

TOO LITTLE OR TOO MUCH?

Recently there has been a suggestion that it will be necessary to include in Home Information Packs (HIPs), required to be provided when selling a house, an energy efficiency survey rating the property in a similar way to a fridge or washing machine. This is presumably to make us more energy aware though whether this is in respect of cost or damage to the environment is not clear. If the intention is to reduce attributable CO₂ emissions, would it not be more effective to give each household a CO₂ allowance which would also encourage the purchase of energy from renewable sources or non-CO₂ producing suppliers. The energy efficiency of a property coupled with the choices made both as to energy source and lifestyle might result in a household using more or less energy than its allowance particularly if the application of the allowance was also broadened to cover all forms of travel whether road, air and public transport. No doubt a market for trading in the unused part of any allowance would develop, similar to that envisaged for carbon trading between nations. Those able to afford it would then seek to buy up surplus allowances from others in order to sustain a profligate lifestyle, whilst those truly concerned for the future would refuse to trade at any cost such surplus that they might be able to save. To be effective the allowance would have to be systematically reduced over a period of time until energy consumption and CO₂ emissions were at what might be perceived to be an acceptable level. We are asked to believe that with carbon trading something similar will work at an international level so why should this not work at a domestic level. Or is it all just hot air?

GH

How lovely it was to see all those who came to celebrate with us the 20 years of publication of The Messenger. Contributors, distributors and producers enjoyed an evening in the village hall with excellent nibbles by Sweet Success, drink and a display of past Messenger covers alongside a display of the Archive Collection which boasts a copy of every 'Bromley Messenger' since its inception EXCEPT the first ever edition. Please if anybody has Volume 1, Number 1 (June 1986) of The Bromley Messenger tucked away somewhere that they would be willing for me to keep in the Archives for posterity, I would be very grateful to receive it.

Apologies to those of you who last month received The Messenger with the central pages upside down. The collating machine at the printers had a hiccup and the error was not discovered until it was too late to do anything about it without delaying its distribution.

Leonie Henderson



BRIGHTLINGSEA & DISTRICT ROTARY CLUB



We have recently given £900 to the Little Haven Children's Hospice at Thundersley at their open day. The facilities there are fantastic and the concept of the well being for terminally ill children makes it a really worth while charity.

We also gave £900 to Make a Wish another children's charity that makes their wishes come true.

We are coming to the end of the Rotary year and membership is still a problem, as fewer people seem able to aspire to the Rotary motto of "service above self."

Len Christodoulides

BADMINTON CLUB

A meeting of the Badminton Club will be held at Meadow Croft, Chase Road East (the home of Mr & Mr Golding), on the 17th July at 8.00. Subjects under discussion is continuation of the club and the joining of the Leagues. Anyone interested are welcome to come along or contact Joy Golding on 01206 251027, or anjoknitwear@AOL.com. All comments will be bought up at this meeting.

Joy Golding



GREAT BROMLEY & DISTRICT CRICKET CLUB



Gt. Bromley Cricket Club are organising a **Fun Day** for children of all age groups with competitions etc. at the Cricket Ground **on Saturday 29th July**. Look out for further details.

On **Friday 28th July** the Club will be hosts to Suffolk County U10's v North Essex U11's. commencing at 2p.m. All welcome

100 CLUB WINNERS FOR MAY

- | | |
|------|-----------------|
| 1st. | Mr. Pat Petchey |
| 2nd. | Mr. James Pirie |
| 3rd. | Mr. Dave Hardy |

100 CLUB WINNERS FOR JUNE.

- | | |
|------|-------------------------|
| 1st. | Master Harry Hitchcock. |
| 2nd. | Mr. Phil Allam. |
| 3rd. | Mrs. R. Herring. |

St. George's (C of E) School, Gt. Bromley

Head teacher: Pat Fitzgerald
Telephone: 01 206 230305

The School in the Community

Can you help?

A local nursery has closed and some parents are looking for a child minder. Do you have a spare hour during your week? Do you like listening to children reading? If yes, Pat Fitzgerald would like you to contact her.

After School Clubs

The list below gives the Clubs that are currently organised. If you have any skills that might be of use then please contact the School.

Mondays - Multisports
Tuesdays - Running
- Scatterball

- Gardening
Wednesdays - Rounders
Thursdays - Kwik Cricket
- Running
- Recorders

Vouchers

The School is still collecting vouchers, so drop them in!

