

The Messenger

The Magazine of
the villages of
Great & Little
Bromley

March 2019



**St George's School
visits the O2**

see report inside



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

Telephone: 01206 230305

THE FIRST PAGE

The Sun shineth and it is unseasonably warm and I just love it though I do regret the passing of 'proper' winters. Colds and coughs seem to hang on for far longer than necessary when it is mild. But did you see the Super Snow full Moon (so called by the North American Indians because snows are at this time of the year on the Prairies) this month? It was fabulous, so big, so bright. It apparently appears bigger because it is closer to the Earth at the moment. I wonder what next month's moon will be like or will it just be 'ordinary' again?

I was down in Sussex last week and walked the dog by the River Adur (photo below) which was looking very beautiful with the sun on the frost and shining through the mist. The wildfowl were shouting at each other but it was also very peaceful. As well as being very flooded though not as high as it had been.

I hate cleaning cars as I usually get as wet as the car plus wet feet. The car had become really filthy thanks to winter weather. I really didn't want to stand out in the cold to clean it so I am venturing into the land of Getting Someone Else to Clean

It. Oh the luxury! I sit in a warm room writing my editorial and some one else washes the exterior and then hovers the interior. Clean outside and no dog hairs inside. Happiness!

We can go to the moon and back, cars can be cleaned speedily with car washers or whatever but the internet speed in the villages remains an enigma to get hold of. There is further broadband news to read in both the Parish Council reports and there is even a meeting with County Broadband in Great Bromley in March. Let's hope they bring good news.

Leonie



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

14th march 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



SEVEN RIVERS CHESHIRE HOME

I have just returned from Colchester, I had to take one of my overseas volunteers to the police station to have her finger prints taken. No, she is not a gangland murderer or anything like. But because she has chosen to volunteer, she comes from a non-EU country and this is something that has to be done. But not very fast as she arrived in Great Bromley on 6 November. This was our second visit, the first was to obtain a stamp to allow her to stay in the country. On our first visit my poor volunteer was very apprehensive, and very surprised that it was so friendly. Going in and getting greeted by members of non-police staff and asked to take a seat and wait. Today she was a lot more relaxed, but she still asked if I could accompany her in to have her finger prints taken. The officer who was doing this did not wish me to join them and I made sure that she would be alright with this, she said she would be ok, but in her eyes she was not happy. I sat and waited like an expectant father, I just could not relax. My fear was not for what would happen to her as I knew she is an adult woman who has managed to fly across the world to join us, but more like a mother when their child goes to school for the first time. And like a mother when my child reappeared it was like it had never happened. She was laughing with the gentleman who had taken her off, then she was all excited to

tell me what had happened to her.

It's good to remind ourselves of these fears sometimes, unfounded maybe, but fear of the new never leaves us.

Sadly we have had to say goodbye to a few of our residents and staff who have moved on. We have also seen the fear in the eyes of the new residents and staff coming in. Never sure what is expected of them, how will they be able to cope in this new setting, who can they talk to? Why have they found themselves here? This is where everyone who comes into the home helps. Staff sit and chat and try and make life as easy as we can for everyone new resident or staff, my volunteers play a big part with resident understanding in making our home feel like their home. If you feel you could become a volunteer and help please contact me at the home or look on the Leonard Cheshire website.

Just before I end lots of forward notice for this year's dog show which will be held on Saturday 11 May, registration from 12.00. If you are interested in having a stall please phone (01206230345) me ASAP.

Take care till next time
Liz x

'THE MESSENGER'

is very grateful and thanks all those who by their donations sponsor magazine throughout the year

PERSONAL AND CLUB DONATIONS

FRIENDSHIP CLUB

Our January meeting was the AGM and our Treasurer gave her Report detailing donations and expenses for the year, including monies received. It has been decided that subscriptions for the year will become payable at the March meeting.

A donation of £46 has been sent to the Children's Hospice and £15 to the Messenger from monies collected throughout the year.

Donations to Cancer Research and the Alzheimers Society were made in memory of Ray.

The competition cup was awarded to the winner for the year, Barbara, runners up

Mags, Sylvia and Margaret.

An appeal for new members has been made, and we do hope this will prove to be successful.

After refreshments we had a general knowledge quiz which was won jointly by Barbara and Sheila.

Our March meeting will include the Bring and Buy stall and the competition is a mug. Our Speaker is Jill Willens who has recently had her book of poems published.

Sylvia Ward



ARDLEIGH SCOUT GROUP

Ardleigh Scout Group are pleased to

announce that we will be starting an Explorer Scout Unit. If you are aged between 14 & 18 years old (girl or boy!) we would love you to join us on a Wednesday evening at Ardleigh Village Hall from 7.15pm to 9pm. If you would like to join our new and exciting unit then please contact us on ardleighscoutgroup@outlook.com or via our Facebook page.

Across all sections we have started to complete the Essex Scouts Centenary Challenge – we have to complete 100 challenges from a set list throughout the year. So far we have invented games, designed new modes of transport and had a newspaper fashion show with clothes they made from newspaper. We currently have a full Beaver colony aged between 6 & 8. They have learnt to tie shoelaces and have been inventing games to play. They have also been looking at safety, including learning their address and phone number, which isn't as easy now as we all have mobile phones and the numbers are longer! We were delighted to welcome Paul from Franklins Training Services to talk to the Beavers about fire safety and how to call 999.

The Cubs (aged 8-11) have also focused on personal safety as well as some fantastic experiments for their scientist badge. They started their litter campaign at the beginning of half term and this will continue into spring. The Scouts (11-14 years) have practiced making sandwiches whilst blindfolded as part of disability awareness. They have been learning and practicing knots and as well as their amazing fashion show completed a night hike.

We have more exciting things planned for the next half term ranging from collector's badge, communicator's badge, some cooking and we will start to get outside more with some hiking as the nights draw out.

We have spaces in our cub pack and scout troop as well as the new explorer unit. Likewise, if you would like to volunteer to help our local Scout group, then we have opportunities both working with the children or in a supporting role on our committee, so please contact us for more details.

