

THE MESSENGER

*The Magazine
of the villages
of Great &
Little Bromley*

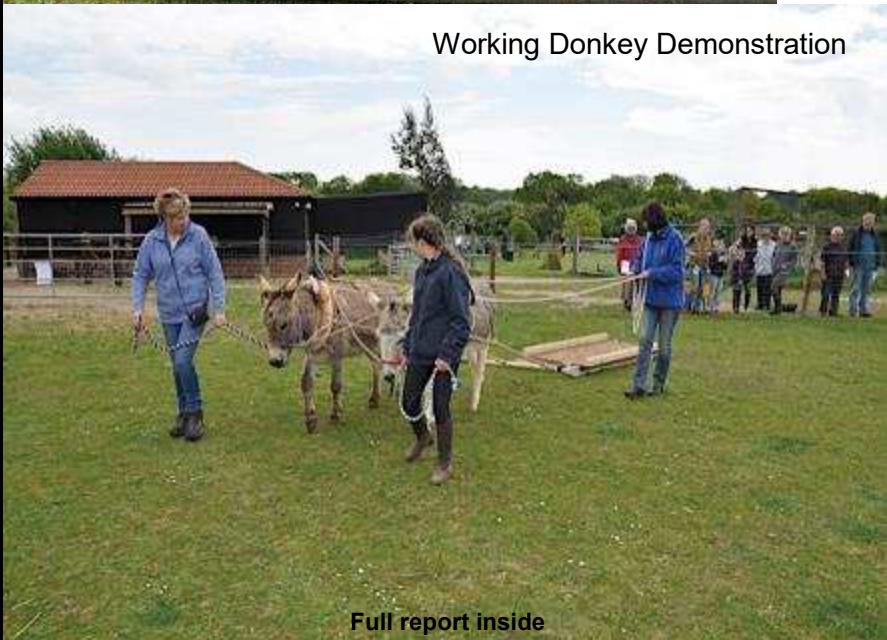
June 2017

Volume 1 No 6



Donkey
Agility

Working Donkey Demonstration



Full report inside

Donkey Day

KATISHA'S KOLUM

I hav taken over this munth as Mistress is bizzy clearing the howse redy for her moov to Lawford. As you orl send her yor ritings by emayl she is continuing to edit the Messenger. Enyway we r not going far.

The grandchildren hav been staying agayn as wel. Mistress likes seeing them but I am maw wary. They tend to mayk a lot of noise and disturb my day time snoozes. I woz left alone wun day wile they went to Lundun and had a picnic. They orlso went to Walton on the Naze for anuther picnic on a cold day. They orl had ice creams both times wich woz silly if it woz cold.

I am bizzy too trying to depopulate the garden and surrounds of rabbits. Wen the bak daw is left open (not often!) I orlways tayk mi catch indaws to eet in pees. Sumtimes it is still alive but it is usually redy for eeting. Whichever way I bring it in Mistress is not amused and I get unceremoniously put bak owtside. Very unfair I think. I do my best and wot thanks do I get?

She is even less plesed wen I carnt eet it orl (inside or outside) and the dog finds it and eets it. Still less fair is that I get the blame for the dog eeting it.

There r lots of summer events going on this munth qwite apart from sumthing corled a General Election. There is a dog walk, fairs, serenades, coffee mornings,

afternoon tees, flower festivals, conserts, quizzes - are eny of you ever at home snoozing in your chairs like I like to do on a full tummy?

The farmers will be plesed with the last few days of rain and can hav a rest from watering their crops. Mistress haz measured 55mm of rain over the three days. But I bet she will moan when she haz to cut the grass again after the rain has made it grow again maw quickly!



MATERIAL for the **JULY 2017** edition of 'The Bromley Messenger' should reach the Editor, Leonie Henderson, by **14th JUNE 2017** please. Contributions from anonymous sources wi not be printed. Whilst the editor welcomes contributions, photographs etc this is on the understanding that there is no obligation to publish, that the item may be edited and that there is no breach of copyright. Publication is in good faith and neither the editor nor the publisher accept any liability in respect of the content of any article, photo or advertisement, including any error or omission, responsibility for which remains with the author. Copy can be delivered by hand, sent by post or e-mail (see inside back cover) or via the link on the websites www.greatbromley.org.uk or www.littlebromley.org.uk

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Hi Everyone,

Thank you for letting me rumble on again.

Last month it was such a lovely sunny day when I was writing my piece for the Messenger it was like a summer's day, today it's very overcast with a forecast of night frost!