- Nestle box tops
- Tesco computer vouchers (*though Tesco have stopped issuing them*)
- Persil Stars
- Ink cartridges



Great Bromley & Frating Playgroup

At Great Bromley Village Hall.
Monday & Thursday 9.30-12 noon
Wednesday 9.15-11.45am
& 12.15-2.45pm
(Lunch time session also available)
Children: 2years-6 months to 5years.
£5.00 per session Ofsted inspected.
For more details/visits, please contact
Group Secretary-Debbie on 01206
250183



Scallywags

At Great Bromley Village Hall
Friday Mornings 9.30-11.30am
0-5years.Parent and child group.
Activities/themed sessions/play equipment etc.
For more details or visits please
contact 01206 230625

PARISH COUNCIL NEWS

Great Bromley Parish Council

Great Bromley Parish Council – 2005/6 Annual Report

The Council represents the interests of the community and undertakes a number of activities that aim to enhance the quality of village life.

The council provides the following services: litter and dog bins, public benches, recycling facilities and car parking at Church Meadow, a recreation ground and play equipment at Hare Green, summer flower tubs. It also maintains the open spaces at Brook Street and looks after the war memorial and closed cemetery. The council's footpath warden monitors public rights of way whilst the tree warden does the same for trees and hedges.

In addition to the above the council accomplished following during 2005/6:

- Closure of the motorcycle racing track near Boudge Hill Woods.
- Provision of a new footway along Hall Road between Lakewood and the Cheshire Home
- Purchase of 400 young trees as the first stage of a long term planting programme.
- Provision of community grants totalling £1900 and grants to individuals in need through the Poorlands Trust.
- Introduction of a 40 mph speed limit along Frating Road.
- Provision of new swings and a skate boarding ramp at the Hare Green playing field.
- Provision of views on 40 planning

applications.

- *During the coming year, the council will undertake the following:*
 - Continue in its attempts to secure additional affordable housing and recreational land for the village.
 - Together with neighbouring parishes and CARD, make robust representations against large-scale industrial and housing development in the village, as proposed in the District Council's replacement local plan.
 - Seek a reduction in the amount of litter and fly-tipping etc.
 - Seek a higher standard of highways maintenance, road cleaning and verge cutting.
 - Tree planting throughout the village.
 - Improvements to Church Meadow and the closed cemetery.
 - Seek the reduction of speeding through more traffic calming measures such as vehicle activated speed signs.
 - Revival of the village pond.
 - Analysis of the village survey leading to the preparation of a parish plan.
 - Monitor the Bathside Bay development and associated proposals for upgrading the A120 and make representations where necessary.
 - Seek the provision of better road signs.
 - Support the village website.

Finances: during 2005/6 the council raised £13,500 through the council tax plus £6600 from other sources. It spent £17,000 and presently has reserves of £19,000. During 2006/7 it aims to spend £21,000 with some of this amount being

devoted both increasing the size and/or number of community grants and on improvements to Church Meadow and the closed cemetery.

The council meets at 7.30 pm on the second Thursday of each month at the village hall and residents are welcome to attend. Otherwise, any concerns, complaints or suggestions about village services etc can be sent to either the Clerk or any councillor. Contact details are provided on local notice boards and the Messenger's inside front cover.

Report of the Great Bromley Parish Council meeting held on 8 June 2006 Planning

Little Bromley Parish Council

The next meeting of Little Bromley Parish Council will be held on 20th July 2006.

For the time and venue please contact the Parish Clerk on 01206 391015.

Great Bromley Parish Council has been notified that there is one final 'Omission Site' within Great Bromley which will be considered by the inspector at the forthcoming public inquiry into Tendring District Council's Local Plan. The Parish council will be considering this at their meeting on 13th July and will respond formally to T.D.C.

The land in question is the land south of the sewage works adjacent to Brook Street, i.e. the old Village Pound. There has been a request that the inspector should allocate this for future development.

There are six weeks during which the public can comment on this which ends on Friday, 28th July. All representations must be submitted on representation forms. These are available from GARY GUIVER, Planning Officer, Council Offices, Weeley, Clacton-on-Sea, Essex CO16 9AJ. His telephone number is 01255 686173. The forms can be downloaded from www.tendringdc.gov.uk, Omission sites.

