

# THE **BROMLEY MESSENGER**

*MARCH 2016*

Volume 30 No 11



Three little helpers at the tree pruning in  
Church Meadow during January

# THE FIRST PAGE

Well! It has been quite a month! It began with the Pride of Tendring awards in the Princes Theatre at Clacton. I know this sounds like an acceptance speech but I would like to thank you for nominating me, and to even think of nominating me. It did come as a surprise and I feel very honoured. Thank you for all your messages, telephone calls and cards of congratulation; I felt somewhat overwhelmed by it all. The evening was great fun and it was lovely meeting all the other people nominated for their various deeds in their communities. Fred Nicholls and Jenny, as hosts, were there to greet everyone's arrival. My son accompanied me and we shared a table with Kate and Nick Strowbridge and three representatives from the Mayflower Project so we had a very lively, interesting evening. Rosemary Heaney was ill and couldn't make it which was a shame. The evening was wonderful and as you can see from the photo on page 13 that Kate has sneaked in I received my award from Lord Petre.

Following on from this came the birth of my latest grandson, Barney, to my daughter so time has been spent recently scurrying back and forth to see him.

As usual you too have been busy during the last month judging by your reports and

seeing the numbers already entered for the Run in April round Little Bromley many of you are pounding the lanes in training.

On page 6 following on from my telephone scam computer scare last month, Pam has reported on one that she was nearly caught by but which fortunately ended better than it could have done. Pam kept her head but it is, sadly, all too easy to be sucked in and potentially lose money to the scammers.

Which reminds me that by the time you read this I will no longer have a telephone number with BT. So if you need to telephone me the number I am now using can be found at the back of the magazine. Thanks to help from my son I have gone completely wi-fi and have better reception all round.

There have been a couple of quizzes in the village I have been to in aid of good causes this month which were evenings of laughter and brain cudgelling in the company of friends and, although we didn't win that mattered not one jot. I did learn some things - one being about corn flakes that will forever make me regard my breakfast cereal in a different way ...!

Newborn lambs will soon be in the fields - spring must be around the corner. Can't wait.

*Leonie Henderson*

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

Telephone: 01206 230305

## Young Voices Trip

On Friday the 29<sup>th</sup> of January, Class 3 travelled to the O2 Arena in London, to join the Young Voices choir of approximately 7,547 children. It is the biggest children's choir in the world and as well as collecting food for charities, it was a great experience!

At school that morning, we excitedly gathered in the classroom and changed into our special Young Voices T-shirts, which glowed in the dark. We clambered aboard the coach, along with a group of chattering parents, and we were on our way; passing the West Ham training ground, the Shard, the Gherkin and at last, the O2 came into view. Hearts were pounding as the excitement built, but so were the butterflies! After lunch, we ascended to our seats at the top of the Arena and participated in a thorough rehearsal. At six o'clock, the parents began to filter in and we tried to spot them with binoculars, they looked like ants waving frantically at us. As the lights faded, our individual torches created a night full of stars. We sang and danced our hearts out whilst seeing amazing acts and light shows – we had the time of our lives! The coach journey home was a much quieter affair, we arrived home exhausted but exhilarated.



we were given our puppet bodies. We collected foam

shapes. After that we put glue on to our foam shapes and bodies. They had to be dried with a hairdryer. Once this was done we could decorate them. We watched a puppet show in the afternoon and it was really good fun. We had a brilliant day.

Class 3

## Puppet Workshop Day

On Monday 8 February Classes 1 and 2 joined in with a puppet workshop. When we went into the hall we were so excited.

First we put on aprons and then we

*by Imogen Carr, Emelia Esposito and Alice Hart*

# Little Dragons Pre-School - Great Bromley & Frating

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

Website: [www.littledragonspreschool.org](http://www.littledragonspreschool.org)  
Email: [littledragonspreschool@gmail.com](mailto:littledragonspreschool@gmail.com)



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

It hardly seems possible that we are halfway through the spring term already.

The children were very busy last month learning about different countries and cultures. For Italy, we had our own role-play pizza parlour and made flags, gondolas and even did some drawing under the table – on our back like Michelangelo! For India the children have been drawing pictures of themselves to share with our friends in our twinned school in India. We have also been celebrating the Chinese New Year with lots of fun activities- making lanterns and dragons puppets and a large dragon from cardboard boxes so that we could perform a ‘Chinese Dragon Dance’. The children enjoyed chopping and stir frying vegetables too. They also made pancakes on Shrove Tuesday and hearts for Valentine’s Day.

We are holding another Dad’s Week starting 14<sup>th</sup> March when we invite Dads into the setting. This gives them the opportunity to see their child at play and join in with some of the activities.

On Wednesday 10<sup>th</sup> February we had an unannounced ‘Food and Hygiene’ inspection. We are happy to say that we scored the top rating of ‘five’ (‘very good’) on The ‘Tending Food Hygiene Rating Scheme’.

## Fundraising

**A PAMPER AND SHOPPING EVENING.**  
**Friday 4<sup>th</sup> March 7pm – 10pm Gt.  
Bromley Village Hall**

Entry by ticket: £3.00 in advance or £3.50 on the night. Treatments can be pre-booked and raffle on the night

For more information email: [ldfundraising@sky.com](mailto:ldfundraising@sky.com) or call Michelle on 075720614451. We hope you can join us.

Future events planned are:-

**Saturday 14<sup>th</sup> May Quiz Night at Gt.  
Bromley Village Hall**

**Saturday 18<sup>th</sup> June Fun Day at Little  
Dragons Preschool**

## SAINSBURYS VOUCHERS

We are now collecting Sainsbury’s vouchers so please tell friends and family

## **PLEASE SAVE YOUR BISCUIT WRAPPERS AND BOTTLE TRIGGER HEADS**

We have registered with Terracycle and are currently collecting biscuit wrappers and plastic bottle trigger heads and caps from washing up bottles. These we send away and are then paid according to the weight. So please ask friends and family to help us collect as many as possible.

