

The Bromley Messenger

September 2010

Volume 24 No 6



Summer Sports!

Seven Rivers July Summer Fete

THE FIRST PAGE

The holidays are drawing to a close and I have returned from ours to prepare a magazine that is so full of events about to happen that I have extended the centre section of this issue to three pages to give them all justice.

Harvest celebrations and services are being held later this month and during next by which time the harvest, which the farmers are still bringing in, will hopefully be fully reaped. It seems unfair after weeks of no rain for it to arrive just as the harvest needs to be brought in. However the rain whilst we were away meant the vegetables survived well and I am being rewarded with their bounty.

The Parish Council is looking into improving broadband services which is good news for those of us with computers struggling to slowly download information and communications via the internet. One of my grumps is when the TV programmers tell us to download a programme we missed - we tried it once with an hour long programme and it took us 23 hours!!! The council is also initiating a Speedwatch scheme (Little Bromley PC already successfully operates such a scheme) as well as organising a Big Rubbish Day for October. The committee for the village hall has also been busy during the summer break and it looks as though the village hall is going to be unrecognisable after its

facelift (see the pictures of the kitchen on page 9) and I am looking forward to seeing how it looks.



Katisha was pleased to be home after a few days in the kennels and has not stopped moving since. The rodent population has been taking a big hit since her return and I suspect the rabbits too are taking cover. The break away also seems to have helped her with the loss of the old cat who she was missing a lot. She had also had to contend with the presence of the grandchildren, a five year old and a five month old. Not having had contact with small children before she found the 5-year old moved quickly and the baby made a noise! To her credit she didn't leave home for the duration and allowed herself to be stroked on her own terms.

Although we were unable to attend, it is lovely to see the comeback of the Garden Fête at Seven Rivers which, from the report on page 13, was a great success with much going on. With that and the Fun Day in our annual calendar all we need now is for someone to restart the Pantomime Group which was a 'must' to go to every year after Christmas. Anybody up for it?

Leonie Henderson

MATERIAL for the OCTOBER 2010 edition of 'The Bromley Messenger'

should reach the Editor, Leonie Henderson, by **14th September, 2010** 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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For details of availability and costs for **ADVERTISING** in the 'The Bromley Messenger' please contact the Treasurer on 01206 251264

GIFT DAY
at ST. GEORGE'S CHURCH,
GREAT BROMLEY

Saturday, 25th September 10a.m.-3p.m.



Dear Parishioner,

The Church is here to serve all, especially the people of the Great Bromley and Little Bromley, and we need your help if we are to continue this work in our community.

The Rector and Churchwardens will be at the Lychgate of St. George's Church on **Saturday, 25th September** and invite you to drop by say and say 'Hello' and support the Church financially. We shall serve free refreshments in the Church as a way of saying thank you for your generosity.

We very much appreciate your support in the past and particularly during our last Flower Festival which we held last year and also during the Festival weekend held this year in July.

Unfortunately, the day to day expenses of maintaining the parish and its ministry, which includes Christenings, Marriages, Funerals, pastoral counselling, visiting the sick and work with St. George's school costs over £500 per week. Many of you may know that thieves stole lead from our church roof at Easter and this extra expense has made life even more difficult for us.

Our income is much less than our running costs and with our financial reserves virtually depleted we depend on the generosity of the parishioners to assist us in meeting these costs. We will be grateful to receive your gift and we thank you for supporting the work of the church in the community.

Fr. Robert Farrell (Rector)

Mrs. Ann Fairley & Mrs. Jenny Nicholls (Wardens)

PLEASE SUPPORT OUR SPONSORS & ADVERTISERS

On Wednesday 4th August, WI members and friends travelled to Bury St Edmunds on the Harwich Connexions mini bus. They were free to enjoy the morning (commencing with coffee!!) with shopping and sightseeing.

At 13.30 as the rain poured down outside, they met up to take part in a fascinating guided tour of the cathedral. Beginning with a power point presentation covering the history and developments of the cathedral,



this and the following guided tour was certainly an event not to be missed especially since the guide was so informative and knowledgeable. The rain having finally abated, there was time for a walk around the Abbey Gardens which, as usual, were absolutely beautiful. A thoroughly enjoyable day.

Do come and join us at our next meeting on 1st September in the Village Hall at 7.30pm. The speaker will be Terry Tabor on his life in ladies' underwear.

Ann Jones

IN THE GARDEN IN AUGUST



The update on the **fig tree** is that it now has six small figs as yet not enough to sell to Tesco!

Dahlias are now coming into bloom. Pinch out side shoots to get long stems and bigger flowers.

Keep picking **runner beans**, do not let them go to seed until the end of the growing season, then save the seed beans for next year.

Plant out **spring cabbage** 6-9" apart. Cabbage should be ready for cutting from April to June the following year, then take out every other one to use as spring greens

with the rest being left to grow on as cabbages.

Tomatoes that are coming to the end of their growing time can still be ripened. In a cardboard box place a layer of shredded newspaper then a layer of tomatoes, more shredded paper and so on. The tomatoes may not ripen to a red colour but will turn orange and can be used in soups or fried with breakfast egg and bacon etc. Another method is to dig up the plants and hang upside down in a shed or greenhouse.