The omission site reference no. is OMPM.24. Objector's reference no. 10031.

Gt Bromley Parish Council



Thank you to those of you who have completed and returned

their appraisal questionnaires so far. Already, some useful themes are emerging and it is clear that the final appraisal report will contain some valuable information and ideas which will underpin activities in the village for the next year or so.

For those who haven't returned their completed questionnaires yet, you are urged to make the effort to do so **by 10th July**; your views are valuable to us and will help the parish council and other village organisations to plan and prioritise their activities to best meet the needs of parishioners.

If you have mislaid your questionnaire, spare copies are available at the village post office.

Martin Frostick

GREAT BROMLEY VILLAGE HALL CHARITY TRUSTEES

The Village Hall committee met on 6th June under the chairmanship of Martin Frostick. On opening the meeting Martin welcomed the eight Trustees present and thanked Peter Wenden for his hard work over the past 14 years as chairman and for leaving the village hall in its present viable financial position. Peter continues to serve the hall as a committee member. Unfortunately, Pat Swanston found that he could not continue as a trustee and left the committee at the AGM in May. Thank you Pat for your services.

In order to keep pace with rapidly rising running costs, the committee have opted to raise the hire charges for the various facilities at the hall with effect from 1st September 2006. Charges were last increased in 2004.



On Saturday 15th July, from 10.30am till 2.00pm, a Coffee Morning is to be held at 'The Pippins', Waterhouse Lane/Lawford Road by the kind invitation of Peter and June Wenden who would welcome your support and raise some funds for the hall. There will be raffles, stalls, games, refreshments and light lunches for you to enjoy whilst you meet up with old friends and make some new.

For tickets to the Supper, Cabaret and Guest Speaker at the Village Hall on Saturday, 7th October please contact Frederick Nicholls on 01206 230688. This promises to be an enjoyable evening and will raise some funds for the hall.

Your village hall can now offer you a Karate Class on Saturday/Sunday morning (depends on the hall booking schedule which morning it is). Also, you may like to join a Yoga class on a Tuesday morning at the hall. Both of these have been recently introduced. Our bookings person, Lynda Allam, can tell you the contact person for both classes should you like to find out more and join them.

So the 'Bromley Messenger' has just celebrated its 20th birthday. The Organising Committee are congratulated on such a fine magazine for all people in the villages (and some further afield) to have brought to their door each month. It may also be read on the www. More so, as it is self-supporting financially with donors and sponsors, readers can enjoy it entirely free. Thank you to the committee for inviting us to celebrate the birthday with you recently, long may it continue.

The Village Hall committee will meet again on Tuesday, 11th July at the village hall.

Bevan Willgress

WHERE ARE THEY NOW?

I am delighted to say that I have heard from Sally Teatheredge (nee Darby) who is standing at the front of the picture far left holding British Traffic Signs for a New Age.

She goes on to say "I would have just turned eight. Next to me are, I think, Jason and Scott Rawlings, and also in shot, just behind Scott is Benjamin Padfield, whose parents ran the Black Boy pub. The boy to my right with glasses on is, I think, Giles Bennet Smith. My brother Peter, who was nearly seven, is to the far right, wearing the humped back bridge sign, and next to him with the hairband is, I think, Sarah Jolley.

As I recall the theme was new standardised road signs which had been introduced, which we had to learn about in class. We made all the signs ourselves and had to parade from the school to the village hall and then around the cricket pitch.

Pete is now a father-of-two, currently appearing in the Marlowe Theatre's outdoor production of *Midsummer Night's Dream* in Canterbury. My other brothers, Paul and Tim, can't be seen in this shot, but I am sure they are about somewhere.

I am now living just down the road in Wix with my husband, Bill, four-year-old son Barney and another baby due in two weeks time. My youngest brother, Tim, has just moved back to Colchester with his family. As I mentioned Pete lives with his family in Canterbury and older brother Paul lives with his wife in Dawlish, Devon. Mum (Jackie Feander, previously Darby) still lives in Hare Green, with husband Bob. My dad, Charles, now lives in Mudeford, Dorset, with his wife Sylvia and their son John.

We all have happy memories of St



George's and Mr Hadkiss and his team did us proud - we all got to the grammar schools (though whether we made the most of it when we got there is debatable!)."