We take children from the age of two years and offer a ‘home visit’ to families of children prior to them starting Pre-school. This gives the child the opportunity to meet their key-person in their own home, aiding the transition stage to pre-school. It also enables us to collect and share information in a confidential environment.

For further information or to arrange a visit to the setting please contact us on the above number.

## **Party Table and Chair Hire**

### **Having a party for Pre-School children?**

*We can offer 4 perfectly sized tables & 20 chairs.*

*Deposit only £10 Tables only £5.00 each Chairs*

*Only £1.00 each*

*Collection Only - Contact us: Tel: 07857 503103*

*Email: [littledragonspreschool@gmail.com](mailto:littledragonspreschool@gmail.com)*

Dates for Diary:

Fri 4<sup>th</sup> March Pamper & Shopping Evening

Mon 14<sup>th</sup> March Dad’s Week

Thurs 24<sup>th</sup> March Last day of term before  
Easter Holidays

Mon 11<sup>th</sup> April Return to preschool

Sat 14<sup>th</sup> May Quiz Night

Sat 18<sup>th</sup> June Fun Day

## COFFEE BREAK NUTRITION with Suzanne Abbott

Most of you would have heard of SAUERKRAUT but may never have heard of KEFIR. Let me tell you something about them...

**Kefir** is an ancient beverage, going back at least 5000 years. It was first discovered in the Caucasus Mountains among sheep farmers who would milk the sheep and carry the milk in a leather pouch from one pasture to another. The milk would ferment in the warm environment and a sour, fermented beverage was the result. They drank this as they tended their flocks over several weeks/months during the year. The liquid was made from raw ewe's milk, full of vital vitamins and nutrients that the ewes obtained from grazing on fresh mountain grass.

As with any food, the vitamins and nutrients taken up by a plant or an animal will eventually end up in the human food chain. Kefir has survived for hundreds of years, nourishing generations of European and Asian populations.

Kefir was highly prized for its extraordinary health properties. Because the milk is fermented, it is already partially digested and much easier utilized by the body. As a result of the fermentation, very little lactose remains in Kefir. This means that people with lactose intolerance are able to drink Kefir. It has also been shown that fermented milk products have a slower transit time than milk, which may further improve lactose digestion. It contains some B vitamins, B12, B1, also vitamin K and most importantly it contains major strains of friendly bacteria – probiotics that help to keep the intestinal environment (*the gut flora*) healthy.

It's best to use organic whole milk from grass fed cows, like Jersey milk. The texture is a creamy, slightly effervescent tasting drink. Excellent on your home made muesli or last thing at night, before going to bed. It will do its magic whilst you sleep.

*Just a little footnote – the probiotics you buy in supermarkets are full of sugar and not in the same league as Kefir.*

**Sauerkraut** – so, what's so good about cabbage? It's the fermentation process of the cabbage with sea salt that increases the bioavailability of the vitamins and nutrients, therefore making the fermented cabbage even more nutritious than the original vegetable. Apart from sea salt, which starts the process, no other ingredients are required. This process is called *lactic acid fermentation*.

Sauerkraut is a source of vitamins C, B and K. It is very low in calories but high in calcium, magnesium, folate, iron, potassium, copper, manganese and a good source of dietary fibre, which is important for taking away toxins from the body. Because sauerkraut is made from raw cabbage, it is not exposed to heat (*pasteurisation*) or cooking. It also contains beneficial gut bacteria – live lactobacillus bacteria (*many more than in live yoghurt*), microbes and enzymes. It is a well-known fact that the fibre and the probiotics in sauerkraut improve digestion and stimulate the production of healthy bowel flora, protecting the individual against many of the common diseases of the digestive tract.

*Anyone interested in a sauerkraut or Kefir making class, just get in touch.*

*I have plenty of Kefir grains to give away for free.*

<sup>1</sup>Farnworth, Edward R. (2005). "Kefir – a complex probiotic" (PDF). Food Science & Technology Bulletin: Functional Foods 2 (1): 1–17. doi:10.1616/1476-2137.13938.

<sup>2</sup>Lipski, Elizabeth (2013). "6". Digestion Connection: The Simple, Natural Plan to Combat Diabetes, Heart Disease, Osteoporosis, Arthritis, Acid Reflux--And More!. Rodale. p.63. ISBN 978-1609619459.

# Hackers – a warning to others

I was interested to read “The first Page” in February’s edition of the Bromley Messenger having fallen foul of a similar scam some weeks ago. I admit to being rather dense, and far from enthusiastic, as far as technology is concerned but console myself with the thought that at nearly 70 that is allowed! I am much happier with pen, paper and books. However, it is clear that I, and others of a similar age and with limited technical knowledge like myself are just the sort of victims these criminals search out.

Some weeks ago I logged on to my PC to be met with a full screen flashing message, accompanied by shrill beeping, and purporting to be from Microsoft, warning me that my computer had been hacked and that I should immediately contact “Indyserve Technologies”, working in conjunction with Microsoft, to resolve the problem – and “yes” I’m afraid I fell for it. I should point out that, like our Editor, I rely heavily on my sons for advice but both were at work and unavailable at the time.

I won’t bore you with the full details other than to say that the person I spoke to sounded very professional (I now understand that they hone their customer service skills working in legitimate call centres) and that I stupidly gave him control of my PC. At this point he whizzed through my various screens and files pointing out what had been hacked and told me that it was the worse case of hacking he had ever seen. I was becoming increasingly concerned but two things, in particular, alerted me to the fact that **they** were the hackers: The call was obviously coming from a large and busy office and I heard someone else in the background also telling his duped “client” that it was the worse case he had ever come across and secondly he told me there was a charge of between £250 and £500 to sort it out. He asked me to log into my on line banking account to make a payment to them and, at this point,

admittedly rather late in the process, the scales fell from my eyes! I refused and told him I wanted to take advice. This seemingly pleasant young man then became rather aggressive and I hung up.

I admit that I was feeling rather bruised and foolish at this point and later made a rather sheepish call to my eldest son. He advised me to contact my bank and McAfee, my security provider, immediately. Fortunately, I had not logged onto my online banking service, as requested by the Hacker, so my accounts were secure. McAfee did, however, make a charge for putting everything right as I had allowed the hacker access to my computer.

