

A BABY AT CHRISTMAS

When one hasn't had a baby in the house for a while you forget what it's like. The constant feeding, the potty training, the toys scattered all over the floor, the jostling for position in the pecking order of the original inhabitants of the house to make sure Junior remains in her rightful place at the bottom of the 'pile', the extra attention demanded by the original inhabitants to make sure they are still loved and wanted as well as the expense of buying new / replacing old things. Climbing all over the furniture means that ornaments and unsuitable objects have to be moved ever higher or put away entirely until she is older.

There is also the delight of seeing everywhere afresh through the fun of her baby eyes looking at our jaded world with fresh enthusiasm, her delight at each new adventure and experience and no doubt her First Christmas Tree with all the thrills of its tinsel, baubles and other dangly, glitzy objects will keep her amused for hours. And of course just because it is Christmas some sort of routine must still be adhered to and there should definitely be no overfeeding of rich food.

I have been enjoying cuddling the sleeping baby in my lap, watching her nose twitch as she dreams and the complete trust she has in me. The dog is delighted with her new friend, the cat growls and skulks but sulks less each day and the duck has yet to make up her mind. The fish are untroubled in their tank. Yes, we have a new kitten in the house and she is adorable.

Wishing you all a very happy, healthy, peaceful Christmas.

Leonie Henderson



***Wishing all our Readers
a Happy Christmas***



News from St George's C of E Primary School

Earlier in the year we were delighted to receive validation for the Healthy Schools Intermediate Award and we are now working towards achieving the National Healthy Schools Award. Following training from Childline we have set up a Peer Mediation Scheme which involves pupils supporting one another.

Once again, in October we held our traditional Harvest Celebration. Our Year 6 pupils thoroughly enjoy delivering the harvest gifts to members of the village Friendship Club. 34 boxes were delivered and we have received many lovely letters expressing their appreciation.

The children also enjoyed visits from Rt Hon Bernard Jenkin MP and Sarah Candy County Councillor who came to our school as part of the Local Democracy Week. Mr Jenkin said that he had been exhausted by the taxing questions from our year 5 and 6 pupils!

We are continuing to move forward in our curriculum development by keeping abreast of new initiatives and have recently installed interactive whiteboards in all the classrooms and ICT suite.

We welcome and value the support we receive from our local community and we are always open to suggestions as to how we can further develop these links.

The children and staff wish you all a very Merry Christmas and a peaceful New Year.

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

Head teacher: Pat Fitzgerald

Telephone: 01206 230305

The long awaited bike shed has arrived. Planning permission was not required though some sources said that it needed it. Keir French decided that they would not erect it after all. Estimates were sought and erection should be completed shortly.

Advance warning:- a team of volunteers will be needed in the spring to paint the woodwork in the School grounds. I will remind all nearer the time.

LBC



Forthcoming Events

DECEMBER

- 14 Lt Bromley Parish Council meeting, 7.30pm
- Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 23 Christmas Candlelight Service, Lt Bromley church, 4.00pm
- 31 New Year's Eve Masked Ball, Forge Cottage, Gt Bromley, 8.00pm

2007

JANUARY

- 18 WEA Lectures start, Ardleigh Village Hall, 2.30pm
- 21-28 Cookies for a Cure Week
- 23 Village Hall committee meeting, Village Hall

FEBRUARY

- 9 Cricket Club A.G.M., Cricket Pavilion, 8.00pm
- 18 Friendship Club A.G.M., Village Hall, 2.00pm

JUNE

- 1-3 Little Bentley Hall Waterways & Garden Show
- 15-17 West Woodhay House Garden Show
- 23 Essex Police Band, St George's Church



THE FIRST CHRISTMAS QUIZ



1. Who wrote "The first Nowell" ?
2. When and by whom was the first Christmas card sent?
3. Who first made the Christmas tree popular in England?
4. When was the first "Post early for Christmas" message sent out by the post office?
5. Who was the first person in England to dine on turkey for Christmas?
6. How long is it since the people of Oslo first sent a Christmas tree for Trafalgar Square?
7. Where and by whom was the first Christmas crib erected?
8. When was the Nativity first officially celebrated?
9. When was Christmas song, "Rudolph the Red Nosed Reindeer" first published?
10. When and where was the Christmas carol, "Silent Night" first performed?
11. What island did Captain James Cook first sight on Christmas eve 1777?
12. When was Charles Dickens' "A Christmas Carol" first published?