Does anyone else have any memories? If so, do please write in and let me know. I am sure all the readers wish Sally all the best on the imminent birth of her baby.— Ed.

SURGERY NEWS

Great Bentley Surgery

The hot weather seems to be here again at last – thank goodness – and I'm not going to spoil it by trotting out all the usual, boring old messages about using sun tan lotion, not getting burned, taking care when swimming/barbecuing etcetera, etcetera. Blow it! Let's do what Dr Hunt does and live dangerously. It doesn't seem to do him much harm.

Yes, he's back – for anyone who hasn't seen him roaring around the village on his motorbike. (Not the motorbike he took to Africa, please note. He didn't risk his flash dream-machine in the Saharan sands.) The amazing thing was that he managed to go off sick for a few days almost immediately he got back, but he now seems to be fully fit and back in the saddle, so to speak. He's sailing again too, and he and his partner won their first race of the season a few days ago despite being out of practice. Oh, to have such natural talent!



On the subject of travelling, we are getting more and more people coming in for jabs that they need for holidays booked at the last minute. It's a great way to save on holidays, I know, but there can be a slight sting in the tail when it comes to immunisations.

Firstly, please don't forget that exotic jabs aren't usually available on the NHS. We have to buy them in and charge you for doing them. Secondly, and perhaps more importantly, sometimes the jabs need doing weeks before you go to get full protection from them. Please don't shoot the messenger if one of the nurses has to tell you that it's not worth having a jab at the last moment or that it is going to cost you rather more than you might have hoped. Perhaps it is worth doing a quick check on both points before you book the holiday.

No holidays for the partners just at present, as they have had their noses buried in dozens of applications from hopeful GPs who would like to replace Dr Steiner when he retires early in 2007. The overall quality of the doctors applying to come and look after you lot has been astonishing, and narrowing the search down to a manageable number of interviewees was very hard work. They have finally come up with a short-list and will be interviewing in the

next few days. Hopefully, the identity of the next Great Bentley GP will be known fairly soon afterwards. Rest assured that whoever gets the job will be an excellent doctor.

Some good news for everyone is that people needing referring to hospital are now to have a choice of where they go. Initially, the choice will be fairly restricted with three or four options in most cases. Eventually though, the theory is that you could choose to go wherever in the country you felt would be best for you – even to some private hospitals.

Personally, I'd settle for a spell in Aberystwyth, Skipton or Keswick every time, but I think that the general idea is to select the one that offers the highest success rate, the shortest waiting time or perhaps the lowest incidence of MRSA. I believe that anyone having to choose where to be treated will get plenty of advice on these and other vital issues as well as mundane matters such as travel arrangements, ease of parking and how good the food is. We are told that initial reaction from those who have experienced the system has been really positive, but time will tell how it all works.

The other, closely associated innovation that we will soon be involved in is patients being able to book hospital appointments when they are actually convenient for them, rather than just being sent one on a "take it or leave it" basis. That will make a genuine difference to those of us who have to work, or who have regular family commitments.

Both these new systems will be available very soon here at Great Bentley, once a few adjustments have been made to some of our computers. We all hope that they will make the overall hospital experience pleasanter and less stressful.

Hugh Cronin, Practice Manager

Forthcoming Events

JULY

- 5 **WI meeting, Village Hall, 7.30pm**
- 10 Return completed Village Appraisal Questionnaire to Gt Bromley parish clerk
- 11 Village Hall committee meeting, Village Hall, 7.30pm
- 13 Gt Bromley parish council meeting, Village Hall, 7.30pm
- 15 Coffee Morning at 'The Pippins', 10.30am
- 17 Meeting of Badminton Club, Meadow Croft, 8.00pm
- 20 Friendship Club meeting, Village Hall, 2.00pm
- Lt Bromley parish council meeting, 7.30pm

SEPTEMBER

- 2 Ipswich Operatic & Dramatic Society Concert, Ardleigh Church
- 5 Public Inquiry re: Tendring Replacement Local Plan
- 9 – 10 Festival of Flowers and Music, Little Bromley Church
- 23 Coffee Morning in aid of East Anglian Children's Hospice, Village Hall, 10-12
- 24 Dedham Fun Run

OCTOBER

- 7 Supper & Cabaret with the Cavender Singers, Gt Bromley Village Hall, 7.30pm

NOVEMBER

- 3 Little Bromley Firework Display
- 18 Christmas Fayre, Gt Bromley Village Hall, 11.00am
- PTA Live Band evening, Gt Bromley Village Hall

LITTLE BROMLEY FIREWORK DISPLAY

on
Friday 3rd November 2006
(ENTRY FREE)

We are pleased to announce that we will be once again holding a "Firework Display" in Little Bromley.