Thanks
Kev, Group Scout Leader

GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk



Broadband

By now many of you may have heard that County Broadband have announced a public meeting to take place on Tuesday 26th March at 8.00pm in the Village Hall to discuss their plans for rolling out a fibre [broadband] network in the village. We would urge as many residents to attend this meeting as possible in order to get across the problems many of you are experiencing in trying to obtain decent broadband speeds.

Speedwatch

A further site has been approved for Speedwatch to take place in Ardleigh Road. If you wish to volunteer for Speedwatch,

please contact our Speedwatch representative Neil Skinner via the Clerk at clerk@gbpc.org.uk.

Harwich Road roundabout

Design changes from Highways England have meant that kerb lines and gullies have had to be removed again, however this is not thought to impact the timescale significantly. The aim to have the roundabout fully open is the end of June, with finishing works until mid-August.

Our next meeting is on Wednesday 13th March, 7.30pm at Great Bromley Village Hall. Everyone is welcome to attend.

Planning Determinations

REFERENCE	PROPOSAL	LOCATION	DECISION
18/01865/FUL Burroughs	Ramped access to front of property.	Homelands Mary Lane South Great Bromley CO7 7UD	Approval - Full 08.01.2019 Delegated Decision
18/01905/FUL Mr and Mrs Russell and Lorna Sharp	Change of Use from Highways to Private Use.	1 Hill Cottages Parsons Hill Great Bromley CO7 7JA	Approval - Full 14.01.2019 Delegated Decision

Planning Application

REFERENCE	PROPOSAL	LOCATION
19/00154/AGRIC	Proposed agricultural storage building FOR INFORMATION ONLY	Holly Lodge, Colchester Road, Great Bromley

Confirmation of Tree Preservation Order – 18/00016/TPO Land North of Harwich Road, Harwich Road, Great Bromley CO7 7UH - This item was for information only

Following the TPO made on 31 October 2018, effective 6 November 2018, Tendring District Council had now confirmed the Order on 8 January 2019. The reason for the protecting the trees was that their removal would have had a significant impact on the local environment and its enjoyment by the public.

LITTLE BROMLEY PARISH COUNCIL

Email: littlebromleypc@gmail.com

The planned BT Openreach programme is well underway and some properties will be connected as soon as July 2019. We understand by checking the interactive map on the Superfast Essex site the planned FTTP will go up to the Old Blacksmiths cottage and then subsequent properties will be served by County Broadband. This is apparently due to the existing coverage by County Broadband and an EU State Aid law that prevents Openreach including those properties in the current plans. If owners of these properties are unable to connect to County and are able to get evidence to this effect, then this can be submitted to Open Reach and they will attempt to re-classify the property to become eligible for future investment but this will not be under the current plans.

The Parish Council has been approached

by County Broadband regarding a proposed meeting with the Village so they can present their plans to bring County Broadband to Little Bromley. No date has yet been set but their plans include putting underground cables throughout the Village if there is enough interest. It is worth checking the costs of County Broadband Fibre and comparing it to the other Fibre providers before committing.

Plans for a toilet at the Church have been agreed and we understand from the Friends of Lt Bromley Church that a disabled Portaloo will be installed in the near future.

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

Little Bromley Parish Council

DISTRICT COUNCILLOR NEWS

I would like to offer my congratulations to the two young Brinklow brothers from Burnt Heath. They have both been selected for the Great Britain fencing squad. A fantastic reward for wonderful hard earned dedication. It is a wonderful achievement.

Hamilton Lodge, Great Bromley. There has been a degree of concern expressed over the closure of Hamilton Lodge. I understand the premises and grounds are being marketed for sale by Fenn Wright there is already a prospective purchaser involved. I am meeting with a member of the current owners, Disability Trust, along with the chairman of Great Bromley Parish Council, Rob Lord on Friday 8th March to discuss the situation.

The Independent Examination of the Garden Community Plan should take place in the Autumn of this year, receipt of the Inspector's report will be in the winter of 2019/2020 and it should be adopted by full council in Spring 2020. The TDC Plan Independent Examination will take place

Spring/Summer 2020, the Inspectors report will be in Autumn 2020 and adopted by full council in winter of 2020/2021

The Elmstead Marketeers meet on the first Monday morning of every month, in Elmstead Community Centre, Rosemary & myself are very happy to support this excellent organisation and try to get along whenever to meet up with the people who regularly attend. The organisers are to be congratulated for all their time and effort to make it such a success.

As a member of the Local Highways Panel I attend their meetings and continue to push for all our villages to have a 30mph speed limit throughout the village. As previously reported I have achieved the approval of the panel to have an advisory 20mph limit outside schools and hopefully pole signage will be erected soon.

TDC have approved a £5.00 council tax increase for their share of council tax.

Continued over

Broadband. As readers will have seen the excellent article in last months Messenger by Neil Skinner, our Broadband Champion, there is very little that I can add. Neil did ask if anybody in the parishes of Little and Great Bromley has received any communication from County Broadband stating they are unable to receive their service to contact their Parish Councils. I have enquired with County Broadband if

they could provide a service to my property. They were unable to confirm yes or no until they had sent out an engineer at a cost to me of £50 to check. I declined their offer. Surely if they wish to have more people signed up they should provide their service free of charge!

Fred Nicholls



VILLAGE HALL TRUSTEES

The next village hall fundraising event is the Spring Gift and Craft Fayre which will

be held in the hall on Saturday 30th March commencing at 10.00am. Please do come along to look at what is on offer and buy some locally-made gifts for Easter or indeed for any occasion. You can find more details of this event elsewhere in the magazine or on social media.

Kate Strowbridge and Jayne Bates have kindly offered to organise a Quiz Night at the Cross Inn Community Pub on Thursday 9th May, in aid of village hall funds. These events always generate a great atmosphere and all are welcome to attend either as a member of a team or simply to join in the fun.

The annual plant sale will be held at the village hall on Saturday 11th May

commencing at 10.00am. Further details will be published in due course but in the interim please remember the plant sale when doing your spring work in the garden and pot up a few plants to put on the stalls in May; donations of plants would be much appreciated.