Frank Griffiths

FRIENDSHIP CLUB

Although the visit to Anglesey Abbey was not as successful as I hoped we ended the day with a delicious tea served by the Link Line Catering Services. Paul and his helpers worked hard and made sure everyone was enjoying the meal. Many thanks from everyone.

We await the outcome of the **Auction** - more comments on that next time.

The **next meeting** will be on 16th September.

The competition is a 'cruet set'.

We will have Christmas cards and wrapping paper for sale - do buy from us, you will not get them cheaper anywhere else!

Vicky Griffiths



GREAT BROMLEY PARISH COUNCIL

Great Bromley Parish Council
www.essexinfo.net/gbpc

Report of a parish council meeting held on 12 August 2010

Planning

The Council considered the following planning applications:

1 Boulton Cottages, Frating Road – two storey extension and detached garage (no objections).

Fieldside, Frating Road – lawful development certificate in recognition of existing use for motor vehicle repairs (application not supported).

Land East of Hall Road – appeal against Tendring District Council's refusal to permit a further free-range egg unit near an existing dwelling (objections).

Tendring District Council has approved the following planning applications:

7 Fairfield Close – various single and two storey extensions.

Primrose Farm – storage barn.

Industrial site, Parsons Hill – demolition of existing commercial buildings and the erection of one detached dwelling and garages (application withdrawn).

Bush Farm, Hall Road: (i) Demolition of existing dwelling and its replacement; (ii) Demolition of existing agricultural/domestic buildings and replacement with office/stores/garaging/games room.

The Willows, Frating Road – retention of greenhouse.

The Planning Inspectorate has dismissed the following appeal:

Land on the corner of Brundells and Frating Roads – appeal against Tendring District Council's refusal to grant a certificate of lawful development in recognition of existing use of the site for leisure, recreation and a caravan and shed.

Financial matters

The Audit Commission's external auditor has approved the council's 2009/10 accounts as being satisfactory. The annual return is now available for inspection and a copy will be displayed on the main (school) parish notice board.

Big rubbish collection day

There will be a big rubbish collection day next month with the date and collection points notified in October's *Messenger*.

Broadband

The council acknowledges the importance of a good broadband connection for village residents, particularly those in business or working from a home base. However it also accepts that the speed and quality of the service via the normal BT landline is wholly inadequate. The council is looking at alternative ways of delivering economically a better broadband service. Please see the consultation notice elsewhere in this magazine. (See page 11)



Speedwatch

The council is hoping to initiate a speedwatch scheme for the village drawing on those volunteers who have already been trained. Please contact the clerk if you are interested in being involved.

The next meeting of the Council will be at 7.30 pm on Thursday 9th September 2010 at Great Bromley Village Hall.

BRUMLEYA BLACK WOOL

Produced from Little Bromley sheep with no dyes or chemicals, just pure charcoal coloured knitting yarn. Available in 100gm balls

in double knit or chunky.

DK £7 a ball, Chunky £8 a ball.

Please call Natalie on 01206 392322 or 07885 357817 or email

nat@brumleyastud.co.uk



GREAT BROMLEY VILLAGE HALL CHARITY TRUSTEES

REGISTERED CHARITY NUMBER 301310



It has started. As I write the kitchen upgrade is happening. Having visited, I think upgrade is too small a word. The walls have been retiled, all the units have been removed, the water heater, the cooker and the fridge have been replaced and the floor is being recovered. It is

hoped that it will be up and running by 21st August in time for the cricket club event. By the time you are reading this we will know if we were successful. The painting of the outside of the Hall has been finished after the new roof has been completed.

The outside of the Hall has been given a tidy up thanks to Martin Frostick and Alex Wallhead. Well done guys and thank you. Work on the new storage shelves starts on Monday the 16th in the old committee room behind the stage with the present storage shelves being extended and secured for the Play Group. The central heating system is to be given a complete overhaul with new digital thermostats and time clocks. The expectation is that the overhaul will finally save us the heating problems that we suffered last winter.

Every day the news talks about budget cut backs and deficits. Therefore we will need to support our Hall by attending local events.

Watch out for the posters for the Elvis Event. 16th October is the night for the Cabaret Evening with Memphis Mario –

Elvis Tribute Act. Tickets, including meal, are available from Committee Members at £15 per head, but you will need to bring your own drink.

The Christmas Fayre is booked for 4th December.

Forth coming events in the pipe line are for another Alternative Quiz night and an open day for user groups to show their wares.

The PA system no longer requires users to set up speakers. New permanent speakers have been bought and installed and are ready to use.

It's only summer at the moment but we will need some help to install loft insulation over the ceiling of the main hall before the chill sets in. More details to follow.

It has been agreed that Village Hall Committee meetings will be held every other month on the first Tuesday starting in July. Forth coming meeting dates are September 7th, November 2nd, January 4th, March 1st and May 3rd.

That's all for now, as always thank you for your support and please put the forth coming event dates in your diary. Let's all make the most of our Village Hall in 2010.

The next Committee meeting will be held on Tuesday 7th September at 7:30pm.

David Beech





RURAL BROADBAND

Many will be aware of the poor provision of reliable broadband services in Great Bromley. Those who are fortunate enough to have a broadband service often suffer from slow speeds and poor reliability and of course many are unable to get broadband at all. There are a couple of wireless broadband providers available but they can be prohibitively expensive. The lack of a viable business case and relatively poor infrastructure in the area makes the prospect of a greatly improved service from the main providers unlikely in the short to medium term.