With thanks to Ian and Val Harris

Answers on page 16

CHRISTMAS CRAFT

How to Make a Bead Garland for the Christmas Tree

You will need:

An assortment of plastic beads - not too large

Plastic cording

Scissors

Tacky glue

How to Make:

1. Cut the plastic cording to the length wanted for the garland.
2. String on the first bead and tie a knot around it to keep the other beads from sliding off. Placing a few dots of glue on the knot will hold it
3. String on as many beads as you want, knotting the string around the last bead on the string. Place a few dots of glue on the knot to hold it and let the glue dry.
4. Once dry place the garland on your tree and enjoy!



PARISH COUNCIL NEWS

Great Bromley Parish Council

Report of the Great Bromley Parish Council meeting held on 9 November 2006

Planning

The Council considered and objected to the following planning applications:

Elmhurst, (Selectacars site) Harwich Road – replacement of existing house (appeal against Tendring District Council refusal).

Mousetraps, Rectory Road/Parsons Hill – new additional dwelling.

2 Alma Cottages, Briar Road – conversion of detached garage/workshop into new additional dwelling.

The Council considered and had no objections to the following planning application:

Orchards, Frating Road – extensions.

Tendring District Council has decided the following planning applications:

West View, Frating Road – extension and alterations (refusal).

Hamilton Lodge, Parsons Hill – single story extension to Selborne Court (approval).

Field House, Parson's Hill – outdoor manège and lighting (approval).

Greenacre Cattery, Carrington's Road – replacement building (approval).

Strutts Farm, Parsons Hill – additional

new domestic dwelling (refusal).

Morants Hall, Colchester Road – felling of a horse chestnut tree (approval).

Old Court House Inn, Harwich Road – removal of condition of planning approval to allow the separation of residential accommodation from public house usage (refusal).

Police

A reminder that our community policeman – based at the Weeley station – is PC Jamie Carpenter. He or his colleagues can normally be contacted on mobile telephone number 07967466876. This is for general enquiries whereas crimes and other incidents should be reported to the Clacton police station on 01255 221312. 999 should be used for emergencies only.

The next meeting of the Council will be at 7.30 pm on Thursday 14 December 2006 at the Village Hall Great Bromley.

Tendring Replacement Local Plan – Public Inquiry

Revised timings for sessions at Tendring District Council's Weeley offices that may be of particular interest to residents:

12 December	10 am – 5 pm Oasis/housing
13 December	10 am – 1 pm Oasis/housing
18 January	10 am – 5 pm Cheshire Home (Housing)

Little Bromley Parish Council

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

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


Great Bromley Parish Council wishes all residents a very Happy Christmas and a peaceful New Year!



The responses to the appraisal questionnaire have now been analysed and consolidated and the final draft appraisal report is being prepared. This draft report will be presented to the Parish Council at its meeting on 14th December and published shortly thereafter. At this meeting, the Parish Council will also discuss the key consensus points emerging from the appraisal and consider a draft action plan produced by the village appraisal sub-committee

which would enable actions and certain projects to be taken forward early next year.

The two month delay in preparing the draft appraisal report is much regretted. This has been due to an unexpected family bereavement and other parish commitments. However, momentum has now been regained and residents can look forward with confidence to reading the appraisal results, and the proposals to address many of the views expressed, shortly.



WOMEN'S INSTITUTE

November was our Annual Meeting and Mrs Julie Alen, our County Chairman, came along to guide us through the election of a new committee for the coming year.

Mrs Sue Orriss agreed to carry on for a further year as our President and the committee remain as previous but with two extra members, namely Mrs Ann Fairley and Mrs Jennifer Nicholls. Mrs Mary Clarke continues as Secretary, Mrs Ann Jones as Treasurer with Mrs Paula Bradshaw, Mrs Jean Dalgety and Mrs Sylvia Mangan.

Mrs Alen then gave us an account of her visit, with her daughter, to Buckingham Palace and of the Women's Institute half yearly meeting held in October.

Instead of a meeting in December, we are going to "The Cross Inn" for a Christmas meal together. On behalf of all our WI members, I wish you all a "Happy Christmas".

June Willgress



FRIENDSHIP CLUB

At our next meeting on the 21st we will be having our Christmas Party when it would be appreciated if everyone could bring a small plate of "eats" - plus a RAFFLE prize.



It is GOOD to hear Vera is recovering from her operation and we all send her our best wishes. To any one who is feeling poorly at the moment, especially Bob and Nick, we wish you well very soon.

We were fortunate to have Barbara Faulkner to entertain us at the last meeting, when she stepped in to replace the entertainer whom Beryl had booked but was unable to come.

The AGM is the January meeting when your subs will be due!

So now, as this is the last entry for this year, WISHING YOU ALL A HAPPY, PEACEFUL AND JOYFUL CHRISTMAS with GOOD HEATH to follow.

