry days is an excellent way to escape the madness!

The garden takes on a beauty when it loses the leaves from the deciduous trees; it gives the gardener the opportunity to see the bones of their garden and perhaps plan how things could be changed or amended. Flowers may be still present in the garden if there has not been a frost; in many years my roses have flowered almost up to Christmas. Dead or decaying plants should be removed or pruned back as appropriate, leaving seed heads for their architectural beauty and their valuable contribution as food for birds. Brightly coloured berries also add colour and wildlife food and ivy flowers, whilst fairly insignificant to look at, offer food for bees. Autumn and winter flowering prunus are wonderful for offering a welcome splash of colour and come in a standard or weeping form. Viburnum and heathers may also be winter flowering, whilst Clematis "Freckles" is an evergreen that flowers in the winter and has beautiful creamy flowers speckled with red.

There are many jobs to do in the garden at this time of year. If mild, the grass will need to be cut regularly, if not quite as often as before, but mower blades should be raised and cutting avoided if the lawn

is frosty or very wet. Leaves continue to need collection and ideally shredded before composting. Bare root trees and shrubs can be planted and existing ones moved. Tulips and hyacinths can now be planted and fibrous rooted perennials divided. Dahlia tubers need to be dug up and stored once the plants have started to die off following the first frost.

In the vegetable garden garlic can now be planted in well drained soil, and leeks and Brussels Sprouts harvested. Winter digging of the vegetable beds can be carried out now, otherwise - weeded and heavily mulched.

Greenhouses need to be cleared, pots washed, surfaces, including the glass, washed down with Jeyes fluid and any lurking weeds removed. Check under stored pots for slugs and snails. Stored fruit needs to be checked every few days for rot or rodent incursion.

Bird baths need to be cleaned and topped up regularly, and if not done before, bird tables and bird boxes cleared and scrubbed before use.

A busy time for all, but enjoy your garden!

Kate Strowbridge

Bocking Concert Band

Concert

FRIDAY 8TH NOVEMBER at 7pm
ST MARYS CHURCH, LITTLE BENTLEY,
CO7 8SE

Tickets £10 including Interval Drinks.
Available on the Door or from Nigel
01206 250622 [nigel@garden](mailto:nigel@gardenconcerts.co.uk)



FROM THE RECTORY

Early on in JRR Tolkien's epic masterpiece, Lord of the Rings, there's a passage describing a birthday party and accompanying firework display, put on by Gandalf the Grey, a wizard of Middle Earth.

In the book, Tolkien describes how the local inhabitants had not seen fireworks like these for many years, as trees, flowers, birds and sailing ships were all created by the wizard's work with coloured smoke and light. The finale was a large dragon that breathed out fire and, circling over the heads of the guests, was the signal that supper was to begin.

Fireworks are often used to mark celebration of some sort. A birthday party, a wedding or New Year. Celebrating the 5th of November, and the good fortune that the UK government had in escaping from the treasonous Guy Fawkes intent to blow up the Houses of Parliament, sounds reasonable enough. Although coupling it with the tradition of lighting a large bonfire seems an odd way to mark the missing of a catastrophe - using as its centrepiece the result that was likely to engulf them had Fawkes plan come to fruition.

Historians have long argued over how the nation would have changed if the Gunpowder Plot by Fawkes and his colleagues had succeeded. As the date chosen was for the opening of parliament, it was not only the MPs who would have been present in the chamber, but the King and Queen alongside many senior palace and other government officials as well. With the plan coming to fruition, the structure of government would have collapsed, a whole level of authority removed. It would have meant starting again from scratch with instability and uncertainty the inevitable consequence.

Although fire can cause damage and destruction, it can also be used to cleanse and renew.

Farmers burn the stubble on the fields that have been harvested to prepare those fields for a further planting. Metalworkers and jewellers refine precious metals in the immense heat of a furnace to remove impurities. God too is like a 'refiner's fire'. We are made more like him through the trails and difficulties, the 'fires', of our lives. It may be painful to go through those burning flames, but we come out the other side holier and closer to him.

Simon

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

Ardleigh & District Horticultural Society

Evening meetings are the 2nd Wednesday of each month at Ardleigh Methodist Church Hall, Colchester Road, Ardleigh and start at 19:45.

Admission is free for members and just £1.50 for visitors, who are always welcome. Refreshments are available after the talk.

Membership is only £5 for each season and you can join at any meeting or at the show

Wednesday November 13th

Chris Cork - Beeleigh Abbey Gardens

Wednesday December 11th

Paula Baker - Suffolk Prickles Hedgehog Rescue

Wednesday February 12th

Tom Willmot and Stuart Gough –
Oak Tree Low Carbon Farm –
Farm, Food & People



ST. GEORGE THE MARTYR, GREAT BROMLEY

November



Welcome to our services

Saturday 2nd	All Souls 3.00pm	'Light a Candle'. A time to remember and give thanks to God for loved ones who have died. An opportunity to light a candle at a short service of hymns, scripture and quiet.
Sunday 3rd	All Saints 9.15am	Holy Communion (BCP) with hymns
Sunday 10th	Remembrance Sunday 10.45am	at Great Bromley Warm Memorial then a Service in church for all the community
	10.45am	at Little Bromley War Memorial
Sunday 17th	Second Sunday before Advent 9.15am	Family Service
Sunday 24th	Christ the King - Sunday next before Advent 10.30am	Parish Eucharist (CW1)
	6.30pm	Evensong (BCP) with choir
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
 After school club for families. All welcome
 Drop in for fun, games and laughter
 3.00pm to 3.45pm
 Refreshments, activities

Church Lunch

1st November
 at 12 noon
 All are very welcome to enjoy together
 home made tasty soup. Donations only