The Village Hall AGM will be held on Wednesday 15th May. There are several vacancies on the village hall management committee and if you would like to play a part in running our village hall, either as a trustee or less formally, then please let me know. Any additional support with managing this key local amenity would be most helpful.

Martin Frostick
villagehallsecretary@greatbromley.org.uk
or 01206 250263

KITCHEN CORNER

CHOCOLATE WALNUT FINGERS

3 ozs. butter
6 ozs castor sugar
2 tablespoons cocoa
2½ ozs flour
3 eggs
2 ozs walnuts
2 tablespoons cocoa
Vanilla essence

Method: Whisk together the eggs and sugar until thick and creamy and fold in the

sifted flour and cocoa alternately with the melted butter.

Add chopped walnuts and vanilla essence. Pour into 1/2 inch deep greased tin (Swiss roll) and bake hot oven 180oC about 25 mins.

Cut into fingers when cold.

Jill Frostick



Little Dragons Pre-School - Great Bromley & Frating

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

Website: www.littledragonspreschool.org
Email: littledragonspreschool@gmail.com



OFSTED INSPECTED **OUTSTANDING**

BREAKFAST AND AFTER SCHOOL CLUBS- PLACES AVAILABLE

Tel: 01206 231823/ 07857 503103

We are flexible and happy to take children for the occasional session and times to suit your situation.

If you require further information please call us on the numbers above or pop in to see us.

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

Week beginning 28th January we held a 'Family's Week' where we invited Mums, Dads, Grandparents etc. to join us in the setting. This gives them the opportunity to join in with some of our activities and see their child at play. We had quite a few family members attend over the week, thank you to those who were able to make it. We hope you enjoyed your time with us, the children and staff certainly enjoyed having you.

Last month the children celebrated the Chinese New Year with lots of fun activities – making lanterns, cards and dragons. The children enjoyed 'stir fry's' for snack and had the opportunity to try some new foods and flavours.

For Valentine's day– we made lots of heart decorations for our room and cards to take home.

14th Feb- 21st Feb was National nest box week (supporting RSPB). The children helped to clean out our bird box ready for Spring and also hung up nesting material to encourage the birds in our garden to use our nest box. We also continue to make 'bird cakes' and keep our bird table stocked with food. The children enjoy watching the birds visit our table.

FUNDRAISING:-

Please help us to collect:

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

Chairs Only £1.00 each

Collection Only - Contact us: Tel: 07857

503103 Email:

littledragonspreschool@gmail.com

Dates for diary:

Friday 5th April – Last day of term

Monday 8th April – Easter Holiday

Tuesday 23rd April - Preschool reopens

Monday 6th May – Family Week

THE DOCTORS' SURGERY NEWS



Great Bentley Surgery

Most of us make New Year resolutions, but break them soon after. Experts say that the best time of year to start trying to be healthier is actually 2/3 months after the New Year when the evenings start to get lighter, so Nurse Jo has put together some tips for us all below:

New Year New You!

Did you know that if you are overweight this could really be having a huge impact on your health without you even realising it yet? With a huge increase in Type 2 diabetes, and other chronic health conditions such as high blood pressure, high cholesterol, your weight could be the number one cause!

Likewise if you have one of these conditions, making some changes now could have a huge impact and prevent future complications that these conditions can lead to.

We know that looking after yourself today will protect you from some of these health conditions developing in the future. Better diet choices and increasing your activity/exercise can drastically reduce your chances of developing these conditions or even put them into remission. Sometimes all we need is to understand some simple changes to what we eat or some alternative ideas that will help. One of the main pieces of advice is to cut down on the amount of sugar you are eating. Stop having it in your hot drinks. Switch to a sweetener! Try eating eggs for breakfast, boiled, scrambled, poached instead of cereals. If it's a case of time making eggs for breakfast it will only take 5 minutes! Try looking at everything you buy that is in a packet and asking yourself can I make this with real ingredients, real food? Or can I exchange this packet that I'm opening and have a better choice? It normally is much easier than you think. In the busy world we live in – it has become all too easy to buy snacks, Jars, meals that are ready to eat almost

instantly. Have you seen our posters in the waiting room “Happy New You”? This is a FREE award winning weight management service run locally by the NHS. It promises no fad diets, and all advice follow NHS guidance. **Sometimes all you need is a fresh approach.**

“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/2GHljRt>

7. Your Doctor wants the best for you

If your GP decides not to refer you on, or not to prescribe anything, or not to investigate you it is not because they are trying to be difficult or just trying to save money (don't forget, their take home pay is not affected by these things). It's usually because they don't feel you need any of the above. They also understand, probably better than you, the risks associated with over referral, over treatment and over investigation. This is not a game where you need to see how much you can get from the NHS. This is about keeping you healthy, investigating when appropriate, and treating when we need to. Bearing this in mind, your GP will not mind explaining it to you – just ask. If you were hoping for an X-ray, mention this and have a grown up conversation with your doctor about the pros and cons of doing that.

The next meeting of the Patient Participation Group will take place at 6.30pm on Thursday 21st March 2019 at the Great Bentley Village Hall.

Richard P Miller – Practice Manager

IN THE GARDEN WITH KATE

When I was a child, I am sure the daffodils and forsythia all flowered at Easter. Now it seems that they appear earlier and earlier. I am not sure whether it is due to climate change or the plant breeders selecting those varieties that flower earlier. Of course last year we had everything coming up together thanks to the Beast from the East! Spring really should have arrived by April which signals an extremely busy time for the gardener. Seeds need sowing, plants planting, the grass needs cutting and the weeds are growing at breakneck speed. One tip that may help is that many vegetable seeds have quite a large window for sowing. For example if it says on the packet sow April to June, delay planting some varieties. Not only will it make life easier, but it means that everything does not come up at once and needs potting on, or thinning out, simultaneously.

It is a good time of year to apply a general fertilizer to borders, roses, hedges, trees and spring bulbs (when the bulbs have finished flowering). Not only does it give them a boost, but later on it may be impossible to do. Any summer flowering perennials, that require it, can be divided now (don't forget the plant sale!), and towards the end of the month, dormant dahlia corms can be planted outside.