Vicky Griffiths

GREAT BROMLEY VILLAGE HALL CHARITY TRUSTEES

The Village Hall Committee met again on 7th November with 11 members present. We were sorry to hear that our long serving member, recently retired, Vera Biddis had broken her hip in a fall that morning. The committee send their best wishes for a speedy recovery. The chairman undertook to visit Vera and take her a bouquet.

We wish to thank Henry Ashe (Flooring) Projects Ltd of Frating for their attention and expertise given to restoring our Main Hall floor at the start of November. I think you will agree they have done a splendid job in cleaning and resealing the area without too much disruption to the activities at the Hall. Sorry, to the Playgroup and the Badminton Club for having to cancel your bookings on 6th November but due to an extra coat of seal being required we needed extra time for the surface to harden. Thank you, also, to Matthew Foley for dealing with the high level light by the rear door.

Often I hear it said that the Hall needs improving and why doesn't the committee have a programme of work to deal with it. Well, we do have a schedule of projects, a wish list if you like, that we feel should be attended to. In 2002 the list was 40 projects long, since then many jobs, large and small have been completed (and paid for), currently our list is about 20 projects long which we intend to review at the next meeting. One or two of these projects are rather expensive and will require funding from a source outside the village. Nevertheless, once we have decided to press ahead with a particular job, we do our best to fund each project, as it is our policy not to be in debt. Repairs and maintenance must also be dealt with in order to keep the Hall open for use.

Lockable storage is always a problem at a hall that is used by many groups as each have many items which need to be left on site securely. The Government has come up with a new Fire Safety Order 2005 which has to be complied with following on from The Licensing Act 2003. Also, the Charity Commission has produced a Good Governance Summary which we are expected to take on board as soon as possible. Would you like to join us as a Trustee of the Hall?

We are truly thankful for the excellent evening organised by Frederick and Jennifer Nicholls together with their family, bringing food and entertainment in the form of the Cavender Singers and Bill Pirie to the Hall on 7th October. Our grateful thanks to them, to the helpers and to all of you for supporting them in buying tickets and coming along on the night. We are pleased to report that £1362.50 was made and will be put to good use at the Hall. Thank you all very much.

The Christmas Fayre with light lunches on 18th November was enjoyable and we thank all helpers and customers for their support. £491.81 was raised for both the Women's Institute and the Village Hall, with a further £200 being donated to the Hall.

The Village Hall committee next meet on Tuesday, 23rd January 2007.

May I, on behalf of the Village Hall committee, wish all our users and readers a very good Christmas and Seasonal Greetings with our thanks for your support of the Hall throughout 2006.

Bevan Willgress



CRICKET CLUB

100 CLUB WINNERS FOR OCTOBER

1st. Mr. Henry Fairley
2nd. Mr. Rob Carey
3rd. Mr. Ian Lawson

Thank-you for supporting our Quiz night on the 28th October. I hope you all enjoyed the evening. £300 was raised for club funds.

Our A.G.M. will be held at the Cricket Pavilion on 28th February 2007 at 8pm. All are welcome.

Our Annual Dinner and Awards evening was held at the Wooden Fender on 11th November. 46 members and friends enjoyed a fabulous meal and a big thank-you to Carl and his very efficient staff for looking after our needs so well.

The awards were presented by the President's wife to the following:-

CLUBMAN OF THE YEAR

Richard Lawson

1ST X1 BATTING

Matt Pirie

1ST X1 BOWLING TROPHY

Peter Brinkley

1ST X1 FIELDING TROPHY

Louis Perrin

PLAYERS PLAYER

Matt Pirie

2ND X1 BATTING TROPHY

Louis Perrin

2ND X1 BOWLING TROPHY

Louis Perrin

2ND X1 FIELDING TROPHY

Craig Perrin

PLAYERS PLAYER

Liam Fisher

THE CLUB'S YOUNG PLAYER OF THE YEAR

Louis Perrin

Trophies were also presented to :-

2ND X1 best bowling -

Rob Abbott 5 for 67

Jake Foley 5 for 30

113 not out Louis Perrin

106 not out

100 not out

Louis Perrin

Matt Pirie

Congratulations to Craig Perrin who has been asked to go to Essex County Cricket Club, Chelmsford for trials in the U.16 age group. We wish him every success.

The Club Captain, Pip Allam, said that our wicket had been voted the best in the P.D.Q. leagues beating 55 other clubs including Colchester and East Essex and Halstead.

Congratulations and well done to John Boulton!!!

Phil Allam



CARPET BOWLS

Just run of the mill results this month. A win of 6-2 over Tendring, an away defeat 7-1 at Walton, away win 6-2 over Lt Clacton and a home draw with Walton.

