

TWINKLE, TWINKLE LITTLE STAR

I expect someone out there knows but if there is a society to bring back the night sky then I am all for joining it. All year round I admire the night sky - the moon, the stars and the clouds (when silhouetted in front of the moon). It is beautiful with a sense of the infinite and makes me think of creation. In winter (on the rare occasions it now snows) looking up at snow flakes falling in the dark causes me to have the weird sensation of being drawn upwards and into the sky. In cities, towns and a lot of villages around the country the sky is lost behind the blaze of light from street lamps, security lights and just general illumination. Now I hear that Essex County council has 'seen the light'. Over the next few months the street lights will be turned off in residential areas between midnight and 5.00 am as a way of conserving energy and keeping the bills down. Cllr Rodney Bass is reported as saying that "this is an important step and an example to others to conserve energy" and that the council is "thinking more about how our policies across the council affect the environment". To those who say they are frightened of the dark his advice is to "carry a torch". A good torch is always comforting to carry in any event and not just for its light! Actually one can see remarkably well in the dark once the eyes have become adjusted and there are in fact very few nights when it is really too dark to see and on a good night even a torch can be more of a hindrance than a help to vision..

Essex County Council is responsible for around 120,000 street lights and argues that the 19,000 tons of carbon emissions they produce each year is too much. It also says that by turning them off there will be less light pollution.

Essex is not the first council to turn down the lighting, Devon and Cornwall have been turning down/off their lighting for some years now. Torbay twinkles from the odd light on

boats and is very attractive in the darkness set against the hugeness of the sea and sky.

In the 1960s most towns turned off their street lights at midnight. My husband recalls cycling home off the last bus from Birmingham with lights going out down the road as he went along. Also do security lights that are permanently on really deter criminals who are determined to enter any given premises, or do they simply proclaim that someone thinks that there might be something there that is worth trying to protect.



200 years ago in 1806 Jane Taylor of Colchester wrote the lyrics for Twinkle, Twinkle little star. It is worth a visit to Castle Park in Colchester to see the floral display they have this year commemorating this fact.

Twinkle, twinkle, little star,
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star,
How I wonder what you are!

When the blazing sun is gone,
When he nothing shines upon,
Then you show your little light,
Twinkle, twinkle, all the night.
Twinkle, twinkle, little star,
How I wonder what you are!

Then the traveler in the dark
Thanks you for your tiny spark;
He could not see which way to go,
If you did not twinkle so.
Twinkle, twinkle, little star,
How I wonder what you are!

In the dark blue sky you keep,
While you thro' my window peep,
And you never shut your eye,
Till the sun is in the sky,
Twinkle, twinkle, little star,
How I wonder what you are!

Leonie Henderson

FROM THE PAST ...

BLOCKED HIGHWAYS AND DITCHES

John Smith of Frating was ordered to “scowre xij rod of ditch leading from Catland Brook toward much Bentley at the Quarter Sessions of 28 June 1587.

At the same time the landholders of Whelers in Frating and the owner, Edward Odyan of Orford, Suffolk, were on court to “take up a gate standinge crosse the Queen’s highway leading from much Bromley to St Towseys (St Osyth)”.

The same parties were told to “crop the wood against the highway leadinge from the Crosse house (Frating) to Thorington Heath”.

These were not the first appearances in court of the same defaulters. The entries show that Great Bromley parishioners must often have travelled these roads we still use today.

John Appleby

20 YEARS AGO

Firstly a big thank you to Nancy Kempster for parting with her copy of **Volume 1, Number 1, the June/July 1986** edition of the Bromley Messenger which was the only copy missing from my Archives. *The Bromley Messenger* Archive collection of the magazine is now

complete and up to date and anybody who wants to look something up from the past - maybe to settle an argument! - is always welcome to browse through them.

From that first issue I discover that as a result of a successful Supper with Cabaret evening held in the village hall which raised £500 in aid of the St George’s church Repair Fund “it was agreed to form an organisation to be known as ‘The Bromley Buskers’. A function similar to that recently held will take place each year and other concerts for other causes will be held, up to a maximum of three a year. All monies raised by this organisation will be donated to charities and causes to be agreed upon at an annual meeting. Enquiries would be welcome ...”