Hardy perennial seeds can be sown, and those sown last autumn can be planted out, as can any cuttings taken last year. Tubs and hanging baskets can be planted up, but it would be unwise to put them out just yet as frosts are not uncommon in April. Even if there is no frost, the cool temperatures mean that they will not grow.

In the vegetable garden, many seeds can be sown; broad beans, summer cabbage, brussels sprouts, early peas, calabrese, summer/autumn cauliflower, leeks, beetroot, radish, spring onions, lettuce, rocket, turnips, spinach, parsnips, chard, chicory, carrots and onions. However, as mentioned above, many do not have to be sown right now and can be left another month. Certainly, especially with vegetables such as lettuce and radishes, it is worth sowing a little and often to ensure a constant supply. First early, second early and main crop potatoes can be planted. I had reasonable success growing first earlies in a pot last year.



In the greenhouse, ventilating on warm days is important and the door can be left open, but don't forget to close it mid afternoon to retain the heat. Frost tender plants can be gradually hardened off by standing them outside on warm days and retuning them to the cold frame or greenhouse at night.

Frost tender vegetables, such as cucumbers, sweet corn, runner and French beans, marrows, pumpkins, squashes and courgettes, can be planted in the greenhouse in a heated propagator. Tomatoes can be pricked out when they have two true leaves. A close watch will need to be kept on any emerging seedlings for slugs and snails, and if necessary, appropriate preventative measures taken. If you have time to draw breath, enjoy your garden!

Kate Stowbridge

COFFEE BREAK NUTRITION with Suzanne Abbott



The warmer weather is on its way

As I write, the snowdrops are in full bloom in the garden and the lettuces I planted back in October look

promising in giving us some tasty lettuce leaves in the weeks to come.

The garden beckons for all those jobs in the vegetable garden to be done soon – feeding the garden, making sure the soil has all the nutrients it needs to produce some healthy, nourishing vegetables.

Which brings me to talk about reminding ourselves of what a healthy diet is all about. There are never-ending confusing articles out there in the newspapers, television or on the web, telling us about this or that diet but we are none the wiser as to who to believe! I closely follow the guidelines of the Alliance for Natural Health International organisation who promote natural and sustainable approaches to healthcare worldwide. Their catch cry is *'love nature, live naturally'*.

Referring to what I said above about the soil in the garden, the same rules apply to our bodies, specifically our gut. As Hippocrates said 2500 years ago – *'You are what you eat'*. This is even more important nowadays as we are surrounded by processed foods wherever we turn.

The best way forward is to eat really healthy foods. That means eating fresh or frozen vegetables. Organic are preferable. Eat about half of your daily intake as raw vegetables. That means celery, fennel, carrots, tomatoes, spring onions etc.

Vegetables can be juiced too; the pulp from the juice can be made into a soup. When vegetables are juiced or blended, digestion of them is much easier.

Eat some fruit during the day, preferably ½ an hour before a meal (before breakfast, say) or 3 hours after you have digested a meal – mid-afternoon.

Dark skinned fruit is excellent for its

antioxidant properties – dark grapes, cherries or blueberries etc.

Include avocados in your diet. They contain an array of nutrients. They can be mixed with sardines and lemon juice for a super healthy and nourishing lunch.

Eat nuts and seeds as a snack during the day.

Eat meat maybe just 2 times a week. Give preference to free-range chicken or grass fed meat rather than corn or grain-fed meat sources.

Eat a minimum of 2 – 3 servings of oily fish each week. These could include salmon, mackerel or sardines. Wild caught fish rather than farmed is better.

Drizzle healthy oils on your food each day – olive oil or hemp oil. Cook with coconut oil, there is no taste of coconut and it's so good for you.

Carbohydrates that are healthy for you should include buckwheat, chia seeds, quinoa or amaranth. They go well with fish and vegetables with a sprinkling of olive oil and lemon juice over the top.

A really easy fish recipe for you to try:

Packet of fresh fish pie mix (raw fish)

Sweet potatoes and swede mash - cook these whilst you prepare the fish.

Put a small amount of coconut oil in a pan.

Fry an onion (chopped) for a couple of minutes. Add the fish pie mix, add salt and pepper and gently cook for about 10 minutes or until the fish is cooked. Make the sweet potato/swede mash; pile it on a plate with the juicy fish pie mix on top. Sprinkle with parsley and you've got yourself a cheap, tasty a nourishing meal for the family.

Best of health!

Suzanne

Naturopathic Nutritionist



**Community Library
at The Cross**



The Post Office

at

The Cross

2019 EVENTS

MARCH

- 1 World Day of Prayer, Mistley Parish Church, 10.00am
- 3 Footpath Group, meet Manningtree Co-op car park
- 6 WI Members' meeting, Village Hall, 7.30pm
- 9 PTA Quiz Night, St George's School
- 10 SVAM concert, East Bergholt church, 4.00pm
- 13 Gt Bromley parish council meeting, Village Hall, 7.30pm
- 21 Friendship Club, Village Hall, 2.00pm
Little Bromley parish council meeting, The Haywain, 7.30pm
- 24 SVAM concert, East Bergholt church, 4.00pm
- 26 County Broadband meeting, Village Hall, 8.00pm
- 30 Great Bromley Spring Litterpick, The Cross Inn, 10.00am
Spring Gift & Craft Fayre, Village Hall, 10.00am
Stour Choral Society, Mistley Church, 2.30pm

APRIL

- 3 WI meeting, Dedham/Lavenham Cloth Trade, Village Hall, 7.30pm
- 6 Barn Dance, Village Hall, 7.30pm
Hadleigh Choral Society, Hadleigh church, 7.30pm
- 10 Gt Bromley parish council meeting, Village Hall, 7.30pm
- 13 Clacton Choral, St James' Church, Clacton, 7.30pm
- 14 Running into the Graveyard 2019 10K Run
- 18 Friendship Club, Village Hall, 2.00pm
- 28 Road Rally

MAY

- 3 WI AGM, Village Hall, 7.30pm
- 8 Gt Bromley parish council meeting incl AGM & Annual Parish Assembly, Village Hall, 7.30pm
- 9 Quiz, The Cross Inn
- 11 Plant Sale, Village Hall, 10.00am
Dog Show, Seven Rivers, from 12pm
- 15 Village Hall AGM, Village Hall
- 16 Friendship Club, Village Hall, 2.00pm
- 31 May-2June Little Bentley Hall Waterways & Garden Show



FOOTPATH GROUP

Enjoy walking, meeting new people?
Then why not come along to walks organised by the Dedham Footpath Group
We walk 4-5 miles on the first Sunday morning of each month.