I hope this is helpful to others who may be caught out in this way.

*Pam Williams*

## BURGLARY

On the night of Thursday 21st January someone with size 11 feet broke into two outbuildings at The Cottage, Badley Hall Road and stole a Stihl chainsaw (model MS181, serial number 297095496), a multipurpose brush-cutter/hedge-trimmer/chainsaw and a Karcher pressure washer. In total the value of the tools was around £500.

If anyone else had a break-in that night, no matter how minor, please let Essex police know and quote crime number 42/18172/16 so that they can coordinate their investigations. Any CCTV recordings from anywhere in the village, for that night, would also be helpful.

## DISTRICT COUNCILLOR NEWS

I am very pleased to inform you that my fellow District Councillor Rosemary Heaney has recovered from her knee operation.

The position regarding the ongoing saga with street lights in Tendring may be coming to an end. Essex County Council who are the body responsible for street lighting have again rejected TDC's request to have them switched on in some areas and off in other areas. They have clearly stated it is all or nothing and it has to be a four year contract. This would cost TDC somewhere in the region of £550,000. At the full council meeting on 9th February it was agreed to ask Essex County Council to consider replacing all street lights with LED bulbs and that TDC were willing to be the first council to trial the new LEDs. An agreement has been reached on the number of houses to be included in the Local Plan. The committee can now move on to agree on the type of housing in Tendring. It appears that Colchester, Tendring and Braintree councils are in favour of development on the border with Colchester. Council tax has been approved at the budget meeting, an increase of around 3.69% which works out to £5 per year for a Band D property.

The Pride of Tendring event took place at Clacton Town Hall on 5th February when 216 people attended, including the Award winners. I am pleased to say that our ward was well represented with several award winners.

My Civic duties have continued to be busy. On 18th January we attended the Arts and Lits event at Clacton Town Hall, followed on 22nd January by opening the new Co-Operative Society Funeral Parlour in Clacton. The same afternoon Jenny & I along with Cllr. Zoe Fairley entertained children from Tendring Techknowlege College at the Town Hall. On 24th Jenny & I attended the Ipswich Mayor's Charity Burns

Night supper. On 26th I presented certificates to school children from across Tendring who took part in the Magna Carta competition. On 27th we both attended the Holocaust Memorial service in Clacton. On 27th I attended CVST, Rosemary Road, Clacton where I opened the refurbished kitchen that was made possible by a grant from TDC's Big Society. On 29th we attended RAF Cadets awards ceremony at the Civic Theatre in Chelmsford. On 31st we attended the Alliance Performance Ensemble at Clacton Sports Centre where I presented some of the awards..

On Friday 15th April I am holding my Charity Supper at Great Bromley Village Hall in aid of my charity The Harwich Mayflower Project. The evening will commence at 7pm with Harwich Sing, a community choir (who are very good) based in Harwich, followed by a two course meal provided by Sweet Success. The after supper speaker will be Ray Clarke, BBC Essex presenter and former pirate radio DJ. Tickets are £30.00 person. Please contact Ashley Wood on 01255686583 or email [awood@tendringdc.gov.uk](mailto:awood@tendringdc.gov.uk) Tickets are limited.

## RECYCLING IN CHURCH MEADOW

Please recycle your unwanted glass and paper in the bins in Church Meadow. You may not realise, but the Parish Council is paid for what is recycled, and this money can be used for the benefit of our village.



Many thanks

# GREAT BROMLEY PARISH COUNCIL

[www.gbpc.org.uk](http://www.gbpc.org.uk)

The Parish Council receives requests from time to time from residents and organisations asking if they can put leaflets on the PC notice boards. The Parish Council often agree if the information is of benefit to residents. Discussion has taken place about purchasing a notice board specifically for residents to use and Councillors are looking into the cost of a public notice board. The Burnt Heath notice boards desperately needs replacing and this is also being looked into.

It has been noted that a car has been parked at times in the Church Meadow car park overnight. Please note that this is not permitted and action will be taken if the situation persists.

It has also been brought to the Parish Council attention that parents collecting children from the Primary School are parking on the blind bend opposite the school, which is dangerous. There is parking available at the Village Hall, which is a short distance away, and parents are

encouraged to use this space as much as possible.

Councillors have been looking into acquiring new Village Signs which will be placed at the entrance and exit to the Village – watch this space!

Discussion has taken place regarding ways to celebrate the Queens 90<sup>th</sup> Birthday in April and the official birthday in June – further information will be available in due course.

The Parish Council are very grateful to Andrew & Henry Fairley for their voluntary work in Church Meadow to help a Councillor clear high, overhanging branches from the church entrance path. The next Parish Council meeting is on Wednesday 9<sup>th</sup> March 2016.

*Karen Taring*  
*Clerk to Great Bromley Parish Council*

## LITTLE BROMLEY AMENITIES GROUP

### Little Bromley War Memorial

Once again, one of the gardens at the above Memorial has been damaged. It would appear that a vehicle has driven over the garden and two pots containing spring bulbs have been smashed, large stones displaced and smaller shingle spread over the road.

The War Memorial was refurbished by a team of volunteers from the Village, headed by Mr Ken Hatch, who has looked after the gardens since their inception.

It is very disappointing to see the damage to the garden. The incident has been

reported to the police. The Parish Council have been made aware of this latest incident and it will be discussed at the next Parish Council meeting on 18 February. It will then be decided what to do to the Memorial to try and prevent this sort of damage happening again.

We would be grateful if the local community could be vigilant and if anything suspicious is seen, could you please contact Mr Ken Hatch on 01206 395601 or 07899 895358.

*Ann Clark*



## VILLAGE HALL TRUSTEES

The village hall trustees met on 9th February to discuss

events and arrangements for 2016. The dates for the refurbishment programme announced last year have now been agreed, as below:

March. Receipt of new tables and upholstered chairs for the Main Hall. Removal of broken and unsuitable furniture from the premises.