In Vol 2, No 2 August/September 1986 there is a reference to a German Evening. “An event which must not be missed is a German Evening to be held in the Village Hall on Saturday, 27th September from 8.00pm until midnight. There will be dancing to the ‘Die Kellerguister’ German band. Tickets can be obtained from members of the Village Hall Committee. All the proceeds will be in aid of the Village Hall funds.”

No mention was made of the evening in the October/November magazine so I wonder what it was like.

GARDENER’S TIPS FOR AUGUST

During this very hot weather I suppose the sensible advice would be “STAY INDOORS”!!

Chrysanthemums: For large blooms reduce stems to six stems, begin disbudding and make sure they are well supported.

Annuals: Unfortunately as these are shallow rooted they need to be kept well watered - keep deadheading to encourage new blooms

Lilies: Towards the end of the month propagate from bulblets.

Frank Griffiths



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

Head teacher: Pat Fitzgerald
Telephone: 01206 230305

Support your School

School in the Community is an initiative by the government to open up information about, participation in, and support by, the Community for your School.

If we had a Great Bromley football team many of us would be supporting it by attending its matches, so why not support our School, it's just a big team.

By the time you read this the School would have held its sports day, but you would have been welcome to attend even if you are not a parent or grandparent.

Many of the pupils go to Manningtree for their 11-16 education; Manningtree has recently announced the prefects for next year with pupils from Great Bromley featuring highly in the line up as they have historically for some time.

Great Bromley pupils are well known in the area for their good behaviour and are often mentioned as models for code of conduct in other schools. The children participated in the Tendring Show on 8th July at the exhibition of local Schools work under "our outdoor classroom".

Hopefully, if you attended, you saw the display which was highly acclaimed

On 12th July the school held a tea party for all the helpers, over 80 invitations went out and 50+ people attended. Year 4 sang some novel songs and Pat Fitzgerald gave her thanks for the many ways that those present had offered their services over the year. Year 6 served tea and home made (in the canteen) cake and stayed back to clear away and wash up with the help of Pat in appreciation for everyone's efforts. It was a really nice afternoon.

Year 6 children voted to go to Southend for their summer outing before they break up and there's me writing the School Food Policy - so no candy floss please!

My plea for helpers last month has produced two offers. Thank you very much for your interest - are there any more?

Len, Community Governor



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

We're sadly saying goodbye to a few of our playgroup children, as they will be starting school in September. Good luck to Robert, Sam, Jack, Oliver L and Teddy. We do hope you enjoy your new schools and that you have all enjoyed your time at Great Bromley & Frating Playgroup.

This year our playgroup once again took part in the Tendring Hundred Show; they all produced some fantastic pieces of art and crafts based around their theme, "Fairy Tales", and it looked fantastic! I do hope you all managed to go along and support your playgroup and also see the lovely work *your* children created. A big WELL DONE to all the staff who helped the children take part, for setting such a lovely display and, of course, WELL DONE to all you little ones who took part.

Our end of term outing was a success; we all enjoyed a day at Brightlingsea



beach and park. Also, we know that JO, KAYE and JILL all really enjoyed their apple pies with cream and ice cream, washed down with a deluxe hot

chocolate! not to mention the fish and chips they had at lunchtime too! (Who ate all the pies?) The weather held out for us, so we were able to enjoy the day.

Now after a reign of six years with Great Bromley and Frating Playgroup we are saying goodbye to our supervisor Claire Wheatstone. Claire is moving on to pastures new, so we would like to take this opportunity to say a very big Thank You from all of us, who are or have been, involved with playgroup over the years. The very best of luck to you for the future.

ENJOY YOUR SUMMER BREAK AND KEEP SAFE!

We look forward to welcoming you back on **11th September, 2006.**

Kelly Buckingham



ST. GEORGE'S YOUTH CLUB

A meeting was held on 6th June to discuss the winding up of the Youth Club, which has been inactive for several years due to lack of adult helpers. Present at the meeting were Jayne Bates, Estelle Kemp, Chris Taylor, Dave Skinner, Mark Beauchamp and Steve Wright. At this meeting it was unanimously decided to transfer any remaining assets of the Youth Club to the Youth section of the Great Bromley and District Cricket club, as this was thought to be the organisation in the village most closely resembling the activities that were provided by the Youth Club.

This has now been achieved and those present wish the Youth section of the cricket club and all their dedicated helpers all good fortune in the coming seasons, and hope the transferred assets will be of benefit to the youth of the village.