Sunday 3rd March meet at Manningtree Coop car park for a 4-5 mile walk through fields returning via the river.

Dedham Footpath Group welcomes all walkers and those with well behaved dogs, kept on leads at all times, are welcome to join us.

For more information email
DedhamFG@gmail.com

County Broadband - Public Meeting

Tuesday 26th March
Gt Bromley Village Hall at 8.00pm

Free Entry

SPRING GIFT & CRAFT FAYRE

SATURDAY 30 MARCH 10am - 2pm

Come along and buy some locally crafted goodies, gifts, treats, home wares, get pampered with a mini beauty treatment or have coffee and cake in our cafe.

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

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

In aid of Village Hall funds.

World Day of Prayer

Friday 1st March
10.00am

Mistley Parish Church

Women, men and children - all are welcome
Refreshments served afterwards.

Great Bromley Spring Litterpick

The Spring Litterpick will take place on Saturday 30th March, 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.



Quiz Night

at the Cross Inn Community Pub
on Thursday 9th May
In aid of Village Hall funds

Hadleigh Choral Society

J S Bach - St John Passion
St Mary's Church, Hadleigh
Saturday 6 April at 7.30 p.m.
TICKETS: £14 (under-25: free)
www.hadleighchoralsociety.org.uk

Plant Sale

Saturday 11th May
10 am - 12 midday
Great Bromley Village
Hall



Little Bentley Hall Waterways & Garden Show

31st May - 2nd June 2019
More details coming soon

St George's School PTA

Quiz Night

Saturday 9th March
Contact the School Office for further details
01206 230305

Dog Show

Saturday 11 May
Seven Rivers Cheshire
Home

Registration from 12 noon
If you are interested in having a stall
please phone (01206230345) Liz ASAP.



CHARITY CYCLE RIDE

Essex & Herts Air Ambulance Colne Valley

Sunday 28th April 2019 Earls Colne
Business Park, Colchester, CO6 2NS
For more information and to register today
visit ehaat.org/cvcr
or call us on 0345 2417 690
Help raise vital funds for your local life-
saving Charity by joining Essex & Herts Air
Ambulance on the unmissable Colne
Valley Cycle Ride.
Four routes to choose from: an 80, 50 or
20 mile route or a 3 mile family ride.

Running into the graveyard 2019 - 10k RUN

Over the last three years the Bromley 10K has contributed over £7000 to St. Mary's church to help with the maintenance and the upkeep of its grounds. At the time of writing, the 2019 event has 600 entrants and therefore will continue to make a significant contribution to the church.

The race this year requires more help than previously, - before, during and after the event. I am therefore asking for a greater number of volunteers from the village. The race is more than just a run. It is a major event for the village and is a spectacle which now has a great reputation across Essex and Suffolk. An hour contributed makes a huge difference to the smooth running of the day. Please contact me if you are able to help.

Roly Knott 01206393787.



Friday March 1, 2019 - 10.30am to 12pm
Great Bentley Methodist Church, 4
Heckford's Road, Grea

Thursday March 7, 2019 - 10am to 12pm
McDonalds, Harwich, Essex

Saturday 16th March 2019 – 10am to
12pm

Mayflower Heritage Centre, Town Station,
George St, Har

Tuesday March 19, 2019 - 12pm to 1pm
The Ship, Walton Road, Kirby le Soken,
Frinton on Sea

Facebook Live Q & A

Wednesday February 20, 2019 – 7pm to
8pm

Essex Police Tending Facebook page

Thursday March 28, 2019 - 6.30-7.30pm
Town council offices, Brightlingsea Town
Council, Victoria Place, Brightlingsea

The Benefits of Yoga

Yoga originated in ancient India and yet with the media full of beautiful people practising Yoga in idyllic surroundings it appears a very modern practice and perhaps something that's not for you. The opposite is true, Yoga really is something that can be done by all ages and abilities. A good yoga teacher will find options for you so that any limitations you have can be worked around and also offer more challenge for those that are stronger or more flexible or simply having a good day. Each Teacher will have their own style but for the most part a class will follow this structure:

The class often starts with sitting or lying quietly for a few minutes to leave your day behind. A gentle warm up and mobilisation then follows. This will improve your range of movement around joints like the hips and shoulders making you feel more mobile. Next comes the physical positions (Asanas) of Yoga that will build strength and balance and improve flexibility. Some Yoga classes will flow from one position to another

(Vinyasa) others will stop and focus on alignment and technique. There is often a mixture of standing and seated/lying postures. The breath practice of yoga (pranayama) usually comes at the end and could be as simple as focusing on the cool breath entering the body and the warm breath leaving the body. This can reduce anxiety and promote wellbeing. The meditation (Samadhi) of Yoga, might take the form of bringing your attention to different body parts and relaxing them. This focus on breath and the concentration of meditation can draw the mind into the present time in order to find quiet and help you to deal with what life throws at you. It's a wonderful way to improve your fitness and reduce stress. In fact, its just wonderful.

Get into Yoga, Great Bromley Village Hall,
Mondays at 11.30. Message Karen on
07766 242829 for more info.