Nothing exciting to report, just wanted a few lines to wish all our members and friends, especially those who take the trouble to read my "jottings" a very Happy Christmas and hopefully a healthy New Year.

Thank you.

Nancy Kempster



NEW YEAR'S EVE CHARITY MASKED

BALL

(in aid of Little Haven
Hospice)

at

Forge Cottage, Hall Road
Great Bromley CO7 7TP
(opposite the Cross Inn)
8-Late

Heated Marquee
Disco

Supper
Bring your own drink
(glasses supplied)

Tickets £20 per head from
01206 230126



FRIENDS OF LITTLE BROMLEY CHURCH

The first meeting of the Friends was held on 11 November. 24 people attended including Chloe Cockerill from the Churches Conservation Trust which owns the church. The meeting supported the aims of the Friends, which are to encourage the use of the church for events, to assist the Churches Conservation Trust, and to assist the PCC and Parish Council with the care of the churchyard. The meeting elected a committee consisting of Carol Cordwell, Ann Fairley, Martin Frostick, and Gregory Frostick.

The next event is
the Christmas
Candlelight Concert at
4pm on Saturday, 23
December.



WEA ARDLEIGH BRANCH

The tutor for the spring term will be Mr Fred Boot, an experienced lecturer who has been involved with wildlife and conservation for many years. He has chaired the governing body of Essex Wildlife Trust and also the Wildlife Trust's Eastern Region co-ordinating committee. The course of lectures starts on 18th January and he will speak on Coastal Ecology and Conservation. There will be ten lectures which will: examine the natural factors shaping the East Anglian coastline from the ice ages; explore the effect man has had in living, working and trading from that coast as well as his efforts to manage it; and finally look at present-day coastal alignment techniques and agri-environment schemes as well as the possible effects of climate change and isostatic rebound on this coastline in the future. The course will include a field visit to Abbots Hall Farm, the headquarters of the Essex Wildlife Trust, to look at a major coastal alignment scheme undertaken about 5 years ago.

The course is aimed at people with no expert knowledge on this subject, but who have an open and enquiring mind and an interest in the ecology and conservation of the coastline in the local area.

Lectures are held in the Village Hall, Station Road, Ardleigh on Thursday afternoons. The course begins on Thursday 18th January at 2.30pm, with a tea break at 3:15pm, and finishing at 4:15pm.

The fee for the course is £40, with concessions £35, free to unwaged. The first lecture will be a "freebie" so come and give it a try!





LITTLE BROMLEY FIREWORKS

On Friday 3rd November 2006.

As the moon shone down from a clear night sky, people gathered on our chosen field in Little Bromley. The large bonfire helped to keep the cold at bay whilst we waited for the fireworks.

A burger van was busy as soon as it opened until the end of the evening and our mulled wine was very popular.

We were pleased to welcome seven Guys of assorted sizes along with their creators. Once booked in they were lined up to be judged by our County Councillor, Ms. Sarah Candy. After some deliberation, the **first prize** went to Liberty and Saffron Sutherland who had made a huge Guy Fawkes. They won a £20 Woolworths' voucher and everyone else who took part were given vouchers kindly donated by Quasar and Rollerworld.

Judging over and sparklers alight, the Guys were thrown on the bonfire. Shortly after, we had a fantastic display of fireworks which lasted for at least 40 minutes. It was lovely to know that the car park was full and many people had come to enjoy the show. We feel that the evening was a great success.

We would like to thank all those who set up this free event. It was good to get several people come forward as stewards and we also want to thank Ms. Candy for being our judge. People have donated their time, wood, prizes and some money to make this a good evening and we appreciate it all.

Carol Cordwell

On behalf of the Little Bromley Amenities Committee and the Parish Council.

Please note:

The fireworks evening was an event organised by the Little Bromley Amenities Committee and the Parish Council. Over the past few years we have held fetes, social events and a previous firework display. For next year we are already planning a fete.

The aim of the committee is to encourage the people of Little Bromley and surrounding area to meet, socialise and enjoy the benefits of living in a village. If you would like to become involved why not give me a ring. New ideas and help are always welcome.

Telephone Carol on 01206 395103.



Great Bromley & Frating Playgroup

All of us at Playgroup would like to send our best wishes with the nine children leaving us in December who are on their way to school, having had a lovely time during their playschool years.

It has been difficult to gain a place on certain days, so it is well worth now ringing for a space at our Ofsted inspected, local, friendly playschool.

I would also like to take this opportunity

to say thank you to our new supervisor, Sue, who has carried on the high standard of care and education at our Playgroup this term. We have been looking at occupations and have had visits from a dental hygienist, a cat and a tractor!!!