Mark Beauchamp



Sallywags

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

Our Teddy Bears' Picnic at the end of term was great. We all had a lovely morning. We have had lots of fun during the last term and we are really looking forward to when we all return on **Friday, 15th September, 2006.**



As we always say, your continued support does not go unnoticed; we are lucky to have such a lovely group. Anyone new who has/does attend comments upon how welcoming and friendly SALLYWAGS is!

Let us hope this continues as we are always happy to welcome new little ones and, of course, their parents/carers.

We are currently on the look out for nearly new baby equipment that anyone has either grown out of or you are looking to clear some space. Obviously we must stress that anything donated must be safe, as these will be used by our smallest of children who attend SALLYWAGS. Please see Kelly at any session on a Friday morning if you are able to help with the above. We look forward to your response.

We have had several events where we've all got together outside SALLYWAGS times. These have all been great fun as not only do you get to meet parents/carers along at our group but you get to make some great new friendships too!

ENJOY YOUR SUMMER BREAK AND KEEP SAFE!

Kelly and Tracey



WOMEN'S INSTITUTE

We had a very pleasant evening celebrating our 48th birthday on the first Wednesday in July 2006. Mrs Kate Griffiths brought along her keyboard and played lots of well loved tunes from famous musicals including "South Pacific" and "Evita". Afterwards we enjoyed a slice of birthday cake made specially for the occasion by Jean Delgety.

This month, August, is when we usually have an outing but this year we are doing something different. We are meeting at the Village Hall on the morning of Wednesday 2nd August to try our hand at pottery decoration. At the end of the morning we are going to The Cross Inn for a buffet lunch.



For our meeting in September, Mrs Ellis will come and talk about "Floral Art". If you are interested do come along; we can guarantee you a warm welcome on Wednesday 6th September at 7.30pm in the village hall.

June Willgress

CARPET BOWLS

On 12th July we received a very warm welcome when we visited Stratford St Mary for a friendly match. No real winners or losers in these matches but I must admit that the home team had the edge over us. A nice evening for everyone. Away and return matches with Boxted and High Woods are arranged during August and September, then it will be straight into the winter league. It seems only a few weeks since we ended last year's.

I am pleased to report that Dick Wilsher is well on the mend after his second hip replacement operation in June. We need him back with renewed energy to take up his usual no. 3 position. Get well soon Dick!

Nancy Kempster

FRIENDSHIP CLUB

We had a very informative talk by a representative of the Fire Service on fire alarms - have you got one? Have you checked it recently?



Our August meeting is on the 17th - the competition is "An old tin with pictures".

Vicky Griffiths

PARISH COUNCIL NEWS

Great Bromley Parish Council

**Report of the council meeting held on
13 July 2006**

Planning

The Council considered and agreed no objections to the following planning applications:

Land between Fieldside and Eltone, Frating Road: two new bungalows and retention of temporary fencing.

Field House, Parson's Hill: outdoor manège and lighting.

Tendring District Council planning application decisions:

Arthrath, Harwich Road – removal of agricultural occupancy condition (approval)

Old Courthouse Inn, Harwich Road – use of dwelling independent of public house (refusal)

Elm Cottage, Harwich Road – demolish existing bungalow and replace with two new bungalows (approval)

Cross Inn, Ardleigh Road – change of use from public house to private dwelling (refusal)

Tendring replacement local plan

The council agreed to object to 'omission site' OM PM 24 which sought approval for future development on land adjacent to

the sewage works/Spread Eagle, Brook Street.

Dog bin

The council has installed a dog bin on Carrington Road near the junction with Briar Road.

Village appraisal

There has been a good response to the village survey with 180 completed questionnaires returned. This is 44% of those distributed. A report on the survey's findings should be available in September/October this year.

Hare Green Recreation Field

The field and its play equipment have recently been inspected by ROSPA and found to be largely satisfactory. The field will be used occasionally during the summer for soccer matches and members of the Revolution football club assisted the parish council in levelling the playing surface. Unfortunately trees recently planted by the council continue to be vandalised.

Future meetings

The next meeting of the Council will be at 7.30 pm on Thursday 11 August 2006 at the Village Hall Great Bromley. Residents are welcome to attend.