Great Bromley Parish Council has

therefore commenced a project to identify a suitable method of providing affordable and reliable fast broadband services to the village. A number of communities in the East of England have organised their own broadband and initial enquiries are certainly very promising. It is likely that at some point a survey will be carried out to ascertain the level of interest in the village, as potential suppliers will need assurances that it is worth their while to implement the necessary infrastructure.

Updates on progress will appear here in the coming months.

Neil Skinner

NATURE DIARY

Sitting over breakfast at a campsite in north Wales on a (one of the few!) sunny morning I was looking towards Snowdon shrouded in cloud when my attention was caught by the movement of a bird of prey. Out came the binoculars and there to my surprise and joy I saw the unmistakable colouring and shape of a Red Kite as it soared over a particular patch of ground. A wonderful, memorable sight and not one which was repeated though I looked and watched in vain.

Another first for me and one repeated many times during our time there was to see Stonechats in the heath-y area behind the huge sand dunes along the coast along with another, as yet unidentified, bird in the same area. In this unspoilt habitat could also be seen the pretty red coloured common darter dragonflies and 'blue' (unidentified) butterflies. Wild thyme, lady's bedstraw (once used for stuffing mattresses), meadowsweet, yellow rattle, eyebright and thistles being settled upon for their seeds by juvenile goldfinches could also be seen. The whole area was a place

to loiter and watching all things living - if only there had been a little less wind and rain and a little more sun!

Back here at home the house martins and their young are wheeling and chatting overhead in the sky readying themselves, along with the swallows, for their long journey back to Africa. There are big blue dragonflies, which don't seem to rest and allow me close inspection, patrolling the garden, with small tortoiseshell, red admiral, comma, peacock, the 'brown' and 'white' butterflies all enjoying the buddleia and other late summer plants. I also have a wasp problem and one nest has been found. The conkers on the horse chestnut trees will soon be ready to be fought with by adults and children alike while the hips of rose and hawthorn are reddening and the blackberries are ripening ready for picking and storage.

Autumn is approaching.



SEVEN RIVERS

Summer Sports!

It was all just as it should be. A warm summer sun played hide-and-seek with cotton wool clouds as they drifted lazily across the clear blue sky, propelled by a gently cooling breeze.

In the grounds of a large country house, happy crowds milled around taking in the fun and friendliness of a classic English Summer Garden Fete.

There was much on hand to enjoy: a huge bouncy slide for the children who could also enjoy having their faces painted and

taking a lucky dip to see if they could win a big, fluffy, cuddly toy. For the grown-ups there were stalls a-plenty, including plants, tombola, books, beautiful china dolls and

much more.

Highlights were there a-plenty, for all tastes. There were the Silver Supremes Majorettes Troupe who strutted their stuff to the delight of all, especially their watching parents.

There was our band, "Alchemy" who played two sets of hits from the Beatles to George Michael for us. There was the Dog Show at which a parade of proud owners presented their much loved four-legged friends for our admiration, many receiving rosettes in return.

Perhaps best of all, for many of the residents and staff of Seven Rivers especially, was the opportunity to throw wet sponges as the leadership team of the home all took a sporting turn at sitting in the stocks to receive a soaking.

Most game of all were Service Manager, Deborah Rich, who came in for "particular attention" from some who, deciding that their esteemed target was worthy of more than mere soggy sponges, availed



themselves of several buckets that had been judiciously positioned for their convenience!

Likewise, Care Supervisor, Jo Auger, (pictured on the magazine cover) very sportingly took all that anyone had to throw at her for over an hour - I think she found it all rather refreshing after a long shift on a warm summer's afternoon, actually!

So, a great Garden Party at which it was good to see so many friends and neighbours paying our Home a visit and, in the process, spending over £1,500 which resulted in a profit for the Residents Activities Fund of over £1,000!

Thanks and congratulations are due to Activities Organiser, Gavin Legget, who organised the event aided of course, by a great team of residents, staff, relatives and friends. - and all who came along on the 24th July to so generously reward their efforts.

We'll see you again next year!

CRICKET CLUB

100 Club Winners July

1st	Helen Fairley
2nd	Tracey Redfern
3rd	Alex Fairley



**Baby Dragons
Parent and
Child Group**

Come and have fun with your child at Baby Dragons every Friday Morning between 9.30-11.30am Fun and exciting activities for children aged from 0-5 years.

at Great Bromley Village Hall
Parsons Hill, Great Bromley, Essex CO7 7JA
07857 503103

Forthcoming Events in 2010



SEPTEMBER

- 1 WI meeting, Village Hall, 7.30pm
4 Little Dragons Pre-School at Colchester Carnival
7 Village Hall Charity Trustees meeting, Village Hall, 7.30pm
8 Police Beat Surgery, Village Hall, 7.00pm
9 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
11 Ride & Stride Cycle Ride
Heritage Open Day at St. Mary's church, Little Bromley
Quiz Night, St Mary's School Hall, Ardleigh, 7.00pm
14 Deadline for copy for October issue of '*The Messenger*'
15 N Tendring Christian Youthwork Trust service, Lawford church, 7.30pm
16 Friendship Club meeting, Village Hall, 2.00pm
20 Charity Bingo Night, Village Hall, 7.00pm
23 WEA course (The History of Iraq), Ardleigh Village Hall, 2.30pm
25 Gift Day, Lychgate of St George's church, 10.00am
Harvest Supper & Folk Music, Village Hall, 6.30pm
26 Harvest Thanksgiving Eucharist, St George's church, 10.30am
24-26 The Haywain Third Annual Beer Festival