25 April - 6 May. Renovation of the stage and minor electrical and decorative work in the Main Hall. This work will not affect hirers of the Main Hall except that the stage will not be available for this period.

6 June - 10 July. External repairs and redecoration. This work will not impact on users of the hall.

25 - 31 July. Sanding and resealing of the Main Hall and Small Hall floors. The whole hall will be closed for the duration of these works and bookings will not be taken for this period.

April - October. Internal redecoration, working around existing bookings at the hall.

Fundraising events at the village hall have continued apace and continue to generate much needed income as well as providing good opportunities for parishioners to come together, relax, talk and have a good time. The Quiz Night on 30th January attracted eight tables of eager participants and raised a total of £160. The next fundraising event is the Plant Sale on 21st May. Any donations of plants would be much appreciated - please contact Kate Strowbridge to make arrangements for delivery/receipt.

The village hall trustees look forward to welcoming you at one of their fundraising events this year or being able to provide accommodation for you whether it is for a birthday party, reception or reunion.

Martin Frostick  
[villagehallsecretary@greatbromley.org.uk](mailto:villagehallsecretary@greatbromley.org.uk)  
or 01206 250263

## FRIENDSHIP CLUB

Although we were somewhat down on numbers for our January meeting our Treasurer's report was read, and will be repeated next month for the benefit of those who were absent. A cheque for £55. has been sent to the East Anglian Children's Hospice which represents donations from members.

One of our former members, Mrs Doris Pleasance, has recently died. She had been a member for many years.

After the conclusion of business we then enjoyed a game of bingo followed by tea and biscuits.

At our March meeting the musical trio Elaine, Christine and Teresa will be our entertainment, and the competition a bracelet.

We would be pleased to welcome new members to the Club in the coming months so if anyone wishes to come along and see what is available, please do so. We meet on the third Thursday in the month at the village hall, 2.30pm.

*Sylvia Ward*

Do you know your Spalia from your Fan or the difference between pruning red or blackcurrants?

On Wednesday the Ladies of the W.I were about to find out.

Great Bromley W.I. were very pleased to welcome another local speaker to address our February meeting. Phil Bland's title for his talk was "Pruning Fruit Trees and Shrubs".

Phil has lived and worked in and around our village all his working life and played cricket here, so he knew several of our members.

Phil began by describing his early working life. Working on one of the large fruit farms which dominated our area in the 1950s and 1960s. Huge orchards which employed, and relied upon, large groups of casual workers, mainly women, who were bused into the orchards from towns for this seasonal work. Phil had many a tale to tell regarding his management of this large workforce of women.

Phil then very skilfully led us through the procedure using his very simple diagrams and descriptions for the pruning of all fruit trees especially Apple. Pear and Plum.

It was interesting to hear the Braeburn apple has now surpassed the Cox in popularity in this country, he explained it is a changing market place Regards Pruning - everyone, he said must remember not to treat the apple tree as a "hedge". Big cuts when pruning are best, in the months of September to March.

Plum trees apparently are quite different, there is no need to prune them at all, let Nature do its work. If there is an offending branch only prune in the summer, pruning in winter can cause and encourage silver leaf and the tree will die. (Now I know why my mother's Victoria Plum Tree died last year!!)

Phil went on to talk about cherries which should not be planted in lawns where the

surface roots can be damaged by the mower. Best planted near a wall or fence where a fan arrangement can be cultivated.

Black currant bushes have to be pruned at ground level quite differently to red and white currants.

Peaches, Nectarines, Blackberries, Raspberries, Loganberries and Gooseberries are all pruned in their own specific way.

A really fascinating subject of interest to all who love their garden, Phil was a engaging speaker who clearly enjoyed himself so much he not only stayed to taste and judge the fruit pies, but stayed to the end of the meeting.

Thank you Phil for visiting us at Great Bromley

### Dates for your Diary:

2nd March A Story of Alpacas and Chocolate,

23rd March Ladies that Lunch  
The Boat House, Dedham Please phone 01206 230419

9th March WI Quiz Arlesford  
Tables of 6 please phone 01206 230688

9th March Knit and Knatter 2-4pm  
Cheshire Home

# 2016 EVENTS

## MARCH

- 2 WI meeting, 'A story of Alpacas & Chocolate', Village Hall, 7.30pm
- 4 Little Dragons Pre-School Pamper and Shopping evening, Village Hall, 7.00pm
- 9 Knit and Knatter, Cheshire Home, 2.00pm
- 10 Gt Bromley parish council, meeting Village Hall, 7.30pm
- 13 APCM, St George's church, 11.45am
- 14 Little Dragons Dad's Week
- 17 Friendship Club meeting, Village Hall, 2.00pm
- 25 Children's Easter Egg Hunt, The Haywain, 2.00pm

## APRIL

- 6 WI meeting, Village Hall, 7.30pm
- 10 Sponsored run/walk in aid of painting St Mary's Lt Bromley fence, 10.30am
- 12 Lt Bromley Amenities Group meeting, The Haywain, 6.00pm
- 13 Knit and Knatter, Cheshire Home, 2.00pm
- 14 Gt Bromley parish council meeting, Village Hall, 7.30pm
- 15 TDC Chairman's Charity Supper, Village Hall, 7.00pm
- 16 Lt Bromley Spring Litter Pick, meet Lt Bromley car park, 10.00am
- 17 Pier to Pier walk in aid of St Helena Hospice
- 21 Friendship Club meeting, Village Hall, 2.00pm

## MAY

- 14 Little Dragons Quiz Night
- Lt Bromley Amenities Group Quiz, The Haywain, 7.30pm
- 21 Plant Sale, Village Hall
- 28 St Helena Hospice Ladies Midnight Walk, starting from Colchester United Weston Homes Community Stadium, 10.30pm

### Lt Bromley Amenities Group

25th March

Children's Easter Egg Hunt

The Haywain between 2pm and 4pm

The cost per child is £2.50 and booking by phoning 01206 390004 or emailing the Amenities Group is essential

12th April - Amenities Group Meeting -  
The Haywain at 6pm

16th April

Spring Litter Pick

Meet at the car park in the village at  
10am

14th May - Amenities Quiz - The Haywain  
at 7.30pm

### Knit and Knatter

meets in Seven Rivers  
Cheshire Home  
2.00pm-4.00pm



Just come along with knitting needles or  
crochet hook - or whatever! - and create  
and chat

All welcome



## IN THE GARDEN WITH KATE



Last night I was at a glittering awards ceremony in Clacton to see our own Ed., Leonie, receive a very deserved Pride of Tendring Award from the Lord Lieutenant of Essex. It was a lovely evening, and I was extremely proud to be associated with Leonie.