Tendring Replacement Plan – Public Inquiry

The public inquiry will be held at the district council's Weeley offices during September to December this year. Members of the public are welcome to attend.

The following sessions may be of particular interest to residents:

26 - 28 September	10 am – 5 or 1 pm	QL5c Employment land Frating/Gt Bromley
1 November	2 – 5 pm	Oasis
2 November	10 am – 5 pm	Oasis
22 November	2 – 5 pm	Cheshire Home (Housing)

The programme of hearings is liable to change and the timing and content of any session should be checked in advance with the inquiry office: telephone 01255 686192 or see the inquiry website at <http://www.tendringdc.gov.uk>.

Community Speed Watch

The parish council is continually looking for ways of reducing the amount of speeding in the village – particularly on roads with 30 and 40 mph limits. Warning signs and traffic calming road markings have been introduced and the police are asked to carry out regular speed checks. The next step is the installation of vehicle activated flashing speed signs and the first of these will be in Hall Road, near Lakewood.

As a more radical move Essex Police are trialling the concept of a 'community speed watch'. This will be a traffic monitoring scheme co-ordinated by the police but managed and run by local volunteers. Simply, volunteers will identify offending vehicles using speed detection devices. This information will then be passed to the police who will follow up with warning letters and possibly prosecution for repeat offenders. The scheme's primary objective will be to reduce the incidence of speed-related offending.

Further information on the scheme is available from Adam Pipe, Essex Police on 01245 240600 ext 480527.



Thank you

to all those of you who have completed and returned their

appraisal questionnaires. A total of 181 responses were received by the deadline of 10th July – which equates to approximately 44% of those which were distributed. The response rate is about average for rural areas in this region and, importantly, is sufficient to give the parish council and other local organisations a clear idea of issues in the village which are important or of concern to residents.

The questionnaires are now being analysed and a draft report will be prepared during August and September for publication in October, together with an action plan. The report will include the excellent ideas generated by pupils at St George's School and the input received from teenagers via Part B of the appraisal questionnaire.

Martin Frostick

Community Initiatives Fund

Essex County Council (ECC) has allocated another £150,000 to parish councils and community groups in Tendring for **capital** projects during 2006/7. Projects should aim to improve the quality of life for local residents and communities through promoting the social, economic or environmental well-being of a village. Expenditure must be capital in nature and staff or running costs cannot be funded. Individual grants will not normally exceed £20,000. Application forms can be obtained from Sarah Ramachandra (01245 436006) and these must be **submitted by 6 October 2006**. Further information is

available from Jane Gardner (01245 436079) or Beverly Davies (07929 543523). Proposals must be supported by the parish council so please contact the clerk before submitting an application.

Little Bromley Parish Council

The next meeting of Little Bromley Parish Council will be held on 14th September 2006.

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

KITCHEN CORNER

Blackcurrant Meringue Pie

To serve warm or cold

Shortcrust pastry: 6oz flour

3oz fat

Filing: 1 lb prepared blackcurrants
¼ teasp cinnamon
pinch salt

4 oz caster sugar
1 oz plain flour
¼ pt single cream

Meringue: 2 egg whites
pinch of salt

¼ teasp cream of tartar
2 oz caster sugar



Roll pastry to fit 7" tin, trim round overlapping edge by ½". Fold the overlap underneath to make a double thickness round the rim. Pinch up to make a high fluted edge. Put currants into the pastry case, mix the dry ingredients and gradually stir in the cream. Put this mixture over the fruit and bake in a hot oven 35 minutes.

Allow to cool while making the meringue. Whisk whites with salt and cream of tartar until stiff, add sugar and beat till stiff and shiny. Spoon over the pie, sealing the edges well. Swirl with a fork and return to the oven for 8 - 10 minutes till lightly browned.

Jill Frostick

WEST AFRICA BY MOTORBIKE (PART 1)

Over the past few months Hugh Cronin, Practice Manager for Great Bentley Doctors' Surgery has been reporting on the progress of Dr Hunt's journey to Africa. Dr Hunt has now sent me tales and pictures of the journey which I am serializing over the next three months.—Ed.