LAST TWO CONCERTS OF THE SEASON

Sunday 10 March 2019 at 4pm
St Mary's Church East Bergholt CO7 6TG

Rautio Piano Trio with Robin Ashwell
viola

Mozart, Piano Quartet in G minor K478
Mahler, Quartet movement in A minor
Brahms, Piano Quartet no1 in G minor op 25

Sunday 24 March 2019 at 4pm
St Mary's Church East Bergholt
CO7 6TG

Zelkova Quartet

Mozart, Quartet in B flat K458
The Hunt

Mendelssohn, Quartet in E minor op 44 no 2
Dvorak, Quartet in G major op 105

Stour
Valley
Arts &
Music

Generously supported by Grier and Partners, East Bergholt

Tickets @£15 (students half price and children free) are available from 01206 298426

Also from Grier & Partners, or using CC payment from TicketSource, via the SVAM Website: www.svam.org.uk

NEW MUSICAL DIRECTOR FOR STOUR CHORAL SOCIETY

Stour Choral Society is pleased to welcome Susie Hyman as our new Music Director. Susie is well-known as a singer, and works widely as a vocal coach and music teacher, both on an individual basis and in schools.

Our Spring Concert will take place on **Saturday 30 March at 2.30pm** in Mistley Church, when the choir will perform **Stabat Mater by Antonín Dvořák**. His first composition of a religious nature, Dvořák composed this piece at a time of great personal sadness and it is widely regarded as one of the most movingly beautiful settings of this meditation on the events of

Easter.

Tickets (price £12, under 18s free) are available from 01206 392820 or Howells Hardware Store, High Street, Manningtree or from choir members.

We look forward to seeing you in the audience!

Stour Choral Society welcomes new members. If you are interested in finding out more about us please visit our website www.stourchoralsociety.co.uk or contact Margaret Baldry on 01206 619084.

Glorious Music for Easter from Clacton Choral

Clacton Choral is crossing the sea for Easter, with a wonderful variety of choral, solo and instrumental pieces by French composers Gounod and Fauré, and Franck from neighbouring Belgium. All the music has a serene and simple beauty, perfect for Easter.

Musical Director Gilli Dulieu has chosen a mix of familiar pieces and new delights: Franck's Psalm 150
Franck's 'Panis Angelicus' is next, in a wonderful arrangement by Wolfgang Hochstein.

Gounod's 1855 'St Cecilia Mass', 'Ave Maria' and 'O Divine Redeemer'
Fauré: 'Cantique de Jean Racine' arranged for choir, harp and cello by local musician,

Peter Kenvyn Jones.

Fauré's 'Maria Mater Gratie'; and the much-loved instrumental piece 'Sicilienne' is followed by the famous 'Pie Jesu' and 'Libera Me' solos from his Requiem.

Soloists will be Meriel Barclay (harp); Melanie Woodcock (cello) Stephen Smith (organ); Laura Pooley (soprano); Daniel Joy (tenor) and Peter Grevatt (baritone). The concert, on Saturday 13th April 2019, takes place in St James' Church (Tower Road, Clacton CO15 1DA) It begins at 7.30pm, and tickets are £10 including programme, available by phoning 01255 221511 or emailing debrietccs@gmail.com.



Our speaker this month was Terry Shelton, elephant keeper, who has spent 20 years as a zoo keeper in Colchester and other areas. We learned all sorts of fascinating things about elephant foot care, and the health issues suffered by ex-circus elephants. Who knew that elephants go through 6 sets of teeth in their lifetime, the first ones being the size of your thumb, to the last set which grow as big as housebricks?



Terry updated us on antipoaching schemes in Africa, and some hardworking charities which provide local education that will preserve elephants in the wild. We got to know a bit about the personalities and foibles of elephants he had cared for, and enjoyed some funny stories about his experiences over the years. What an interesting evening! Thanks Terry.

The WI meets on the first Wednesday of each month in the Village Hall.

Dorothy O'Grady

2019 W.I. QUIZ



In January Great Bromley W.I. ran their very first quiz hosted by Michelle at the Court House. Many of us felt rather anxious and

apprehensive about the success of this our very first quiz event, but we were to discover that with the support of our committee members and neighbouring WIs those fears were unfounded. Twelve teams took part in this quiz of a hundred questions. The stars of the evening were our Quiz Masters, Sue and Kevin Clark (especially Sue on the mike).

A great big thank you to our fabulous duo - a fun and enjoyable evening.

Our thanks to Michelle for proving the most impressive and delicious refreshments

much enjoyed by all.

We so enjoyed the evening that it may now become an annual event!

We raised £297 for W.I. Funds which will enable us to give three of our members (who are going to the W.I. college at Denman) a Bursary to help towards their expenses for this trip to Oxfordshire.

Thank you to all who came and all who helped.





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

Telephone: 01206 230305

On Monday the 28th of January, the majority of Class 3 went to the O2 Arena to sing in the largest choir in the world. Excitedly, we boarded the coach. We were



very excited but also a little nervous, wondering what to expect as it was our first time at such a big event. We spotted the Gherkin, the Shard and the Olympic Stadium – we knew the O2 was near!

Giggling in amazement, we walked towards the amazing building, taking a class picture on the way. We checked through security, handed in our tins of food for the food bank and had lunch.

After we had lunch we went into the arena and we were all astonished at how big it was. The band started to tune their instruments. The musical director, Craig, started to play Ed Sheeran's, Castle on the Hill as our warm up.. We also practised the Mexican Wave.

Our conductor, David Lawrence, arrived on stage and our rehearsal was fully under way. We practised all the songs, split into the left hand team and the right hand team. We were up and down a lot. The special guests were introduced, they were Beau, from Britain's Got Talent, Sharlene from Basement Jaxx and Tony Hadley from Spandau Ballet. Mrs Donnelly, Mrs. Fairley and Mrs Platt got very excited in seeing him. The arena filled with cheers as Urban Strides led by Andy made their way on to the stage.

After tea, full of anticipation, we scanned the arena to find out where our parents were

sitting. Seven o'clock arrived and it was lights, camera, action time! The tiny torches twinkled in the darkness of the stadium. The show was fantastic our favourite part was singing Vida La Viva knowing that the drummer from Coldplay was in the audience. The finale of The Greatest Showman was made even more special by having a personal message from Hugh Jackman. Most of us slept on the bus after an



exhausting but exhilarating day.