LITTLE BROMLEY FIREWORK NITE

on

Friday 5th November 2010

Enjoy the fireworks and bonfire

Treat yourself to a burger from the mobile
'Chuck Wagon'
Buy some sparklers

Enter our 'GUY' competition

and win one of our lovely prizes,
with a special one for the 'Best Guy'.

Large parking area

A car load for only £2.50

Pedestrians £1

Bring any bonfire material to the site
at Barlon Road, Little Bromley
on Saturday 30th October
between 8am and 12noon

If you would like to help, volunteers are
always appreciated.

For further details contact:

Carol on 01206 395103 or Major Downes
on 01206 391015.

Sponsored by Little Bromley Parish Council



Tour of Britain Stage 7 International Cycle Race 17th September 2010

The residents of Essex will have the chance to see the world's top cyclists in action this September, as the UK's biggest professional bike race weaves its way through the county.

On Friday 17 September Essex and Suffolk will jointly host the penultimate stage of the Tour of Britain cycle race. The race will leave from Bury St Edmunds in the morning, crossing the Suffolk / Essex border just outside Sudbury and finish early afternoon on Colchester's East Hill, after 150km of racing passing through Halstead, Braintree, Witham, Maldon and Tiptree into Colchester. More details are available on the Tour of Britain website on www.tourofbritain.co.uk.

The 2010 edition of The Tour of Britain runs from 11th to 18th September. There is also the chance to visit the finish line in Colchester High Street where there will be a range of cycling based activities and experiences on the day of the race as well as the very exciting race finish.

If you are planning to line the route please let us know on london2012@essex.gov.uk



Sponsored Ride & Stride

Saturday 11th September
10.00-6.00pm

Walk or cycle round Essex and East

London churches to raise money for your church or chapel & the Friends of Essex Churches Trust
HELP PRESERVE OUR HERITAGE

For more information and forms contact churchwardens

Motorneuron Disease Association

CHARITY BINGO NIGHT

All Welcome

SATURDAY 20th November

Great Bromley Village Hall

7 for 7.30pm

10 Games £6.00

Bring your own Drink and

Nibbles

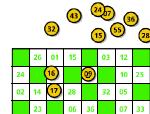
Raffle

(Any Prizes Welcome)

Tel: Linda Pinhey (Sweet Success)

01206 230126

Table Booking Advisable



Quiz Night

to be held at St. Mary's School Hall,
Colchester Road, Ardleigh
on Saturday 11th September at 7.00pm.

Teams of up to 6 people at £3 per person
The quiz will be hosted by popular local
quizmaster Graham Cole and all proceeds

will be used to provide the flowers
for the forthcoming Flower Festival
at St. Mary's Church, Ardleigh. To
book a place for your team please
contact

Diane Arnold 01206 231127 or
Graham Cole 07748 156158.



WEA Ardleigh Branch

Autumn Term 2011

The History of Iraq

Tutor - Frances Boardman
Venue - Ardleigh Village Hall
Starting Date - Thursday
23rd September 2010.
The course will be for ten
weeks

Time 2.30 p.m. and finishing at 4.15 p.m. (a
fifteen minute tea break included)
The fee will be £44.00 per person

The course tutor has written the following about
the course:

"Many empires have ruled what we now call
Iraq. Hittites, Persians, Greeks, Moslems have
all coveted this land. The Sumerians may have
been the first to use writing 5,000 years ago
and produced a wonderful corpus of literature
still relevant today - "The battle-club does not
find out his name, it just finds his flesh." They
produced beautiful jewellery and artifacts and
invented metal working and beer, yet they were
no match for those more aggressive who swept
through the open plains of the Fertile Crescent.

Some of the earliest wars took place here and
it has been fought over repeatedly ever since; it
arguably has the most fought over frontiers in
the world. Our measurement of time, seconds
and hours, our seven day week, times tables
and a wonder of the ancient world come to us
from the people who lived and worked, died
and were buried in this area. Travel with
Hammurabi, Nebuchenezzer and Gilgamesh
on a voyage of discovery through Ur, Babylon,
Nineveh and Nimrud on a Journey Through
Ancient Iraq."

The 10 week course is divided into ten headed
subjects, which are, The Land between Two
Rivers, Prehistoric Mesopotania - Ubaid and
Uruk, The Emergence of Writing - Cuneiform,
Religious Belief, Ur, Old Babylonia,
Assyria/Neo Babylonia, Parthia, The Moslem
Conquest and Tribal Conflict.

There will be a half term on 28th October 2010
and the last week of the course is on 2nd
December 2010.