So – it's back down to earth with a bump. Not the same sort of bumps I've got used to during my 7500 miles of motorbike riding across North West Africa – many of which drew blood and sapped my energy! No this was a different sort of bump altogether – it was the realisation that my bike was no longer where I'd parked it the night before. A man with a van and some bolt coppers had helped himself during the night! Having ridden all that way through some of the poorest countries in the world and not had the dregs of a water bottle stolen, my first night away from home back in Blyth and some low-life

thief has got my bike!

My travels began on a chilly March morning by a landfill site off the A1. Snow was forecast and I couldn't help but wonder why I'd taken leave of my senses and decided to do this. But after lots of bimbbling on the bikes and fond farewells to Sarah and the kids, we were on the road and heading south (apart from the Frenchman in our group who turned north onto the A1 – that bodes well for the Sahara, we thought!). And so, by ferry to Bilbao in northern Spain, and down towards Algeciras in the south. No trip would be complete without the traditional breaking down in the coldest highest snowiest mountains we went through – 24hrs of wearing every item of clothing I'd brought with me!

To be continued ...

Mathew Hunt



GREAT BROMLEY VILLAGE HALL CHARITY TRUSTEES

The Village Hall committee met on 11th July in the Millennium Lounge of the hall. 10 of the 11 Trustees were present together with the Hall Caretaker.

If there is somebody living within the village boundary who feel they would like to serve on the Village Hall committee, please come forward and let us know. We usually meet six or seven times each year, i.e. about every two months. Currently, there are 12 on the committee, who try to manage the village hall affairs within the Trust Deed and for the benefit of all users, or potential users, of the facility. We aim to work as a team, all people have their strengths and weaknesses, but we generally achieve a satisfactory result as a body trying to improve the hall and its facilities.

Activities currently available at the hall include the Playgroup (three mornings and one afternoon each week during school term time), Scallywags (Friday morning), Badminton (Monday evening), Men's Club (Tuesday evening), Carpet Bowls (Wednesday evening), Women's Institute (1st Wednesday evening), Friendship Club (3rd Thursday afternoon), Karate, Yoga and Dog Training. The facilities may be privately hired for your own event such as a party and often there are public functions like fund raising dances, quiz nights which you can attend should you wish. Many groups of people hire rooms for meetings during the day or evening. We have a Main Hall (with stage if required), a Committee room (up to 15 people), the Millennium Lounge (up to 40 people), the Billiards Room (which can be used to support the Main Hall or Lounge) and a Kitchen area.

Our appreciation and grateful thanks to Peter and June Wenden for the splendidly organised Coffee Morning at "The Pippins" on Saturday, 15th July. A

wonderful sunny day greeted the many people who came along and enjoyed games, stalls, raffle, refreshments, light lunches and/or a BBQ whilst catching up with old friends or meeting new. In the setting of their lovely and well kept garden, many willing helpers provided an event to remember with £648 being raised for the village hall fund.

For tickets to the Supper, Cabaret and Guest Speaker at the village hall on Saturday, 7th October please contact Frederick Nicholls on 01206 230688 or Beryl Hurst on 01206 230578 or Lynda Allam on 01206 230375. This promises to be an enjoyable evening, so ensure you secure your seat in the hall in good time and not be disappointed as demand may outstrip supply of these sought after tickets.

The Village Hall Committee will meet again on Tuesday, 29th August at the Village Hall.

Bevan Willgress

Forthcoming Events

AUGUST

- 2 WI meeting, Village Hall
- 11 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 17 Friendship Meeting, Village Hall, 2.00pm
- 29 Village Hall committee meeting, Village Hall, 7.30pm

SEPTEMBER

- 2 Ipswich Operatic & Dramatic Society Concert, Ardleigh Church
- 3 Colne 25 Sponsored Cycle Ride, Brightlingsea
- 5 Public Inquiry re: Tendring Replacement Local Plan
- 6 WI meeting, Village Hall, 7.30pm
- 9 Friends of Essex Churches & St George's Sponsored Cycle Ride
Cricket Club Fun Day & Presentation Evening
- 9 – 10 Festival of Flowers and Music, Little Bromley Church
- 14 Lt Bromley Parish Council meeting
- 23 Coffee Morning in aid of East Anglian Children's Hospice, Village Hall, 10-12
- 24 Dedham Fun Run

OCTOBER

- 2 St George's Harvest Lunch
- 7 Supper & Cabaret with the Cavender Singers, Gt Bromley Village Hall, 7.30pm
- 28 Cricket club Quiz Night, Village Hall

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 Glens for
details
01206 322358

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

- ▶ Produce Stall
- ▶ Raffle
- ▶ Competition

Admission £1



In aid of East Anglian Children's Hospice

FESTIVAL OF FLOWERS AND MUSIC

Little Bromley
Church

9th – 10th September

Saturday 9th September
10 am – 5 pm. Concert 1:15 pm

Sunday 10th September
12 noon - 5 pm. Songs of Praise 4 pm

Admission free to all events.