And so to gardening. March - month of wind and rain. Personally I have had enough of that in the last couple of months to last a lifetime, all courtesy of El Nino apparently. This and the mild temperatures have caused havoc in the garden. The poor plants don't know if they are coming or going, and I feel as confused as they are. In March my garden should be full of daffodils but, as I write in early February, they are in full flower and I rather suspect by the time you read this they will be over. Magnolia should be in bloom, as should wallflowers, polyanthus and camellia. My polyanthus were flowering at Christmas (as were early daffodils), but the camellia, apart from the very early one, and the wallflowers, remain stubbornly closed. It is all to do, apparently, with the fact that in some plants growth and flowering is triggered by temperature, but in others by day length. This means, presumably, that some plants will not be pollinated this year as the relevant insects will not yet have hatched; though those dependant on the wind will have a bumper crop of seeds!

All this uncertainty makes it very difficult to decide what to do in the garden, apart from, of course, general clearing, cleaning and weeding, which brings me to another point, the weeds! These don't seem to have had a dormant period at all this year, my shingle drive has as many weeds as I usually see in April. Nets should have been removed from ponds to allow frogs to spawn and nest boxes cleaned out for the new inhabitants.

Seeds, however, can be started in a heated propagator, such as tomatoes, chilli, sweet pepper and aubergine, and also half hardy annuals. Dormant dahlias can be potted up and kept in a frost free greenhouse. When the soil is warm enough (and this can be accelerated by the application of black plastic over the soil), lettuce, rocket, radishes, spring onions, leeks, onions, broad beans, parsnips, spinach, turnips and early peas and carrots can be sown. Early potatoes, previously chitted, can be planted out at the end of the month. Hardy herbs seeds can be sown and perennial herbs can be divided and replanted. Perennial flowers can also be divided and wildflowers and hardy annuals sown.

A plea here! When sowing seeds or dividing plants, please remember the plant sale which will be held at the Village Hall on Saturday 21st May. Proceeds are for our Village Hall which, as you probably know, is being refurbished this year. I would be very grateful for any donated plants that can be sold on the day. For those who have not been before, it is a wonderful opportunity to obtain excellent plants at a fantastic price, meet your friends, and raise money for our Village Hall.

Enjoy your gardens!

*Kate Strowbridge*

# THE DOCTORS' SURGERY NEWS

## Ardleigh Surgery

### ANOTHER SURVEY?

Those of you who have visited the surgery or one of the local hospitals over the last year may well have already filled in the 'Friends & Family Test' (FFT) survey. This is an NHS initiative and our contract requires us to both offer it to patients and then report the findings to them on a monthly basis. You may well be asked to complete one after every visit to the surgery or hospital, meaning you fill in several in a year.

But for those of you who haven't, what is it? Essentially it is just one question – 'How likely are you to recommend our GP Practice or hospital?' Your choice of reply can be either extremely likely; likely; neither likely nor unlikely; unlikely; extremely unlikely or don't know. Then there is a space for you to write a comment about why you chose that answer. Whilst filling in surveys can be annoying, the comments left can be very useful for the practice. Overwhelmingly, patients here choose extremely likely or likely, which is very pleasing.

We have just completed our FFT return for January, and I thought I would share the results with you. We had 32 completed forms, of which 26 (81%) said it was extremely likely they would recommend the practice to others and a further 5 (16%) said they were likely to do so. Only one person said that they were unlikely to recommend the surgery, but they chose not to add any comment as to why.

When reading through the comments, lovely statements have been made about the helpfulness of the staff and the professionalism and caring nature of the doctors and nurses – such as (and these are actual examples) 'Exceptional treatment and service from all the doctors, nurses and staff' and 'Amazing staff,

amazing doctors, best surgery that I have ever been registered with'. At Ardleigh we strive to be the best practice we can, and it is nice to know that for some of you we are achieving that.

We do receive some comments regarding things patients feel we could do better. Generally these fall into three categories – the car parking situation, getting through on the telephone to the practice and the appointment system. Please do not feel that this is your only forum for raising issues. I am more than happy to talk to you about suggestions or grumbles that you may have.

### SURGERY WEBSITE

At the current time the surgery is building a new website, which we hope will be a little more interactive than the current one. It is anticipated that the new website will have comprehensive information about the staff and services available at both the Ardleigh and Dedham sites, and have links to other NHS organisations. From the website you will be able to access the on line services to order a repeat prescription, book or cancel an appointment or to check some of your medical records. It is anticipated that the website will be on line from the beginning of April – don't worry if you use our current website – you will be automatically re-directed.

*Stephanie Durrant, Practice Manager*

# THE DOCTORS' SURGERY NEWS



## Great Bentley Surgery

*a long time ago!*

As a direct result of the Patient Participation Groups (PPG) close involvement with the practice, I'm very pleased to announce that we will be leading the way in North Essex with what will be a very useful service provided from the surgery in the future. The service is principally run by the Colchester Community Volunteer Services (CCVS) and is called **My Social Prescription**.

Social Prescribing can benefit everyone. It's all about helping people find the help they need and co-ordinating volunteers who want to help others by sharing and matching their skills. This could be absolutely anything at all, from finding help for a frail or ill person who needs a dog walking or garden tending, to finding groups to make friends or take up a hobby. I'm sure that many of our patients have useful skills or are members of groups and would like to be able to help their communities. If you would like to get involved, come along and see the volunteers in person to find out more or call CCVS on 0800 7311 655. On the flip side, if you know someone who needs help. The volunteers from the PPG will work from the waiting room starting on the last Wednesday each month from 12.30 to 2.30 to help any patient who wants to find out more face to face. This is likely to increase in frequency with demand.