For further details please or either course
please phone Jill Frostick on 250263 or John
Terry on 230490

The Friends of Little
Bromley Church
2010



Church open at weekends
10.00am-4.00pm

Saturday 11th September
Heritage Open Day & Cycle Ride
Sunday 3rd October
Harvest Festival from 2.00pm
Songs of Praise 5.00pm
Thursday 23rd December
Christmas Carol Service 7.00pm

Volunteers wanted to join flower rota for
weekends Interested? Contact Carol
Cordwell on 01206 395103

Seven Rivers Cheshire Home AUTUMN SALE

Ladies clothing, shoes, toys, cookware,
china, jewellery, greetings cards,
stocking fillers & a wide range of gift
ideas

at Great Bromley Village Hall
on Tuesday, 5th October
10.30am to 3.00pm
Entry £2

Refreshments including coffee, cakes &
sandwiches will also be available

**CABARET
EVENING**
on
16th October in
Great Bromley Village Hall
with **Memphis Mario Elvis Tribute Act**
Tickets £15 per head including meal
Bring your own drink
Tickets now available from committee
members



St Georges Church
Great Bromley

Harvest Supper

At Great Bromley Village Hall
Saturday 25th September
6.30 for 7.00pm

Tickets: Adults £6 Children £3
Including entertainment.

Available from 01206 250229 or
01206 230688 and members of the
PCC and the post office

Bring your own drinks and glasses.



2010

'The Bromleys' Scarecrow Festival and Competition

Great and Little Bromley invite you to design and
make a scarecrow in time for their Harvest

Festival celebrations:
St. George's, Great Bromley - 25th / 26th September
St. Mary's, Little Bromley - 2nd / 3rd October

Fill in a registration form and return along with your £1
donation towards the PCC to take part in our competition.

The forms will be available from inside
Great Bromley Church, the Cross Inn P.O., Primrose Park,
Little Bromley Church entrance, the Haywain, from Carol-
c/o St. George's School (from September) and from Jenny
at Fryerning, Hall Road.

For more details please contact:
Carol on 01206 395103 or Jenny on 01206 230688

KITCHEN CORNER

SMOKED TROUT and COBNUT PATE

This is one of Michael Barry's recipes. September is the time to enjoy fresh nuts at their best.

Ingredients:

4 oz (100g) shelled fresh cobnuts - unshelled weight about 200g
If not available use hazelnuts instead.

1 tbsp parsley
12oz (350g) hot-smoked trout fillets.

3 tbsp fromage frais
2 tbsp melted butter

Seasoning.

Method:

Chop nuts finely, also the parsley. In a processor or liquidiser, put the skinned trout, fromage frais, melted butter, seasoning and half the nuts and

blend till smooth.

Mix the rest of the nuts with the parsley. Lightly oil a soufflé dish, or line a small loaf tin with oiled greaseproof paper. Pour in half the mixture, then a layer of the nut and parsley mix followed by remaining trout mix. Smooth down firmly, cover with clingfilm and refrigerate for at least 4 hours.

Serve with hot French bread or toast, or thin crispbread

Jill Frostick



*Looking for a challenge?
Volunteer for your local CAB*

Train as a Citizens Advice Bureau Adviser



CAB Tendring is currently recruiting Volunteer Advisers.

- Can you spare a day per week?
- Are you willing to train as an Adviser and gain a nationally recognised qualification?
- Do you want to make a real difference to people's lives?

YOUR CAB NEEDS YOU!

Want to know more? Please call us on 07973 783804 for an informal chat. Low on credit? Text 07973 783804 or email training@tendringcab.org.uk and we'll call you back.

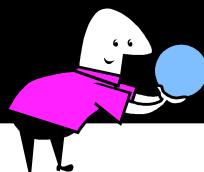
Citizens Advice Bureau Tendring

18 Camerton Road
Clacton-on-Sea CO15 6QF
298 Main Road, Dovercourt
Harwich CO12 3PJ

the charity for
your community

Citizens Advice Bureau Tendring is a company limited by guarantee no. 4002108. Registered charity no. 1036177.
Registered office: 18 Camerton Road, Clacton-on-Sea CO15 6QF

CARPET BOWLS



We are having a break from league fixtures at the moment, just club evenings affording us time for practice.

We lost the last match of the Summer League 7-2 against High Woods who were the winners of the league competition. The final figures - for the season - were 37 points to Great Bromley and 53 against. Not a wonderful result but the teams enjoyed some very pleasant evenings which is the main object of the exercise.

ANNUAL DINNER

This was held on 24th July when 16 members and guests enjoyed a very nice meal at 'The Cherry Tree', Tendring. Thanks were extended to Pat Petchey who made the arrangements for the evening.

Nancy Kempster

THE DOCTORS' SURGERY NEWS

Ardleigh Surgery

Influenza vaccinations

It is influenza clinic time again !

The Department of Health recommends patients should have vaccination against influenza if they are aged over 65 or at particular risk if they have one of the following medical conditions; heart disease, diabetes, respiratory disease including asthma, renal disease or who are immunocompromised.

Flu clinics will be held on Thursday afternoons weekly starting on the 4 October and ending in November.

Please telephone the surgery to book into one of those clinics. We encourage patients to attend these clinics rather than use valuable normal appointment slots unless you are attending the doctor or nurse for some other reason.

At least we will not have the additional workload involving separate injections for swine flu this year!