Plans are going well for the Christmas Pantomime and Party - we will hopefully see some new faces in January. Happy Christmas to you all!

KITCHEN CORNER

Cherry Topped Squares

This is one of my honey recipes and is always popular.

Topping: Melt together 3oz butter and 2 tblsp honey then mix in 2oz chopped glace cherries, 3oz dessicated coconut, 2oz Demerara sugar and 3oz rolled oats.

Cake: Cream together 4oz butter and 4oz caster sugar. Beat in 2 eggs, fold in 4oz SR flour. Add a little water if needed. Place this mixture in a greased tin lined with greaseproof/parchment - 8" square. Spread over the topping and bake 40-45 minutes, 180°C till springy to touch. Cut into 16 squares when cool.

Jill Frostick



FROM THE PAST ...

John Candler M.A. ejected Rector of Little Bromley in 1662

John's successor was installed 1st May 1663. He became Rector of Pettaugh, Suffolk, 25th July 1664. He was buried there 29th December 1676. His father, Matthias Candler, was Vicar of Coddenham and also ejected in 1662.

John was at Jesus College, Cambridge as a student, "ordained by Mr John Fairfax and others in The Presbyterian Way and would not yield to anything that might be capable of being interpreted as casting a reflection on his former ordination".

He told Bishop Reynolds this and asserted that he "was as good a Minister as he could make him". The reply from the Bishop was "Go and preach at Petto (Pettaugh)".

He read some of the Common Prayer; now and then wore the surplice but did not use all of the Ceremonies.

John Fairfax was a friend of Matthew Newcomen who was ejected from nearby Dedham.

John Appleby

... AND 20 YEARS AGO IN 'THE BROMLEY MESSENGER'

The Friendship Club reported that they had enjoyed a trip to Clacton and the Talent Contest at the Princes Theatre where, one of their members, Stan West, won not only the first prize in his class, but also the Cup for the over-all winner in the show.

They also reported celebrating their 25th Birthday in the October with a cake and sherry party when they were entertained by the Optimists.

They ended their report looking forward to their December meeting when they were going to have the Mac Music Makers along to entertain them feeling certain that they (*the Club members*) would no doubt sing better for the Christmas mince pies and sherry they were to have that evening as well!

[I, for one, should like to know what Stan's act was at the Talent Contest. Does anyone remember? - Ed.]



FROM THE DOCTORS' SURGERIES

Great Bentley Surgery

It doesn't seem possible that I am sitting typing December's "Surgery News" on a warm sunny day, but it's true. The clocks go back in two days' time but this strange, mixed-up summer just won't lie down and die. It doesn't encourage me at all to think about Christmas opening hours etc, but I must.

The recent good weather could explain why the take-up of flu jabs has been a little slow so far. Or perhaps the publicity about late deliveries and the national shortage of vaccine is putting people off. Don't let the sunshine fool you though, winter is coming and so is flu. We are actually very lucky, having had a good proportion of the flu jabs that we ordered delivered already. They were later than we had originally been promised, but at least they arrived. Some surgeries won't be getting their first supply until 18th December, which is far too close to the possible peak of the flu season for comfort.

The Department of Health has recently told us to concentrate initially on jabbing people who will be 65 or over by 31st March 2007. (What about the new Age Discrimination legislation?) So, if you qualify on age grounds, make the best of it and, if we haven't caught you yet let's hear from you soon. That doesn't mean that we are not giving jabs to patients who always have them due to the usual chronic medical conditions – we certainly are. We want to hear from you too, because the nurses like to have full lists for their flu clinics. Please don't disappoint them.

A few months ago I mentioned that a new system was starting which allows patients who need hospital treatment to have a choice of where they go for it. Well, our computers have now been more or less

sorted out to cope with the new system, which is gradually spluttering into life. Unfortunately, it doesn't always work, and so far it doesn't cover urgent matters, only routine. Also, certain specialities such as Orthopaedics and Paediatrics are not catered for. However, many people can now have a say about which hospital they are seen at.

What happens is that the doctor will tell you what your options are so that you can start thinking about your choice. He or she will then give you (or send you later if the computers are misbehaving) some paperwork showing your unique booking reference number ("UBRN" as everyone in the trade seems to be calling it), your own permanent password and a telephone number for NHS Direct.

When you get through to NHS Direct and quote your UBRN and password, they will tell you all you need to know about the various choices open to you, including availability of public transport, what the comparative waiting times are, and their treatment success rates – in fact, just about anything that you could think of asking. You then decide where you want to go and book an appointment that suits you there and then. Afterwards, you just need to let us know here at the surgery where you have chosen to go so that we can send out the necessary referral letter with all the details of your problem.