This month's meeting of the Great Bentley Surgery **Patient Participation Group** will be meeting on **Thursday 17<sup>th</sup> March 2016 at 6.30pm** at the Great Bentley Village Hall .

*Richard Miller (Practice Manager)*

\* ----- \*

This part of our newsletter publishes suggestions from this 102 year old book called "**Hints to Mothers**" on the health and wellbeing of children prior to the NHS existing. We hope you find this interesting and in many instances still useful even today! **Please bear in mind this was written**

**Abscesses** – often occur through general bad health and lowness in tone. The child should therefore, be fed up, and a change of air is almost certain to be beneficial. The best treatment for an abscess is to foment\* with hot water, camomile flowers, and poppy heads. When the abscess has broken, keep the wound clean by occasional washing, and cover with linen damped with a lotion of boracic acid.

**Boils** – Hot fomentations and Burgundy pitch plaster should be applied to the boils until they break. Then keep the sore clean by washing with boracic acid lotion, and do not attempt to check the discharge of matter. If the child is delicate, feed him up, give him meat once a day, plenty of milk and farinaceous\* food, and cod liver oil or any one of the many excellent emulsions that are now on the market. If the boils arise from gross and improper feeding, or if the child be fat, keep him from meat, giving him only milk and farinaceous\* food, and do not administer cod liver oil or the emulsion. As boils are generally caused by impurity in the blood, the patient should be given a Steedman's Powder (on two or three nights in succession, if necessary). This will regulate the bowels and carry off the impurities.

\*Farinaceous means starchy and foment means to bathe with medicated lotions. We had to look these up!

This book was printed and distributed by a company called "Steedmans Soothing Powders" and explains why the book recommends their products. Perhaps a warning to us that privatisation of the NHS could be both very expensive for patients and controlled by commercial enterprises!





**St Helena Hospice**  
your time...your hospice  
Registered Charity Number 280919

# ST HELENA HOSPICE

## St Helena Hospice's biggest ladies only event is back for its eighth year!

St Helena Hospice is running its eighth Midnight Walk event for ladies on 28<sup>th</sup> May 2016.

Participants can choose between the event's usual 7.5 mile walk or its brand new 3 mile route introduced for 2016. Both routes will start at 10.30pm on the Saturday from Colchester United's Weston Homes Community Stadium. The new 3 mile route is a great choice for those who are keen to try their first night time charity walk or would like to be in bed a little bit earlier!

Participants aged 11 and upwards can join in the fun and the hospice hopes to see as many ladies as possible dressing up in the 'neon glow' theme.

Many ladies take part in the event to walk in memory of a loved one and the hospice will be holding its Memory Stop for ladies to take a chance to reflect and hang a personalised tag on the special memory tree.

Sharon from Colchester will be walking in memory of her dad Eric who died under the care of the Hospice at Home team and Single Point services. She is looking forward to taking part in the event and says: "I get very choked as I see so many people who have all suffered in some way and are trying to do their part in giving a bit back to St Helena Hospice which has helped them or someone they know."



The event is a fantastic chance for the local community to do something positive for a local cause. The hospice needs to raise £8.7 million a year in order to continue to provide its care services for free and it relies on people in the local community to raise sponsorship at events like Midnight Walk. The hospice's Fundraising team is on hand to provide tips and advice on fundraising activities and can be contacted by email at [events@sthelenahospice.org.uk](mailto:events@sthelenahospice.org.uk) or by calling 01206 931468. Visit [www.colchestermidnightwalk.co.uk](http://www.colchestermidnightwalk.co.uk) for more information and to sign up to the event.

## KITCHEN CORNER

### Apple walnut cake with treacle icing

Ingredients;

- 300g plain flour
- 1 tsp ground cinnamon
- ½tsp bicarbonate of soda
- 140g dark brown soft sugar
- 50g golden caster sugar
- 250ml rapeseed or sunflower oil
- 4 eggs
- 3 unpeeled apples, coarsely grated
- 100g walnuts roughly chopped.

Icing ingredients:

- 100g butter, softened
- 50g dark soft brown sugar
- 1tbsp black treacle (or syrup)
- 200g tub full fat soft cheese

Method: Heat oven to 150C/130C fan/gas 2. Line 2 20cm cake tins. Put flour, spice and bicarbonate of soda in a big bowl, then stir in sugars, making sure there are no lumps of sugar. Add the oil, eggs and apples, and beat all together. Fold in nuts divide the mix between the tins and bake 45 minutes or till a skewer comes out clean. Cool for a few minutes in the tin before turning out to cool on a rack.

For the icing: beat all the ingredients together then chill till thick but spreadable. Spread half on top of one cake, sandwich with the other and spread the rest of the icing on top

*Jill Frostick*

# STOUR VALLEY MEN'S PROBUS CLUB



## Recent Meetings

On 3 February Jessica Lewis spoke on "The History of the Cutty Sark" and two weeks later on 17 February member Dick Patterson talked on a most interesting subject "The history of and living in Sierra Leone during its last colonial days".

## Future Meetings

On 2 March Richard Walker will present a view "When Pirates ruled the Waves" and we will hold our Annual General Meeting on Wednesday 16 March when Graeme Forsyth will step down after his year as President.

## Meeting Venue

We meet at the convenient St John

Ambulance HQ, Manningtree CO11

## New members

Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed by Stour Valley Men's Probus Club, we meet on the first and third Wednesday of each month in Manningtree at 10.30am. Please contact Secretary Brian Rolfe on 01206 393665 for further details.

# STOUR VALLEY U3A



## Recent Meetings

On Wednesday 10 February Brian Barker, of E J Barker & Sons spoke on "Farming with Wildlife in Mind". It was a most interesting presentation showing how a commercial farm can maximise wildlife diversity. The speaker's farm won the FWAG Silver Lapwing award in 2009 and in 2010 P and B Barker were named Countryside Farmer of the Year by Farmers Weekly.