New GP Trainee

A new GP Trainee, Dr Nicola Cullum, starts her training year with the Ardleigh practice on the 4 August. Dr Cullum was previously on placement at a surgery in Clacton from Colchester General Hospital.

Dr Ayisha Sajid, our former GP Trainee, is now on maternity leave and is hoping to obtain a position in a practice next year.

NHS Health checks

General practices will be writing to patients aged 50 - 74 who do not have existing heart disease, diabetes, hypertension, stroke, kidney disease inviting them for a NHS Health Check over the next five years. The check is to assess patient's risk of developing these medical conditions and to offer advice on

how to reduce the risk and stay healthy. Please take up this invitation when you receive it. The check will include taking your family history, blood pressure and a simple blood test to check your cholesterol level. We are inviting patients on a somewhat random basis so do not worry if you do not receive your invitation for sometime. If you are concerned that you may be at risk, please contact the surgery to request a Health Check at any time before you receive your invitation.

Fred Merrin, Practice Manager

Gt Bentley Surgery

As is usual at this time of year, we have a new GP Registrar to welcome to the practice. This year, it is my pleasure to introduce Dr AnnMarie Hilton, who has spent most of her time since qualification working at Colchester General Hospital. She also has experience already of working in a GP surgery, having spent the last few months training part-time under Dr Cheung (whom many of you will remember from his time here as a Registrar), at Mill Road Surgery in Colchester.

Dr Hilton is originally from Ilford and qualified at St Bartholomew's and The London Medical School. She now lives in Colchester and intends to stay in the area when she finishes her GP training, which is good news. Too often, when they have finished their Registrar year, young GPs move away from the area. I don't know what we – and you – do to scare them away.

Dr Hunt is heading off on another of his motor bike ultra-rides shortly. He had been thinking of heading for Kathmandu

via various middle-eastern and Asian political hotspots, but eventually thought better of it and opted for a few weeks travelling down through South America.

While he is away, Dr Hunt's work will be covered by Dr Jatoi, another ex-Registrar whom you might remember, and Dr Bhatti, who needs no introduction, so hopefully his absence isn't going to make it any harder to get an appointment.

On more routine matters, we still get the occasional request for the doctors to see people with toothache, dental abscesses etc, so I just wanted to remind everyone that they don't deal with dental problems. Dentistry is a very particular and different skill and the experts are, unsurprisingly, the dentists who have spent at least five years training to look after your teeth, gums and mouth. If you do have a dental problem, please don't waste any time contacting the surgery, please ring your dentist directly.

If you aren't registered with a dentist and can't find one who will help, the person to contact is a lady called Clare McInerney. She is the Liaison Officer at the Primary

Care Trust who has special responsibility for dentists and her telephone number is 01206 286882. (If you have made a record of similar information in the past, please note that the name and number have recently changed.)

Urgent dental care outside normal hours can still be accessed by ringing Harmoni on 0845 602 5238. They will be able to give you contact details for a duty NHS dentist who will look after you at NHS rates.

Finally, our e-mail addresses have all changed as we have been moved to the (supposedly) more secure NHS Net provider. The important new addresses are:

For ordering prescriptions:
holliesprescriptions@nhs.net

For admin issues:
postmaster_gp-f81021@nhs.net

There is no change to the EMIS Access web address.

Hugh Cronin, Practice Manager

CANINE PARTNERS

As Canine Partners celebrates its 20th anniversary, the Charity has a growing presence in Essex. Just two years ago it opened its Puppy Training Satellite, where wannabe canine partners are trained at Writtle College. To support this growth, Canine Partners has recently opened an office in Chelmsford.

The work of the Essex team in raising charity awareness and training puppies, has helped a number of people in Essex including Jay Denton & Drummer from Colchester, Stephanie Flower & Elmo from Southend and Barry O'Connell & Guy from Clacton.

Jay, who has multiple sclerosis, comments, "Some of the ways Drummer helps me are by getting the laundry out of

the machine and putting it into the dryer. Every morning he collects the post and brings it to me; this saves my precious energy as well as avoiding the risk of a fall as I bend down. Anything that I drop such as keys, gloves, even my crutches he will pick up and hand back to me or put it onto my lap – he also opens and closes doors. All of these may seem like small token tasks, but to someone with a finite amount of energy and always under the looming cloud of fatigue, it's a huge help!"

Canine Partners in Essex is always looking for fundraisers, volunteers and puppy parents. For further information on Canine Partners please visit www.caninepartners.org.uk or call the Essex team on 01245-608355



ESSEX POLICE

Incidents for Great Bromley in the month of July

Threats - Parsons Hill -

(Family Dispute)

Missing Persons x 4 - Harwich Road -
(Ashfern House)

Suspicious Circumstances - Chapel
Lane - (Water butt kicked over)

August News

A resident in South London has reported a possible scam taking place in his locality.

A man claiming to represent 'Neighbourhood Watch Support' telephoned to say that a Neighbourhood Watch brochure was going out to all the local residents. The caller was encouraging local businesses to advertise in this brochure. The resident agreed to place an advertisement and later received a further phone call from a company calling itself 'Business Community Support Multimedia'. The caller took some details over the phone.