We hope that it will be an enjoyable evening for all the family.

There will be burgers and mulled wine available to buy.

We will be having a "**Best Guy**" **competition**, so make a guy and line him up with all the others and see who wins a prize!

In order to make this event a success, extra help is always appreciated. We particularly need some more stewards so if you would like to be involved please let us know.

We will also be looking for donations of wood for our bonfire nearer the date, so if you can remember, please save it for then.

There will be lots more details to follow nearer the event, but if you would like to be a part of this fun evening contact Major Downes on 01206 391015 or Carol Cordwell on 01206 395103.



Dedham Run 2006



10k
race &
2.2k
Fun
Run
Sunday
24 September
Proceeds to
Dedham Primary
School
Ring Glenys for
details
01206 322358

Saturday, 15th July

10.30am - 2.00pm

COFFEE MORNING

at 'The Pippins'

by kind invitation of
Peter and June
Wenden

All are welcome to
support and raise
some funds for Great
Bromley Village Hall.



Gt. Bromley Cricket Club

are organising a

FUN DAY

for children of all age groups with
competitions etc. at the Cricket Ground
on **Saturday 29th July.**

Look out for further details.



Friday 28th July

the Club will be hosts to
Suffolk County U10's v North Essex U11's
commencing at 2p.m.

All welcome

IPSWICH OPERATIC AND DRAMATIC

SOCIETY

2nd September

St Mary's Church, Ardleigh

Time and Booking details to be
announced



COFFEE MORNING

Saturday 23rd September

In Gt Bromley Village Hall

10.00am—12 noon

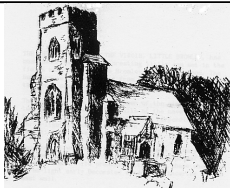
*In aid of East Anglian
Children's Hospice*



FESTIVAL OF FLOWERS AND MUSIC

9th – 10th
September

Little Bromley Church



ST GEORGE'S SCHOOL P.T.A.



Saturday 18th November

We are organising a **live band**
at Gt Bromley village hall.
Further details to follow.

MATERIAL for the JUNE

2006 edition of 'The Messenger'
should reach the Editor, Leonie
Henderson, by **MONDAY, 17th**

July, 2006 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 either be delivered by hand
or sent by post, fax or e-mail. (see
inside front cover for details)

***Please support the sponsors
of our magazine.***



WOMEN'S INSTITUTE

We held our Members' Meeting on the first Wednesday in June which is when our hard working committee is given a rest and members arrange the meeting themselves.

After the business agenda was concluded, the evening started with Jill Frostick giving us an excellent talk supported by slides about two holidays she had enjoyed: one to



Libya and the other in Jordan.

Each of the tables were decorated with a national flag and embroidered tablecloth, collected by members on their various holidays. Teacloths from various countries were hung around the hall. In keeping with the travel theme, our refreshments were from different destinations that members had visited, including some Fairtrade products as well.

Our July meeting, which is also our birthday anniversary, will be a musical evening with Kate Griffiths. Do join us if you can on Wednesday, 5th July at 7.30pm in the village hall.

June Willgress

GARDENER'S TIPS FOR JULY



DAHLIAS: Tie in young shoots - if long stems are required for cutting disbud some of the shoots, leaving only the terminal bud. Remove all faded flowers.

BULBS: For autumn flowering plant **NERINE, COCHINCUM** and **CROCUS**.

IRISES: Dwarf and intermediate bearded irises may be divided at the end of the month. Water well after replanting.

SHRUBS: Take cuttings of **CAMELLIA, HYDRANGEA, PYRACANTHA** and **SKIMMIA**.

Frank Griffiths

FRIENDSHIP CLUB

Our outing to Burnham and Tiptree was very enjoyable and it was nice to have so many non-members with us. We were fortunate to have a good day weatherwise. Thanks to Beryl for arranging - maybe we can have another later this year?

A lady from the Woodland Trust gave a very interesting talk, with slides, at our meeting on 15th June.