Board Games

Do you have any board games at home that you would be willing to donate? We would like to build up a collection of board games for children to play at lunch times - nothing too complicated! Perhaps you have duplicates of some of the traditional games such as snakes and ladders or frustration which you could spare? Please bring any donations to the school office (please check all parts are there before donating!). Thank you.

PTA Quiz Night

Are holding a quiz night on Saturday 9th March. If you would like to take part, please contact the School Office for further details 01206 230305

Past Meetings

“An Afternoon with Joyce Grenfell”

by Gillian Grinham was the subject of our 13th February meeting. Gillian is an Author, former teacher and a Director of plays & musicals. She performed a series of monologues and songs from Joyce’s repertoire, interspersed with details of her much loved entertainer’s life.

Future Meetings & Diary Dates

Toni Neobard & Kate Broad, family historians and authors will present “For Better or Far Worse” on 13 March. This will be a light-hearted look at marriage and relationships through the eyes of Victorians. What happened if they didn’t marry and what if you did but were not happy with your choice? It will be a glimpse at bizarre goings-on showing wedded bliss wasn’t always so!

On 10 April the popular speaker Mark Mitchels will talk to us on “The Genius of Charles Dickens”. Dickens rose to become a great novelist by sheer talent and determination. He worked a self-imposed schedule that never relaxed and in the end he probably brought about his early death. But the novels survive, to be rediscovered by each generation. What sort of man was he? His genius is astonishing and this talk uses biography and extracts from his books to re-create the man and his achievements.

Our speaker on 8 May is Dr Helen Greake, National Finds Adviser, Portable Antiquities Scheme. She will talk about local finds recorded by PAS, archaeology found by the public. She will explain what to do if you find an historic artefact whilst gardening, beachcombing or walking the dog. This talk looks at how archaeologists reconstruct items and will include details of local finds.

NEW - On Wednesday 20 March our first Member’s Quiz Night is planned to take place at 7pm in The Constable Hall. Bring your own drinks and nibbles and partake in a team of six for just £2 per each. Help will be given to form a team on the night. Please register before 12 March by contacting June Escott on 01206 231707 or email jescott@btinternet.com

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 22 March.

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 370 members and 35 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 a year 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!

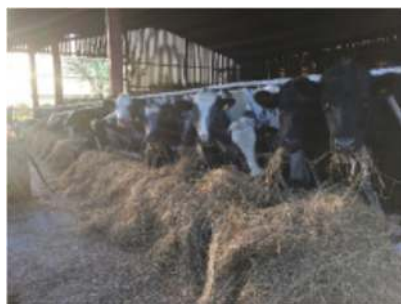
MORE THAN JUST A FARM

I can't believe we are two months through the year already! As always the farm has been busy. The men have been doing machine and groundwork maintenance around the farm including ditching, hedge cutting and servicing machinery.



We have been lucky not to have had any snow this year (yet), but the few frosty mornings meant many trips with hot water down to the pigs to defrost their water troughs! At this time of year, the sheep do not have as much grass available to them, so we have been supplementing with sheep nuts, hay and silage.

After a busy Christmas in the butchery January didn't slow down either, we have been busy producing new products and expanding our varieties of meat. We are now selling goat, produced in Great Bromley, as well as rabbit. Also new for 2019 we now stock delicious homemade pies, using our own meat!



We have been nominated for the Countryside Alliance Awards! This is a very

exciting opportunity to showcase how diversification can help to secure the future of farming families.

With the weather warming up our fields containing different varieties of wheat, barley, oil seed rape and grass will start to grow again. With good drainage in place the fields will start to dry out, meaning machinery will be able to access them again.



Coming up this month we will be busy lambing. We have 60 breeding ewes. We keep a close eye on our ladies throughout their last stage of pregnancy including many night checks. We hope our ewes will have two lambs each. Once lambing has started we will have an open Saturday to see the new born lambs – this will be updated onto our website.

Until next time, Thank you
Becky
www.beckysbutchers.co.uk

GT BROMLEY & DISTRICT CRICKET CLUB



100 Club Winners

January winners

- | | |
|-----|-------------------|
| 1st | Pender Richardson |
| 2nd | Ruth Lawson |
| 3rd | Tracey Wareing |



STOUR VALLEY MEN'S PROBUS CLUB

Recent Meetings

We held our New Year Lunch at the popular Haywain, Little Bromley, on 6th February when our spouses and Probus Widows joined us for what was an enjoyable event and a tasty meal. On 20 February Brian Wilcox introduced us to "New Ways Of Working". Which whilst all members present were retired still found this most interesting.

Future Meetings

Brian Wills will present what will be a lecture of particular local interest on Wednesday 6 March when he speaks about "Constable and his Paintings". Our Annual General Meeting will take place on Wednesday 20 March.

On 3 April Chris Parfitt will introduce us to the "Bhutan, Land of The Thunder Dragon" and David Ablewhite will return again and this time present "The Horrible Hanoverians".

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 to join us at a future meeting 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 Speaker Secretary Dave Carman on 01255 880202 for further details.

THANKS

The Big Clean

This is the first "Big Clean" to be held at St. George's this year. Three Henry's, a Dyson and Dusters worked together to Spring Clean our beautiful church on a Saturday morning in February.

Warm Cheese Scones, Sausages Rolls, Coffee and Tea provided by Yvonne kept up the spirits and energy levels for our very special band of helpers.

Thank you all so very much. For those who could not push the Henry's or Dyson a special table in the Lady Chapel provided a place to polish, shine and buff up the Brass

and replace worn down candles in candlabra and candle sticks.

A very happy, hardworking rewarding two hours spent working together.

Thank you. Well done team!
Jenny



Share your garden to support local hospice care

From grand grounds to pocket gardens, beautiful borders to stunning tubs, why not show off the fruits of your labour by hosting your own Open Garden to support St Helena?

It's free and easy to be involved:

- Pick your own day and time between May and September
- Open your garden for a donation on the gate
- Invite just your family, friends or

neighbours, or open up to your whole community

- Add special fundraising extras - cakes, plants, crafts...

Gardens open to the public to raise money will be advertised on St Helena's website and social media, so as the weather warms up, look out for Open Gardens to visit too! Visit sthelena.org.uk/opengardens for more information, or contact St Helena's Community Fundraising team by email fundraising@sthelena.org.uk or telephone 01206 931 468.