The government has high hopes for this new system and believes that it will improve access to services as well as enabling you to choose where and when you are seen. If you use it, please do let us know what you think.

The surgery and the pharmacy will be closed from 6.30pm on Friday, 22nd December until normal opening time on Wednesday 27th, which from this distance looks like a decent break.

Strange how it never seems long enough when it gets here. As usual, whilst we are closed you will be able to get expert advice on medical problems by ringing NHS Direct on 0845 46 47. In addition, emergency medical attention will be available from Primecare, whom you can contact simply by ringing the usual surgery number. This will transfer you direct to them. To ensure that they are available to deal with genuinely urgent calls, please only use their service for problems that really cannot wait until we reopen though.

As ever, please make sure that you put in your December medication order as early as possible and give us as much time as you can to process it. It's one of life's little puzzles that it gets so frantic each year when we are only going to be closed for a couple of days extra, but prescription staff here and the dispensers at the pharmacy are always overwhelmed in the run up to Christmas. If you can help to alleviate this problem, they will be very grateful, believe me.

The District Nurses made me a cup of tea the other day, so I decided I'd say something nice about them this month. They really are a dedicated and amazing bunch, who still work weird shifts including nights, weekends and, dare I say it, Christmas. They go into people's homes to help with things like post-operative care, looking after ulcers and wounds, giving injections and changing dressings for patients who can't get out and about. They also do a marvellous job with people who need a bit of tender care and attention because they are terminally ill, but prefer to be at home rather than stuck on a hospital ward.

So, "in no particular order" as they say, please take a bow, Elaine (the boss), Nicky, Donna (who made my tea), Helen, Yvonne and Stephanie. (Forgive me if I've missed anyone.) You all do a brilliant job,

usually with a smile, sometimes under very difficult circumstances and often when wimps like me just wouldn't cope. I think that hospital nurses get – and deserve – plenty of plaudits and admiration, which the District Nurses perhaps miss out on. To my mind, they actually do a tougher job, without the immediate back-up and support of a full medical team – nursing without a safety net - which makes them very, very special.

On a completely different tack, these days the doctors are being asked to do more and more work which is over and above what is required under their NHS contracts. I mean things like completing insurance forms, doing employment medicals, filling in parking badge applications etc. It's a long list nowadays and these jobs all have to be fitted in after surgeries are finished, telephone calls have been dealt with and people who are too ill to come to the surgery have been visited.

If you do need forms completed, a letter written or a medical done, please bear in mind that from the doctor's point of view it will rank well below looking after sick people in the list of priorities. Please don't expect things done immediately – often it will be a week or more before your form gets to the top of the heap and, if we are short of appointments, your medical may have to be arranged for a time that fits in with what the doctor can manage, but which might not be perfect from your point of view. There will also probably be a fee to pay as such work is classed as private and is not covered by the NHS.

Finally of course, have a fantastic, happy and healthy Christmas. Everyone here will be delighted to see you socially over the next few weeks, but the less we see of you in the surgery the happier we will all be!

Hugh Cronin, Practice Manager

The Clacton & District Stroke Association (CDSA)

85 Frinton Road, Holland on Sea,
C015 5UH

01255 815905/815916

email: cdsa@freeola.com

www.cdsa.org.uk

HEALTHY EATING AND EXERCISING

Food should be fun and healthy and so should exercise for they are the key things to preventing strokes and other chronic illnesses. Everybody of all ages and abilities can exercise in some way and most people are able to enjoy their food.

EXERCISE FOR ALL

If you not sure what forms of exercise to take and need some ideas you can ring us and we will send you some booklets about exercising safely and ideas to 'Get kids on the go!'. Those people who would like to begin to exercise but have a disability, weight or medical problem can go the their GP and be referred to the Clacton Leisure Centre for free sessions. The staff there are very friendly and are qualified to develop tailor made exercise programmes. Exercise can make a huge difference to well being, mobility and mental health.

HEALTHY EATING

Changing eating habits can also be a bit daunting for some especially when people have tried numerous 'Diets'. The best one to follow is a healthy eating programme. The well known slimming clubs that meet locally are often a good place to go to get you into a new eating regime which is easy to follow and can be adapted to the whole family.

We have several booklets on how to change your eating habits and recipes. We also have a very useful wall chart to help monitor your cholesterol intake, food labelling and information about salt and sugar in your diet.

Give us a call and we will send you any of the following booklets or you can call into our centre at the above address and choose which ones you would like.