To anyone who is not feeling 100% just now we wish them well very soon - SLOW DOWN in this hot weather!

The competition for July is A ROSE.

Vicky Griffiths

FROM THE PAST ...

Wives and Children Remembered

But in a special way!



Joan, wife of Thomas Payne of Great Bromley, was left all his goods and was his executrix but had to give their three daughters named Elizabeth, "Price" and Katherine, three ewes each and to son, Thomas, his great brass pot. His will was made 15 September, 1570.

Ralph Wetherell of Little Bromley left all his goods to his wife but she was to bring up his six children from October, 1568.

Ralph Channer of Great Bromley was a little more cautious. His wife, Elizabeth, was left all his goods in 1570 but only *during her widowhood*. If she married then John Moune and Richard Marrant had one half for the children but *if the children died before Elizabeth*, then whatever remained went to his brother-in-law, Thomas Austen and his children.

John Appleby

A Spanish teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. "House" for instance, is feminine: "la casa." "Pencil," however, is masculine: "el lapiz." A student asked, "What gender is 'computer'?" Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether 'computer' should be a masculine or a feminine noun. Each group was asked to give four reasons for its recommendation.

The men's group decided that "computer" should definitely be of the feminine gender ("la computer"), because:

1. No one but their creator understands their internal logic;
2. The native language they use to communicate with other computers is incomprehensible to everyone else;

3. Even the smallest mistakes are stored in long term memory for possible later retrieval; and
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.



The women's group, however, concluded that computers should be masculine ("el computer"), because:

1. In order to do anything with them, you have to turn them on;
2. They have a lot of data but still can't think for themselves;
3. They are supposed to help you solve problems, but half the time they ARE the problem; and
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have got a better model.

NORTH ESSEX MENTAL HEALTH PARTNERSHIP NHS TRUST

All about being a Foundation Trust member

Who are NEMHPT and what do they do?

North Essex Mental Health Partnership NHS Trust is your local organisation caring for people of all ages who have mental health or substance misuse problems. From helping primary school children overcome behavioural problems, a mother overcome post-natal depression or a father, sister or brother escape addiction – it's often the everyday things we make possible, things that are easily taken for granted.

In all we support about 17,000 people AND their families, every year.

What do you want from me?

We want you to join us as a Foundation Trust member.

NHS Foundation Trusts are a new kind of NHS organisation. A key difference between Foundation Trusts and other NHS trusts is that Foundation Trusts have members who help to shape our future.

Why does this matter to me?

As a member you can play a part in improving local mental health services. And you will be helping to make our society a better place for people who experience mental health problems to live in.

Mental health problems are three times more common than cancer. They can affect anybody at any age. In fact, over the course of just one year, one in four people will experience a mental health problem.

This means that even if you haven't been directly affected by mental health issues, the chances are you'll know someone who has. Maybe someone who is embarrassed to tell you because of the stigma they face.

Membership is your way of showing your support. By signing up you can help stamp out misconceptions about what it means to have a mental health problem. Joining is free and we will not hassle you for money or make demands on your time – you decide how much you want to be involved.

Importantly, you can also find out about your local NHS mental health and social care

services and have your say about how they should be run. Should you or anybody you know ever need our support; you can be sure of the quality of care that will be given.

Becoming a Foundation Trust member is one of the easiest things you can do to support your local NHS services and make sure they are of the highest quality – and it is free!

Please join today.

What difference does being a member make?

Members play an important role in how we run the Trust.

Not only will members be consulted about our plans and any significant changes we make, they will also vote in free and independent elections for a governor to represent them. Governors make sure that members' concerns are heard by the Trust Board and are acted upon.

In other words, by listening to our members we can make sure we are providing the right services, in the right place, at the right time and in the right way.

What's in it for me?

Benefits for north Essex

Simply by joining us you are helping to combat the prejudice and stigma faced by people who experience mental health problems. The larger our membership, the more influence we have to challenge stereotypes and promote positive messages. Think of it as signing a petition stating your support.

If you choose to get more involved by filling in surveys or attending events you will also help to improve the services and support provided to thousands of people across Essex, Suffolk and East Hertfordshire every year. It is completely up to you how much you get involved.