Home made refreshments.
Flowers from our gardens and
hedgerows.

If you would like to help with flowers or
refreshments please contact
Carol Cordwell 01206 395103



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.

CRICKET CLUB

100 CLUB WINNERS FOR JULY

1st. Mr. R. Prior.
2nd. Mr. Phil Allam
3rd Mr. Andy Pirie

FORTH COMING EVENTS

9th September

**FUN DAY and PRESENTATION
EVENING**

28th October

G.B.C.C. QUIZ NIGHT
at the Village Hall.

Phone 230375 to book your table



CABARET & DINNER

Saturday 7th October 2006
6.45pm for 7.00pm
Great Bromley Village Hall

3 Course meal and Cabaret
with the Cavander Singers & Bill Pirie

Tickets £12.50 Licensed Bar

For tickets telephone:
01206 230688, 01206 230375
or 01206 230578

*Proceeds in aid of
Village Hall Funds*



Friends of Essex Churches & St George's CYCLE RIDE

9th September

For more details contact
James Wild (Tel: 230679).



The Clacton & District Stroke Association (CDSA)
85 Frinton Road, Holland on Sea, C015 5UH

Hopefully you will have read our previous articles on various aspects of stroke prevention. This time we thought we would tell you more about ourselves. We are a local independent charity caring for the Community of Tendring by offering post stroke care, stroke prevention information and advice

The Clacton & District Stroke Association's Centre – 01255 815905

The centre is owned and run by the CDSA for its own activities and can be let out to assist other disabled groups.

Our aim is to assist in any way possible during recovery, rehabilitation and in the long term. Support is offered in various ways to stroke survivors, their families, carers and professionals involved in their care.

Groups are run four days of the week at the centre with a variety of activities aimed at reinforcing daily living skills, the development of effective communication skills, the promotion of self confidence and initiative, the increase of independence and the encouragement of social integration. We encourage members to use forgotten skills or in many cases to discover new skills. There is an art group run by a qualified tutor and support staff facilitate creative tasks with the members. A communication group coordinated by adult education tutors, a Speech and Language Therapist and trained volunteers offers the development of functional communication skills through alternative strategies and coping techniques. All of these activities are undertaken in an atmosphere of fun and good humour.

The maintenance of learnt skills, the development of self confidence, initiative and social integration is promoted to enhance independence and prevent social isolation.

A high dependency group is offered for those who need a higher level of care due to lack of mobility. The group is coordinated by four staff and two volunteers. The group is designed for wheel chair users. The aim of this day is to improve mobility, coordination, communication skills and provide mental stimulation. These aims are achieved in many cases by relearning/developing numeracy and literacy skills, a structured exercise period, quizzes, physical games and other activities to enhance coordination.

Cares are afforded respite when the stroke survivor attends the above groups at the centre.

For more information about these groups please contact Rosemary Garrey on 01255 815905.

Education and training is offered to the wider community regarding stroke awareness and primary and secondary stroke prevention.

CDSA constantly presses for improvements in services for stroke survivors and strives to increase public awareness of stroke and the resulting trauma.

The Clacton and District Stroke Association's Stroke Family Support Service 01255 815916

Stroke Family Support is a service which provides information, literature and emotional support for stroke survivors and their families and for stroke survivors living alone. Support is offered by telephone and/or a home visiting service.

A telephone advice line/signposting service is freely available during office hours. (An answering service for out of hours enquiries is available).

Counselling Service 01255 815916

The CDSA offers a free confidential counselling service for stroke survivors and/or their carer(s).

Ways you can help us:-

Donations Standing orders/Gift Aid
Legacies Sponsored events
Collection Boxes

Donating goods or raffle prizes Company Sponsorship

Volunteer your help by assisting directly with attenders, kitchen, organising fund raising events. Volunteers bring all sorts of skills and support to our work and are highly valued members of the CDSA team.