Merry Christmas and a healthy New Year from us all at the CDSA. Staff and

volunteers alike all enjoy the work we do here but wouldn't it be wonderful if one day Strokes were a thing of the past (even if we were without a job).

Healthy Eating

Fuel for Living (Five a day)

Just eat more (fruit & vegetables)

Healthy Eating

Eat well

So you want to lose weight for good (meal ideas)

Why weight matters

Eating for your heart

Guide to food labelling

Cut the saturated fat (wall chart)

Food should be fun and healthy (recipes)

Men and food

Balance of good health



Exercise

Get kids on the go!

Walk in to work out

Physical activity and your heart

Put your heart into walking

Get Active

ONE WORLD WEEK 23 OCTOBER



We had always thought of Manchester as the rainy city but as we rehearsed in a church in Didsbury we could see the night sky giving way to day as the early morning sun began to filter through the stained glass windows around us. The ancient outside of the stone building belied the remodelled interior, where comfortable chairs and carpeted floor awaited us. Prof. Bill Tamblin, our musical director, had pre-arranged our standing area and the technicians from the BBC were setting up microphones in readiness for the live broadcast of the morning service.

We numbered 13, part of the Gospel singing group of 45 known as "Quire" who rehearse in Colchester at the Wilson Marriage School, joined by three soloists from around the country and five members of the Salford Cathedral choir. We had been invited to sing the hymns/songs for the morning services as part of the celebrations for One World Week. Accompanied by Miko on organ and Daniel on keyboard our offering included music to praise the Lord from many countries - Denmark, Zimbabwe, Malawi, Brazil, Spain, Portugal and the Congo - as well as some well known hymns in English.

Rehearsals started early before a pre-recording at 9am was taken at which point the programme director suggested changes for voice balance, number of verses, number of voices. As we sang we were able to see how the broadcasting team worked together to produce and finely time the programme which was to last for exactly 15 minutes. During the days of recording we heard talks from Rev Tony Burnam, Bishop George Stack, Bishop Nigel McCullouch and Becky Harris.

The overall theme was about the large gap between the 'Haves' and the 'Have Nots' in this world, questioning whether

the wealth of the western world is the reason for our separation from God. Action speaking louder than words is needed to narrow the gap of difference in the daily lives of humanity. As DNA is the link of divisions and connections so our relationships with those of other nations and religious faiths must be correct to avoid the gaps becoming ever wider. Mother Theresa was quoted as saying that in the West, because of our wealth, people experience a poverty of aloneness and therefore of spirit whereas those in poorer countries have a strong faith and belief despite cramped living and poverty of food and space.

Before the actual broadcast there was a preparation prayer which set the atmosphere for worship and the 15 minutes felt like a real service despite the many millions of people who would be present with us in spirit listening all over the world. The programme completed we started on the set music for the following day.

During the afternoons we saw a little of the area, visiting nearby Salford and the Lowry centre and seeing the rebuilding of an area once dominated by back to back housing and dock areas; we were sorry to part with our new found close group of friends at the end of our stay in Manchester.

If ever you can, do listen to the morning service, broadcast on 198 Long wave at 9.45am each morning. It is an intimate yet shared 15 minutes. The service links many varied peoples and personalities and our contribution on this occasion gave us the opportunity to think of one world united in music, prayer, praise, readings from the bible and thought provoking words.

Olive and Dennis Sparling



"Live each day as if it was your first and last" is an ancient piece of Christian advice. Jesus came that we might know the fullness of life here on earth, which is why on that first Christmass night the angels sing peace to all people on earth.

So December brings us another season of Advent, the days running up to December 25th. It is an intense time of preparation on two levels. First to get ready to celebrate the most important thing ever to happen to the world; that God should take human form and experience life as I do; and secondly preparing for when I shall meet Jesus face to face, through the thing called death. These two things seem to be at odds with each other: one is about birth, joy, and beginnings, whilst the second is about, death, sadness and endings. Actually they are both about that common human experience that Jesus came to share and

help us to make sense of.

It is quite good and right that we should prepare in Advent to celebrate the twelve days of Christmass. God wants the world to know joy and love and that is worthy of the best I can find to celebrate with.

Similarly no one knows the hour or day when each of us will meet our maker and so I should live my life trying to be at one with Him, you my neighbour, and me myself.

Jesus was born in Bethlehem so that I might know life and how to live it to the full; which is why the angels sing "peace to all on earth". That with God through His Church I might make sense of this earthly life that He shares in.