Benefits for YOU

There are also personal benefits we can offer you, such as:

- ✓ being better able to understand some of the issues that may affect people you know and care about

Continued on next page .../

- ✓ being able to tell us what you think – and knowing that you will be listened to
- ✓ meeting new people who share your interests and experiences at members' events.

What will I have to do as a member?

Membership is free and we will not ask members for money or for any other commitment. It is completely up to each individual member how much he or she wishes to get involved in correspondence with us or in any other activity

As a member you will be able to:

- receive regular information about our services
- be consulted on our plans for the future
- be invited to attend members' events
- vote for a governor to represent your views at the highest level
- stand for election as a governor yourself.

We hope that all our members will take part in our annual elections for governors. We will send you all the information about candidates in your area and what they stand for. Voting will be free of charge and run independently by the Electoral Commission. However this will not be compulsory.

Who can be a member?

Everybody who is aged 14 years or over and lives in the area in which we provide services is eligible to join as a member. All our staff are also eligible to join, no matter where they live, as long as they have a contract with us lasting 12 months or more.

We provide services in all the areas shown in the map below:

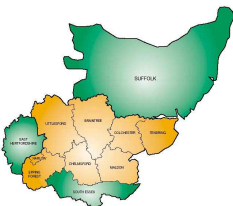


Image 1: Everyone who is 14 and over living in this area can become a member.

Who else has joined?

Lots of people have already joined. We are up to 514 public members* and have the support of local mental health organisations such as Mind and NEST as well as other prominent

community organisations like Essex County Cricket Club.

More and more supporters are being approached and are coming on board every day.

* figure at 1 June 2006. This figure does not include our 1,960 staff members

How do I join?

Joining us is easy!

All you need to do is fill in a membership application form and send it to us. We even have a free post address so that you don't need to put a stamp on the envelope.

To make things even easier you can join online on our website www.nemhpt.nhs.uk

If you have any questions or would like to speak to somebody about membership and what it means for you please call our Foundation Trust office on freephone **0800 169 1625**.

Please make a difference – become a member today.

KITCHEN CORNER

When the summer comes we start to think about cold dishes and salads. Here is a good fish dish which can be served hot but is really good cold.

Fish Mousse

- 2 lbs of cod or coley fillet
- ½ salmon, or some prawns
- ¾pt double cream (or you can use part curd cheese)
- seasoning, cayenne pepper
- 1 tblsp chopped dill
- 4 eggs

Blend fish, cream and seasoning etc., then fold in the whipped egg whites. Pour into prepared loaf tin and bake 30 minutes in a bain-marie or roasting tin with 1 inch water. Use the egg yolks for mayonnaise or a hollandaise sauce.

Jill Frostick





THE UNITED PARISHES OF ARDLEIGH AND THE BROMLEYS

The Rectory, Hall Road, Great Bromley, CO7 7TS



Dear Parishioner,

I haven't been to see the film of the "Da Vinci Code" yet; not from any religious reasons, more like the weather being too good to be inside, or the critics saying it's badly acted and produced! I read the book (purchased for 50p at a jumble sale) and enjoyed it as easy, untaxing. Having had the privilege of studying theology at seminary, there was nothing new in it to surprise or challenge me.

For those of you who don't know, the book/film is based on ancient ideas that Jesus did not die on the cross, but actually married Mary Magdalene, travelled to France, had children and established a new kingly line. It all rather gives a far happier ending to the Bible account and has its appeal. Putting aside the idea of Jesus and Mary actually travelling to France, which seems to me to raise even more questions than the resurrection, the main flaw, if we are to see this as a threat to Christianity, is that it is based on an incomplete story.

Christianity begins at the foot of the cross when Jesus entrusts his mother and best friend to each other. His death, attested by Jewish and Roman historians, is not the end. The Resurrection follows and a time when the disciples grow in confidence and belief that Jesus is the Son of God who died for the world, and came back to life to show that not even death can keep God down. These men and women believed this and told others about it. But even that is not the end of the story, because they soon travel around proclaiming this new faith, and more than that, are prepared to die for it. What would you be prepared to die for? A lie that you had made up to get at the Jews or Romans? A story invented to

give you what; certainly not earthly power or riches? Die, knowing that Jesus was actually a happily married man on his way to France? Still to this day men and women make sacrifices, some putting their lives at risk, for the Christian faith. That's the story; the blockbuster and you only need to go to church to make it real!

God bless you.

Fr Nicolas.

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