At a later date the resident received a letter with a 'proof' for the advertisement. Apart from the name of the business and the contact phone number, every detail was incorrect. The accompanying letter said that unless any amendments were received within five days (by phone, email or fax) they would assume that the details were correct and place the advert. The resident tried several times to contact the company by email and phone but to no avail, finding his emails unanswered and his phone calls cut off. Luckily he had not yet paid any money for the advertisement. We would like to make it clear that there is no such organisation as 'Neighbourhood Watch Support' and the Neighbourhood & Home Watch Network does not produce any such local brochures nor contract Business Community Support Multimedia to do so.

If you have any concerns, questions or issues you would like to raise relating to this, please contact us on enquiries@nationalnhw.org or 0116 229 3118 and do not agree to anything over the telephone or on your doorstep.

Please be aware that there are emails being circulated claiming to be from BT. If you receive one of these emails asking for any personal details or stating that you need to click on any links contact BT by telephone in the first instance.

Another scam

Tony Ellis our Crime Reduction Officer at Epping has just received this information from a member of the public:-

'I've just received a call from a man purporting to be representing the Police Community Sports Clubs for children. He wanted me to pay to have an advert in their Journal. He called from a withheld number and when I was a bit more probing he said he would send me an information pack and he went. He just seemed too pushy to be genuine'.

Tony says:- It's an old scam. They take your money and they often even print a few copies of whatever publication they say they represent, but they never print in any numbers and they don't circulate the publication either. If you fall for it your money goes straight into their pocket. I don't expect for one minute that they will send you anything but, if they do, please let me know and I will call to collect it. Thanks for letting me know.

We are getting reports of people offering gardening services. These people ask for money up front and then fail to complete any work. Please do not be conned by these people and if you see any strangers calling on your neighbours please contact police. One particular group were using a

silver Vauxhall car index R571 AYA
should you see this vehicle please
contact police.

Les Barnes PCSO 71909
Thorpe Le Soken NPT Eastern
Internal Ext : 487603
External 01255 862843
Email : leslie.barnes@essex.pnn.police.uk
website : www.essex.police.uk

Police Constable 2176 Dan HEARD reports that he has had several calls over the last few weeks from worried residents regarding receiving phone calls from persons saying they are from the police or a security company and they are giving away free house alarms. Put the phone down as it is a scam and contact either him or Les. So far he is unaware of anyone having fallen for this, and assumes that these people are just trying to get personal details.

PC 2176 Dan HEARD Neighbourhood Constable

Beware of Scam call over Council Tax

Residents across Tendring are being warned not to give out bank details over the phone to anyone offering a Council Tax refund.

It is also suggested that anyone who takes a scam call of this nature reports it to the police.

Telephone scam

A call is received from a 'representative' of BT, who says that he is disconnecting the line because of an unpaid bill. He demands immediate payment of £31.00, or £118.00 to reconnect at a later date. The caller offers to demonstrate that he was from BT and says to hang up and try phoning someone - he would disconnect the phone to prevent this. The phone seems to go dead - no engaged tone, nothing - until he phones again. The

fact that the phone does go off would probably convince some people it's real, so please let as many friends & family aware of this. The number he gives is in fact not a BT number which should be 0800 800152 0800 800152 which takes you through to BT Business. The cutting off of the line is very simple , he stays on the line with the mute button on and you can't dial out - but he can hear you trying. (This is because the person who initiates a call is the one to terminate it). When you stop trying he cuts off and immediately calls back.
You should report such phone calls to the police.

NHS
North East Essex

Your NHS, Now and in The Future



Come along!

Meet Board members, give feedback, ask questions and find out more about your local NHS.

The AGM is a chance to find out about the work of NHS North East Essex, which commissions healthcare for the population of North East Essex.

If you would like to attend please book a place by calling: 01206 286833 or email communications@northeastessex.nhs.uk

- Tuesday 14th September
- 5.30 to 7.30pm
- NHS North East Essex Kennedy House Kennedy Way Clacton-on-Sea, Essex CO15 4AB

CHURCH NEWS

Revd. Gill Moore

Peninsular Youth Ministries (PYM) is very pleased to announce that Gill Moore has joined us as a part-time Youth Worker to work alongside Ruth Cross. Gill started in May and she and Ruth have been working together and separately in the Manningtree and the Harwich Secondary Schools, running lunch-time clubs and Youth Alpha groups, walking the corridors and playgrounds, mentoring a considerable number of needy teenagers and taking the occasional assembly and RE lesson. They are also working in The Hub, the youth drop-in centre in The Lane, Manningtree, and are planning the development of new initiatives in the Autumn.

You may know Gill. She has been a member at St. Mary's Church, Lawford, for many years and she worked for PYM as a Voluntary Support Worker in the first few years of its operation, alongside Paul Sparrey and Ruth Cross. She had to leave this work when she started to train for the Anglican ministry and, now she is ordained, she has rejoined the PYM team.

Gill will be taking services throughout the diocese and will no doubt be sharing her youth-work experiences from the pulpit from time to time.

Flower Arranging

Interested in flowers and flower arranging in St George's Church?

No previous experience necessary.... just a love of flowers and a little time to spare two or three times a year.

Just contact Jenny 230688 for more information.

St George's Great Bromley Repair Fund

Next month we will report on progress with fund raising for the 2011 major repairs.

Meanwhile we were advised to make temporary glazing repairs now to guard against possible storm damage.