SIZE MATTERS WITH ROYAL MAIL'S NEW POSTAL PRICES

Major changes to the cost of sending items in the post are being introduced with prices calculated not simply on weight but the size and shape of an item.

From August 21st anyone posting something should be aware of the three new categories:

- **Letter**
- **Large Letter**
- **Packet**

The changes are being introduced to better reflect how much it costs Royal Mail to collect, sort and deliver mail. But the vast majority of items will cost the same or less to post under the new system.

There are a few simple tips and reminders to help people with commonly posted items and to help them save money:

- Standard birthday cards will still cost 32p to post in the **Letter** category but larger cards, including those with badges will fall into the **Large Letter** bracket.
- If you're sending an A4 letter by folding it in half to fit in a standard C5 envelope it will only cost the **Letter** price of 32p rather than **Large Letter** 44p.
- If you're looking for that perfect gift then compact heavy items like books will be cheaper to send than before. However light but bulky items such as a poster tube will cost more.

To help its customers with the new prices Royal Mail will be delivering a leaflet to every address in the UK throughout August. Adverts will also be run on television, radio and in newspapers. Plus information will be available at your Local Post Office® branch and online at www.royalmail.com/size or by phoning 08456 113113.

If you have friends and family abroad international mail prices are not affected.

Further details of the new categories and prices are detailed in this table.

Size category	Max Thickness	Weights	First Class stamp price from 21 August 2006	Content would include:
Letter Size not to exceed 240mm x 165mm This size is larger than A5 (half a sheet of standard paper).	5mm	0-100g	32p	Most letters, postcards, bills and statements, some brochures and catalogues, most birthday cards.
Large Letter Size not to exceed 353mm x 250mm. This size is larger than A4 (a standard sheet of paper).	25mm	0-100g 101-250g 251-500g 501-750g	44p 65p 90p 131p	Large letters (containing unfolded sheets of standard paper). Most brochures, catalogues, some magazines. CDs and DVDs. Most larger birthday cards. Most magazines
Packet Any item which is more than 25mm thick or longer than 353mm or wider than 250mm, or heavier than 750g.		0-100g 101-250g 251- 500g 501-750g 751-1000g 1001-1250g Each additional 250g or part thereof	100p 127p 170p 220p 270p 474p +85p	VHS cassettes, books, some magazines and catalogues, prints and posters in large or cylindrical packaging.

CHURCH NOTES

The PCC met on June 21st.

The Bishop of Colchester has encouraged Fr. Nicolas to take a sabbatical during September, October and November of this year. Priests are allowed to take this leave every ten years has and in Fr. Nicolas' case this is long overdue. Services will continue as normal, the majority being taken by either Fr. Ernie Stroud or Captain Bradfield. Fr. Peter Hill and his curate from East Hill Church will officiate at funerals, any weekday services and will generally be available when a priest is required.

A sabbatical is expected to include study, spiritual growth and holiday. Fr. Nicolas will spend time on retreat and also studying different ways of working Ecumenically in Rome and America.

Anyone visiting the church will have noticed that the scaffolding around the west window is still in place. The window is currently being repaired in Canterbury and we had hoped that it would have been returned by now.

Unfortunately, serious illness in the team of glaziers who are working on the window has put the work on hold and we are now hoping to have the window back in place in September.

There will be a sponsored cycle ride on September 9th when funds raised will be divided between the Friends of Essex Churches and St. George's. If you would like to take part in the ride please contact James Wild (tel 230679).



MATERIAL for the **SEPTEMBER 2006** edition of 'The Messenger' should reach the Editor, Leonie Henderson, by **Monday, 21st**

August, 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.

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THE UNITED PARISHES OF ARDLEIGH AND THE BROMLEYS

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



Dear Parishioner,

For most of us August is a lazy month. Hopefully with warm, dry, weather it's a time to relax and enjoy a good book, pleasant company or a gentle nothingness as the summer goes by. For others, those out working on the land, in the tourist industry or in those 7/52 jobs like hospitals, police, the army, it's still a busy day wondering how you're going to fit it all in.

We all need times of rest and relaxation; those countries who, to increase productivity, introduced seven day a week work found within five of those weeks that productivity levels dropped even further. Sundays (or whenever your "rest day" can be) and holidays are important things to get right if we are to get the most out of life. The human body was designed to work hard and rest hard, and we are at our healthiest when that is possible.