## Future Meetings

On Wednesday March 9<sup>th</sup> Charlotte Harding will present "An Introduction to Warner & Sons", a talk on the 120 years of textile design and manufacture in London and Braintree, highlighting the Company's Royal connections. The speaker worked at the Braintree Museum who manage "The Warner Textile Archive".

## Meeting Venue

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except August and December and participate in any of the

many groups.

## Membership

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 200 members and 18 groups. For further information please visit [www.stourvalleyu3a.org.uk](http://www.stourvalleyu3a.org.uk) where membership secretary Val Pretty may be contacted.

## Remember

It's never too late to learn! Join the 361,477 members in 969 U3As throughout the UK today!

# FRIENDS OF LITTLE BROMLEY CHURCH

Dear Friends of Little Bromley Church  
 We are pleased to tell you about a major event on April 10th organised by Harwich Runners and The Friends.  
 This will be a community event and also raise funds to repaint the churchyard fence.

Would you like to take part - 10k running - walking - children's run ?  
 Or sponsor a prize ?  
 Or volunteer to help ?  
 See the details below.

We would like to let you know about a new event which is happening this year.

## It is Running into the Graveyard

On **Sunday 10<sup>th</sup> April 2016** at St. Mary's Church, Little Bromley there will be a:

**10K Run starting at 10.30am**

To enter please go to: [Http://harwichrunners.co.uk/bromley10k/](http://harwichrunners.co.uk/bromley10k/). A **2K Children's Run starting at 10am**. £2 entry on the day and a **4K walk starting at 10.40am**. Donations on the day.

All money raised will go towards the maintenance / painting of St. Mary's church fence. This should be a great village day for all to enjoy. There will be refreshments and lots of other events

happening in and around the church.

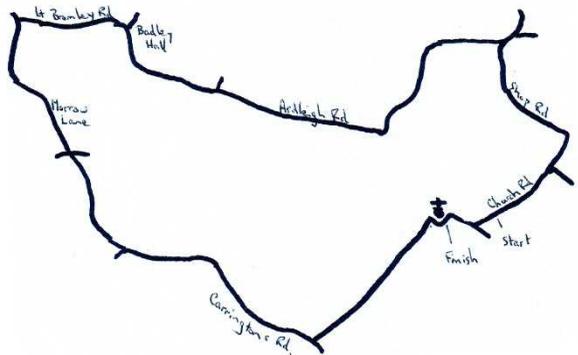
We welcome all entries if you would like to take part. If not maybe you like to come and watch and see what is happening at the Church.

**If you think you could help at the event, we still need marshals, car park attendants and cake bakers or you might like to sponsor some of the prizes.**

For further information or to offer help please phone either Roly Knott on 01206 393787 or Carol Cordwell on 01206 395103

**Organised by the Harwich Runners and Friends of Little Bromley Church**

◆ See also centre page spread ...



## THE BROMLEYS CHURCH YEAR 2016 as at 14 Feb

### February

10th Ash Wednesday Eucharist & Imposition of Ashes 7.30 pm at Ardeley  
 18th Deanery Synod at Little Bentley (Thursday)

### March

6th Mothering Sunday 10.30am Eucharist at Ardeley  
 13th A.P.C.M. 11.45am  
 19th Student Cross visit Gt Bromley (Saturday 10am approx)  
 20th Messy Church (Palms) 3 - 5.30pm Gt Bromley

22nd School Assembly 10.15am - Palm Cross (Tuesday)

24th Maundy Thursday Eucharist and Vigil 7.30pm Ardeley

25th Good Friday Service 2.00pm Gt Bromley

27th Easter Day HC 8am Ardeley, Parish Eucharist 10.30am Gt Bromley

### April

22nd School St George's Service (Friday)

23rd St George's Day Service (*details tbd*)  
 - ? lunch/short service/bells ?

# George Lindsay Lennox

13<sup>th</sup> May 1930 - 20<sup>th</sup> December 2015

George Lindsay Lennox, known to most as Lindsay, was born in Colchester and lived at the Wick in Layer. He was the 5th child of the Lennox family.

As a child of 3, one day when his mother had the copper boiling for the washing he was playing nearby and slipped into it. He badly scolded his feet, legs and back and had to have bandages and dressing changed twice a day for 4 months - a memory that stayed vividly with him all his life.

His early school days were at the Boys High School in Colchester but his attendance record wasn't good - i.e. when his father had a train load of cattle being delivered from Scotland to St. Botolphs in Colchester, his brother Robert and Lindsay, aged 8, rode on horseback with 3 dogs to collect them and walk them back to Layer, and that definitely took preference over school work. The evidence of this was in his handwriting that left a lot to be desired!

By the time he was 13 he was a bit of a rebel so was sent to Bishop Stortford Boarding School to be sorted out. During his time there his talent for sport was discovered - he represented Essex Rugby under 16s - but academic achievements were never much discussed! After leaving school at 17 he joined Colchester rugby club and was soon playing fly half for the 1st XV.

Having played a few games of mixed hockey his friend, Peter Benham, suggested that he should join Colchester Hockey Club. The following year he started the season in the 4th XI, played his way up to the 1st XI by Christmas and was playing for Essex by the end of the year. Lindsay played 12 more years for Essex until a new panel of selectors dropped Benham. Lindsay didn't agree with this and told them so and didn't play again for the County. It was generally accepted that Benham and Lennox took Colchester and Essex to a new level in East Anglian hockey. Lindsay was highly respected by all who played with or against him, always a fierce, hard competitor with an enormous will to win.

In 1958 he married Liz whom he had met



through family business and friendships, and moved into Billetts which had been built for them. Mandy was born in 1961 and when Liz was pregnant with their second child, Lindsay told Liz that if she gave him a son on his birthday she could have a greenhouse. Guy duly obliged and Liz got her greenhouse.

Following the death of Liz's father, Bill Strang, they moved to Stacies Farm in 1966 where Lindsay established new clients in the Tendring Hundred dealing cattle and sheep. He loved nothing more than looking around his stock in Dedham, Flatford and Stacies.