I hope you will be able to find time in this busy month to join me at Church to prepare in Advent and celebrate at Christmass; and come to know life in its fullness every day. May God bless you. *Fr Nicolas.*

Answers to The First Christmas Quiz

1. *Ralph Vaughan Williams*
2. *1843 by Henry Cole*
3. *Prince Albert in 1840. St Boniface is said to have substituted a young fir tree as a symbol of the new Christian faith for the Pagan oak in the eighth century*
4. *1880*
5. *Henry VIII*
6. *60 years, since 1946*
7. *In a cave on a hillside outside the town of Greccio on 24th December 1224 by St Francis of Assisi*
8. *25th December 354, in Rome*
9. *In 1939. The sleigh drawn by reindeer was popularised in USA by a poem of Clement Clarke Moore called "A visit from St. Nicholas in 1823. In this poem he lists eight reindeer as*
Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donder and Blitzen.
10. *24th December 1818 in Oberndorf, near Salzburg. The words were written by Fr Joseph Mohr and the music by Franz Xaver Gruber; it was written for a guitar accompaniment as mice had bitten through the organ bellows!*
11. *Christmas Island, a coral atoll in the Pacific.*
12. *1843 by Chapman Hall*



ST. GEORGE THE MARTYR, GREAT BROMLEY

united with St. Mary the Virgin, Ardleigh



Services for December

1st	11.00am	The Eucharist	Seven Rivers
2nd	9.00am	The Eucharist and Rosary	St. Mary the Virgin
Sunday 3rd		Advent 1	
	7.30am	Morning Prayer	St. George the Martyr
	8.00am	The Eucharist	St. George the Martyr
	10.30am	The Parish Eucharist	St. Mary the Virgin
	6.30pm	Bible Readings & Music for Advent	St. Mary the Virgin
4th	9.00am	The Eucharist	St. Mary the Virgin
6th	7.00pm	The Eucharist	St. Mary the Virgin
7th	9.00am	Little Footsteps	St. Mary the Virgin
	10.00am	The Eucharist	St. Mary the Virgin
	5.00pm	The Magi (Yr 6+)	Old Coal House
8th		The Immaculate Conception of Our Lady	
	11.00am	The Eucharist	Seven Rivers
9th	9.00am	The Eucharist and Rosary	St. Mary the Virgin
	12 noon	The marriage of Giles to Carlie	
Sunday 10th		Advent 2	
	7.30am	Morning Prayer	St. Mary the Virgin
	8.00am	The Eucharist	St. Mary the Virgin
	10.30am	The Parish Eucharist	St. George the Martyr
	6.30pm	Evening Prayer	St. Mary the Virgin
11th	9.00am	The Eucharist	St. Mary the Virgin
13th	7.00pm	The Eucharist	St. Mary the Virgin
14th	9.00am	Little Footsteps	St. Mary the Virgin
	10.00am	The Eucharist	St. Mary the Virgin
	5.00pm	The Magi (Yr 6+)	Old Coal House
15th	11.00am	The Eucharist	Seven Rivers
16th	9.00am	The Eucharist and Rosary	St. Mary the Virgin
Sunday 17th		Advent 3	
	8.00am	The Eucharist	St. George the Martyr
	10.30am	The Parish Eucharist	St. Mary the Virgin
	6.30pm	Evening Prayer	St. George the Martyr
18th	9.00am	The Eucharist	St. Mary the Virgin
20th	7.00pm	The Eucharist	St. Mary the Virgin
21st	10.00am	The Eucharist	St. Mary the Virgin
22nd	11.00am	The Eucharist	Seven Rivers
	8.00pm	Bible Readings & Music for Christmas	
23rd	9.00am	The Eucharist and Rosary	St. Mary the Virgin
Sunday 24th		Advent 4	
	7.30am	Morning Prayer	St. Mary the Virgin
	8.00am	The Eucharist	St. Mary the Virgin
	10.30am	The Parish Eucharist	St. George the Martyr
	3.00pm	Christmass Carol Service	Hamilton Lodge
	4.00pm	Christingle Service	St. Mary the Virgin
	5.30pm	Christingle Service	St. George the Martyr
	11.30pm	First Eucharist of Christmas	St. Mary the Virgin
25th		Christmass Day	
	10.30am	The Parish Eucharist	St. George the Martyr
26th		S Stephen	
	10.30am	The Eucharist	St. George the Martyr
27th		S John the Evangelist	
	7.00pm	The Eucharist	St. George the Martyr
28th		Holy Innocents	
	10.00am	The Eucharist	St. Mary the Virgin
29th		S Thomas Becket	
	11.00am	The Eucharist	Seven Rivers
30th	9.00am	The Eucharist and Rosary	St. Mary the Virgin
31st		Holy Family Sunday	
	8.00am	The Eucharist	St. George the Martyr
	10.30am	The Parish Eucharist	St. Mary the Virgin