It's for that reason that some are privileged to have what's known as a sabbatical; an extended time for rest and renewal. The Bishop has recently offered one to me after twenty years of ordained ministry and nine years here and so I will not be working in the parish from the middle of August till end of November.

It is a privilege and I'm grateful to the Bishop and those who will cover for me and take up the responsibilities of the parish's life during this time. The wardens will try to ensure that the people needs are met and our established life of praise and service continues as normal.

Some of the time will be spent in extended retreat, some studying ways that can unify Christians more, and some as I began with - those good books, pleasant company and a gentle nothingness.

I'll be back (full of energy and enthusiasm I'm told - you have been warned) to celebrate Advent and Christmass with you all. I shan't forget you in my thoughts and prayers, please remember me.

God bless
Fr Nicolas.

St George's, Great Bromley

Sunday 13th August
All are welcome to
Sung Evensong
6:30 pm.

The choir will sing an anthem and there are hymns for all to join in.

HARVEST LUNCH

2nd October
Anyone who is willing to help I should be very pleased if they would contact me.
Ann Tel: 230679

ST. GEORGE THE MARTYR, GREAT BROMLEY

united with St. Mary the Virgin, Ardleigh



Services for August

2nd	7.00pm	The Eucharist	<i>St. George the Martyr</i>
3rd	10.00am	The Eucharist	<i>St. Mary the Virgin</i>
4th		S John Vianney	
	11.00am	Holy Communion	<i>Seven Rivers</i>
5th	9.30am	The Rosary	<i>St. Mary the Virgin</i>
	12 noon	Marriage of Andrew Brothers to Wendy Cooper	<i>St. Mary the Virgin</i>
	3.00pm	Marriage of Liz Robinson to Kevin Connelly	<i>St. Mary the Virgin</i>
Sunday 6th		Feast of the Transfiguration	
	7.30am	Morning Prayer	<i>St. Mary the Virgin</i>
	8.00am	The Eucharist	<i>St. Mary the Virgin</i>
	10.30am	The Parish Eucharist	<i>St. George the Martyr</i>
	6.30pm	Evening Prayer & Sermon	<i>St. Mary the Virgin</i>
7th	9.00am	The Eucharist	<i>St. George the Martyr</i>
11th		S Clare	
	11.00am	Holy Communion	<i>Seven Rivers</i>
12th	9.00am	The Eucharist & Rosary	<i>St. Mary the Virgin</i>
Sunday 13th		Trinity 9	
	7.30am	Morning Prayer	<i>St. George the Martyr</i>
	8.00am	The Eucharist	<i>St. George the Martyr</i>
	10.30am	The Parish Eucharist	<i>St. Mary the Virgin</i>
	6.30pm	Evening Prayer & Sermon with choir	<i>St. George the Martyr</i>
14th		S Maximillian Kolbe	
	9.00am	The Eucharist	<i>St. George the Martyr</i>
15th		Assumption of Our Lady	
	7.00pm	The Parish Eucharist	<i>St. Mary the Virgin</i>
16th	6.00pm	The Eucharist	<i>Hamilton Lodge</i>
17th	10.00am	The Eucharist	<i>St. Mary the Virgin</i>
18th	11.00am	Holy Communion	<i>Seven Rivers</i>
19th	9.30am	The Rosary	<i>St. Mary the Virgin</i>
Sunday 20th		Trinity 10	
	8.00am	The Eucharist	<i>St. Mary the Virgin</i>
	10.30am	The Parish Eucharist	<i>St. George the Martyr</i>
	6.30pm	Evening Prayer	<i>St. Mary the Virgin</i>
25th	11.00am	Holy Communion	<i>Seven Rivers</i>
26th	9.30am	The Rosary	<i>St. Mary the Virgin</i>
Sunday 27th		Trinity 11	
	8.00am	The Eucharist	<i>St. George the Martyr</i>
	10.30am	The Parish Eucharist	<i>St. Mary the Virgin</i>
	6.30pm	Evening Prayer	<i>St. George the Martyr</i>
28th	12 noon	Healing & Renewal Pilgrimage Eucharist	<i>Walsingham</i>
31st	7.00pm	The Eucharist	<i>St. Mary the Virgin</i>