This has been completed at a cost of £488 and you may have noticed the additional boarding on the windows. The work was carried out by Auravisions who are specialists in historic window repairs. We cannot get grant aid for these temporary repairs and we are grateful for a generous donation from a Great Bromley resident to cover the cost.

Date for Your Diary

The Annual Service of the North Tendring Christian Youthwork Trust is to take place on Wednesday 15th September at St. Mary's Church, Lawford, starting at 7.30 p.m. The Trust works on our behalf amongst the teenagers of the area and is perhaps better known by one or other of its two operations, Peninsular Youth Ministries (PYM) and the Manningtree Drop-In (MDI).

The service will be led by Youth Workers from PYM and MDI who will be talking about the work they are doing and the preacher will be Revd. Pat Prestney. Pat was one of the founders of both Peninsular Youth Ministries (PYM) and the Manningtree Drop-In (MDI) and she has been a Trustee for some time. This will be one of Pat's last engagements prior to her retirement.

Make sure that you put the date in your diary. It should be a good evening.

CHURCH NOTES

Although on a smaller scale than the bi-annual Flower Festival, the different activities at St George's Festival Weekend on July 17th and 18th proved extremely enjoyable.

On Saturday evening the talented Cavender singers from Clacton entertained us with Songs from the Shows. David Hylands, an excellent baritone from the Essex Police Choir then sang some well known Gilbert and Sullivan numbers. It was a beautiful evening and during the interval the audience were able to go into the churchyard to enjoy a glass of wine and refreshments.

Gregory Frostick was very busy on Sunday afternoon, firstly sharing his extensive knowledge of the history and architecture of the church while leading 'Church tours,' and then giving an organ recital. The more energetic visitors were also able to climb the 96 steps to the top of the tower led by Eddy East and Sue Orriss. They were then able to enjoy a cup of tea and a piece of delicious cake baked by Barbara Hall.

The raffle was well supported and we also received a number of generous donations bringing the total profit from the weekend to a pleasing £1,275 for the church general fund. Many thanks to everyone who helped particularly Jenny Nicholls, whose organisation was, as always, meticulous.

The Fabric (or repair) Fund is separate from the General Fund and, rather like a 'Friends' group, is supported by people who are not necessarily church members but who value St George's for its historical and architectural significance. We are grateful to the Funday Committee for making the Fabric Fund one of the four beneficiaries of the Funday profits. Plans to start the urgently needed repair of the clerestory windows are under way. The emphasis at the moment is on securing grants to supplement the £68,000 awarded to us by English Heritage. The total cost of the project is approximately £120,000 and with many other churches competing for limited funds from grant awarding bodies it is proving to be a big challenge.

Great and Little Bromley - Pakistan Floods Appeal

*St George's Church is organising fund raising from our villages at harvest time.
Please make a donation at the harvest supper and harvest services or at the Rectory,
and Cross Inn.*

Cheques should be payable to British Red Cross.

To add 28% to your gift at no extra cost to you please ask for a gift aid envelope

Thank you

Fr Robert and the Churchwardens

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

Head teacher: Pat Fitzgerald
Telephone: 01206 230305



ST. GEORGE THE MARTYR, GREAT BROMLEY
united with St. Mary the Virgin, Ardleigh



Church of England Services for September

Sunday 5th	8.00am 10.30am	14th Sunday after Trinity Eucharist Parish Eucharist	St. George the Martyr St. Mary the Virgin
Sunday 12th	8.00am 10.30am 6.30pm	15th Sunday after Trinity Eucharist Parish Eucharist Evensong	St. Mary the Virgin St. George the Martyr St. Mary the Virgin
Sunday 19th	8.00am 10.30am 6.30pm	16th Sunday after Trinity Eucharist Parish Eucharist Evensong	St. George the Martyr St. Mary the Virgin St. George the Martyr
Sunday 26th	8.00am 10.30am 6.30pm	17th Sunday after Trinity Eucharist Harvest Eucharist Evensong	St. Mary the Virgin St. George the Martyr St. Mary the Virgin
Sunday 3rd October	8.00am 10.30am 5.00pm	18th Sunday after Trinity Eucharist Harvest & Flower Festival Eucharist Harvest Songs of Praise	St. George the Martyr St. Mary the Virgin St Mary's, Little Bromley

Holy Communion every Friday at 11.00am at Seven Rivers, Hall Road, Great Bromley.



Charity No. 1150208
Company No. 7099441

Little Dragons Pre-School
Great Bromley & Frating
Ofsted Inspected

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

Great Bromley Village Hall
Monday & Wednesday 9.15-11.45am & 12.15-2.45pm Tuesday & Thursday 9.15-11.45am
Children 2-5 years. £8 per session
(In addition to the above a contribution of £1 per session is required for 'setting up'.)
Lunch time session available Mondays & Wednesdays Cost £1.50
For more details/ visits please contact us on 0785 7503103

As from September we are extending our sessions; we shall now also be open on a Tuesday morning.

We take children from the age of two years. For further information or to arrange a visit to the setting please contact us on the above number.

We also offer a 'home visit' to families of children prior to them starting pre-school.

Dates for your diary:

- Saturday 4th September - Come and see us in the Colchester Carnival
- Monday 6th September - Start of Autumn Term
- Wednesday 8th September - Staff Training Day