In 1987 Lindsay had the honour of being the President of the Tendring Hundred Show and thoroughly enjoyed his year, immersing himself fully in all the meetings and events.

Lindsay was immensely proud of his children, Mandy and Guy, and although he rarely told them to their face he would relate with great pride their various achievements and how delighted he was with his grandchildren George, Jemma and Giles.

When asked to describe Lindsay in a few words, Liz said that "life was never predictable, never boring but always fun - well at least most of the time!" Mandy and Guy agreed "He was a bloody good Dad!" To his friends he was a fierce competitor, a very good all round sportsman, a countryman and a good stockman, but most of all, Lindsay Lennox was a proper gentleman.

*The Lennox family*

# CHURCH JOTTINGS

## **A new parish priest for The Bromleys**

The Reverend Simon Heron, Priest in Charge of Lawford, will be licensed after Easter to be also 'curate in charge' of The Bromleys and Little Bentley. Eventually a formal reorganisation will take place and result in a new group ministry of five parishes with two stipendiary priests. Arleigh and Dedham will be in one benefice, and the other will be Lawford, Little Bentley, and The Bromleys. Lawford currently has three associate (non-stipendiary) priests who will be licensed as well as Simon. We are not expecting any reduction in the number of services at St George's. We continue to share some activities with Arleigh our current benefice partner, including those who worship in both churches, the children's work, Messy Church, and the bell ringing team.

## **Annual Election of Churchwardens - March 13th**

This takes place at 11.45am on at St George's Church (coffee available). All residents of Great Bromley and Little Bromley, and members of the church electoral roll are welcome to attend and vote.

## **Annual Parochial Church Meeting - March 13th**

This takes place at 11.50am at St George's Church (coffee available). It will be chaired by the Revd Simon Heron. All may attend the meeting and hear about church life in The Bromleys. Members of the church electoral roll may vote in the election of Parochial Church Councillors. Copies of the Annual Report and Accounts are available at the church from 3 March.

## **Prayers**

If you, or someone you know, would like to be prayed for, please inform one of the churchwardens or a church member. The name can be added to the public prayer list or said privately for you. St George's is

open every day for you to come in for private prayer or a time of quiet reflection. There is a prayer board near the south chapel altar where you can leave a prayer request. There are prayer cards and booklets free of charge at the back of the church to use or take away with you. You are always welcome at St George's - it's your church, whether or not you are a churchgoer!

## **Porch Repairs**

The repairs are now virtually complete thanks to the Heritage Lottery Fund and donations from residents, friends, and the Stone family in America. Bakers of Danbury have displayed superb craftsmanship in restoring the stonework and replacing the missing decorative flints. The porch interior has been lime-washed, the porch roof has been retiled, and we are now improving the drainage. All should be complete by the end of February. Then in March the new wrought iron lights in the south aisle and porch will be installed.

Events are taking place for the school, Cheshire Home, and village residents to share and inform people of this conservation of our local heritage. Other details will be on the village website or can be obtained from the churchwardens.

## **Churchyards**

A message for those tending graves of loved ones. Please note that any Christmas wreaths etc should be removed in February. Thank you.

## **Church Lunches**

These continue on the first Wednesday of the month at noon in church. There is no charge but donations are welcome. It is a friendly time of fellowship for all who would like to come. If you need help to get to church please contact a churchwarden.

*Gregory Frostick, Churchwarden*



**ARDLEIGH and THE BROMLEYS  
CHURCH OF ENGLAND**

**Church of England Services  
MARCH**

|                      |        |                                 |                              |
|----------------------|--------|---------------------------------|------------------------------|
| <b>Sunday 6th</b>    |        | <b>Mothering Sunday</b>         |                              |
| 8.00am               |        | Eucharist                       | <i>St. George the Martyr</i> |
| 10.30am              |        | Parish Eucharist                | <i>St. Mary the Virgin</i>   |
| 6.30pm               |        | Sung Evensong                   | <i>St. George the Martyr</i> |
| <b>Sunday 13th</b>   |        | <b>5th Sunday in Lent</b>       |                              |
| 8.00am               |        | Eucharist                       | <i>St. Mary the Virgin</i>   |
| 10.30am              |        | Parish Eucharist                | <i>St. George the Martyr</i> |
| <b>Sunday 20th</b>   |        | <b>Palm Sunday</b>              |                              |
| 8.00am               |        | Eucharist                       | <i>St. George the Martyr</i> |
| 10.30am              |        | Procession and Parish Eucharist | <i>St. Mary the Virgin</i>   |
| <b>Thursday 24th</b> |        | <b>Maundy Thursday</b>          |                              |
| 7.30pm               |        | Eucharist                       | <i>St. Mary the Virgin</i>   |
| <b>Friday 25th</b>   | 2.00pm | <b>Good Friday Service</b>      | <i>St. George the Martyr</i> |
| <b>Sunday 27th</b>   |        | <b>Easter Day</b>               |                              |
| 8.00am               |        | Eucharist                       | <i>St. Mary the Virgin</i>   |
| 10.30am              |        | Parish Eucharist                | <i>St. George the Martyr</i> |

**J.A.M. DROP- IN**

Every Friday in St George's church  
Term time only  
Parents & children welcome  
All are welcome \* 3pm to 3.45pm  
Refreshments, activities

**Church Lunch**

2nd March at 12 noon  
St George's Church  
**Everybody is welcome**  
Delicious home made soup & great  
friendship

**Visit of Student Cross**

Saturday 19th March  
approximately 10.30am en route to  
Walsingham  
Refreshments provided  
Come and meet these wonderful young  
people

**Women's World Day of Prayer**

4th March  
Mistley Church at 10.30am  
All welcome. Service arranged by the  
women of Cuba

**Next P.C.C. Meeting**

5th March at 10.00am at Park Farm

**Easter Lilies**

If you would like to sponsor the Easter  
Lilies in Memory of loved ones please give  
donations to Jenny or a member of the  
P.C.C.