TENDRING NEWS

Tending to benefit from game-changing National Lottery grant to get Essex active

Essex has been awarded a "game-changing" National Lottery grant of £10.68 million from Sport England to increase activity levels across Essex. The three-year plan, published today, promises to tackle the inequalities which prevent 391,600 people in Essex from enjoying the physical, social and mental health benefits of an active lifestyle.

Currently, one in four (27%) Essex residents are inactive and carry out less than 30 minutes of physical exercise each week, while people on low incomes are twice as likely to lead sedentary lifestyles (source, Active Lives Survey 2016/17). Getting families, the elderly and people with poor mental health more active is the priority.

The successful bid was made by the Essex Local Delivery Pilot (Essex LDP), which is led by the Essex Health and Wellbeing Board, Active Essex, and more than 20 partners including public, community and voluntary sector organisations.

Essex is one of 12 pilot areas selected by Sport England, with around £100 million of National Lottery funding being invested in the pilots over the next 3 years to build healthier, more active communities.

It is accepted that previous approaches to tackling stubborn inactivity have had mixed results and not been sustainable, so the Essex plan focuses on doing things differently and challenging the root causes of inactivity. In 2018 Essex undertook extensive research to understand what needs to change to help people live more active lives. The findings led to the development of seven strategic priorities and the plan which Sport England has approved, awarding Essex one of its biggest ever National Lottery grants.

Public sector organisations in Essex are fully committed to bring about whole system change across health, education, housing, transport and the built environment, tackling the root causes of issues so people can live and work in places which enable them to be physically active - for example cleaning up and improving poorly lit outdoor spaces so they appeal to families or older

people.

As part of the project, Essex will share their learning and add to the knowledge base nationally and internationally, of what gets in the way of being active and how community groups, public and voluntary partners can help build relevant activity into people's daily living.

Basildon, Colchester and Tendring have been chosen as the initial focus for the Essex pilot as each of these has areas where there are high levels of inactivity and associated health inequalities. The pilot will test new ideas and learn quickly, taking successes Essex-wide to supercharge Active Essex's strategy to get 1 million people active in Essex by 2021.

Essex's exciting plans include:

- Getting local passionate people involved, who want to create activities in their areas
 - Creating active parks, coastal paths and new walking and cycling routes
 - Easy access small grants and support for community projects
 - Investing in successful voluntary groups and charities to scale up their activities
 - Training people in voluntary as well as paid roles, creating thousands of new volunteers, leaders and coaches
 - Brightening up buildings, streets and parks to make them attractive places to be active
- World class measurement and evaluation which will be shared UK-wide

The Essex LDP has a dedicated team working closely with local communities in Basildon, Colchester, and Tendring to understand what support people need. It is already working with a number of community groups and citizens and is looking forward to meeting many more to bring the plans to life.

Anyone interested in getting involved should email ELDP@essex.gov.uk or telephone 03330 131620, or register interest on the website at www.activeessex.org/essex-local-delivery-pilot/.

FROM THE RECTORY

My seventeen year career in the city of London came about by accident. I was supposed to be doing a two week summer job on the floor of the Stock Exchange, but I ended up becoming a permanent member of staff as it turned out I had some talent when it came to adding things up quickly and shouting a lot. From the summer of 1987 I worked for a series of financial institutions from large International banks, to small boutique trading companies.

When it was quiet there was a lot of standing about chatting, waiting for something to happen. But when it was busy, the adrenalin rush of spending large amounts of someone else's money was a unique experience.

The way that business was done was all face to face. I would be buying, another trader for a different company would be selling, the price agreed by conversation. By the turn of the millennium though it had all changed. The 3000 or so traders and administrative staff who wore the multi-coloured jackets that signified the companies they worked for had gone, the trading floor had closed, and all the business was done on computers.

The individuals who were employed in that

environment were very different from contemporary bankers. There were all sorts; ex cabbies, former barrow boys, school leavers without qualifications. The environment of the trading floor meant that the skill set needed was rather unusual. But outside the LIFFE market where we all worked, the same skill set turned out to be unwanted. When the computers took over, many of the traders returned to their cabs and their barrows and went back to their former lives.

Throughout the changes in circumstance, opportunity and outlook, we can always be sure that in Gods economy, anyone's skills and talents are useful and can be used for his glory.

Simon

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

01206 392659

www.lawfordchurch.co.uk

'Loving God. Living Life.'

FLOWER FESTIVAL 2019 - UPDATE

June 28, 29, 30 & July 1st.

Planning for this huge community event in June continues apace.

Sunday 30th is looking to be a brilliant day... The 10.30 morning service will be followed by a Benefice Bar-B-Q (Lawford, The Bromley's Lt. Bentley). Peter and Judith Clayton will be performing at a concert organised in the afternoon, (time to be confirmed), in the evening a 'Community Songs of Praise' will be led by Bishop Roger

of Colchester at 6.30pm.

Throughout the weekend there will be something for the whole family to enjoy. Come and Join us, just phone or email if you would like to help.

Thanks Jenny



ST. GEORGE THE MARTYR, GREAT BROMLEY



Services for March

St George's Church, Great Bromley

Welcome to our services

- March 3rd** **Sunday before Lent (*Quinquagesima*)**
9.15am Holy Communion with hymns
- March 6th** **Ash Wednesday**
7.30pm Holy Communion at St Mary's, Lawford
- March 10th** **First Sunday in Lent**
10.30am Parish Eucharist
- March 17th** **Second Sunday in Lent**
9.15am Family Service
- March 24th** **Third Sunday in Lent**
10.30am Parish Eucharist
6.30pm Evensong with choir
- March 31st** **Mothering Sunday (*Fourth Sunday in Lent*)**
10.30am Benefice Service at St Mary's, Lawford

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
Term time only
Parents and children welcome
All are welcome
3.00pm to 3.45pm
Refreshments, activities

Church Lunch

Friday, 1st March 12 noon.

All welcome to join us at 12 noon.
All welcome.