Our 100 steps event raised a total of £502.25, thank you if you supported our staff or residents.

Thank you all for your kindness in donations for our Spring Market, as I write this preparations are in full swing, so I hope to have met a few more of you by the time you read this.



Our Residents have been busy in our garden, we have been planting vegetables and flowers thanks to kind donations from various individuals and Thomson Morgan who donated seeds.



Our residents went to Colchester Zoo on 4 May with a good time had by all. I understand some of the hills were very hard to move wheelchairs up some of the time, made harder by the giggling that went on.



Some of our residents are looking forward to going on their summer holidays over the next few months to our holiday home on the Sandringham Estate. This Home is run by LCD and takes in residents from all the homes around the country.

Our next event is a CREAM TEA on Saturday 24 June with entertainment from Gary King as ELVIS from 2.30pm. all welcome.



We are trying to do small events but more of them, we hope some of you will be able to attend one or two things and if it rains we can then move inside so we don't have to cancel at the last minute.

Have a good 4 weeks, take care
Liz x

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GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

Clerk: Lizzie Ridout Email: clerk@greatbromley.org.uk

A busy month with our Annual Meeting, the Parish Assembly, as well as our normal monthly meeting.

In the Annual Meeting Cllr Strowbridge was again voted in as Chairman for the year, and the Vice-Chairman is Cllr Lord. The accounts for the year were approved and these are now with the internal auditor before going to the external auditor. Council appointments were agreed as follows:

- | | | |
|----|--|------------------------|
| a) | Responsible Financial Officer | (The Clerk) |
| b) | Accounts Monitoring Officer | (Mr. O. Blowers) |
| c) | Internal auditor | (Mr. W. Marshall) |
| d) | Council Website Manager and Social Media | (Mr. N. Skinner) |
| e) | Community Speedwatch Coordinator | (Mr. N. Skinner) |
| f) | Tree Warden | (Col. M. Frostick OBE) |
| | Assistant Tree Warden | (Miss R. Lawes) |
| g) | Footpath Warden | (Cllr C Mander) |
| h) | War Memorial Custodian | (Mr J. Frostick) |
| i) | Personnel Committee - Chairman, Vice-Chairman, Another Cllr agreed by council (depending on circumstance). | |

Thank you to those volunteering their time and efforts; it is hugely appreciated.

Those residents suffering ongoing broadband connection problems might be pleased to hear that the Parish Council intends to get a representative from Essex County Council along to a meeting so that problems can be highlighted and hopefully some action taken to resolve the issues.

Users of the bridle path between Briar Road and Waterhouse Lane should by now have seen the improvements to the ditch which was recently dug out by the Engineering team at Tendring District Council.

The CPR training sessions have seen 30 people trained in this and also the use of the village's two defibrillators, sited at The Courthouse and at The Bromley Cross pubs. Thanks to Nick Strowbridge for providing the training.

We have received the recycling account from TDC which showed that we received the grand total of zero for paper recycling. If no-one objects, the PC will be arranging for the paper recycling bin to be removed in the near future, as most people are using the weekly collection from TDC. If anyone does object, please can you let me know via clerk@greatbromley.org.uk

Lizzie Ridout, Clerk

PLANNING DETERMINATIONS

REFERENCE	PROPOSAL	LOCATION	DECISION
17/00281/ LUPROP Mr & Mrs Jarvis	Proposed outbuilding (works comply with permitted development rights).	Morants Lodge, Colchester Road, Great Bromley, Colchester, CO7 7TN	Lawful Use Certificate Granted 28.04.2017 Delegated Decision

PLANNING APPLICATIONS

REFERENCE	PROPOSAL	LOCATION
17/00545/OUT Mr M Volf - Stour Valley Construction and Groundworks	<p>Community facility led development of shops, offices, restaurant and houses including parking, new footpath and open space.</p> <p>Great Bromley Parish Council objects to this application. The listed building reference in this application is not known. Comments from TDC's Tree Officer and Regeneration clearly show the application is not supported. The scale is inappropriate. There is a highways safety concern for an additional 4 houses on Colchester Road. There is an increased risk of flooding due to tarmacking. The ecological report has no mention of barn owls of which the parish Council has photographic evidence. The 5-year housing supply has now been met. There is also concern that previous refusals of similar applications will appeal. The local demand is not justified. A recent affordable housing survey shows there is sufficient housing already.</p>	Pond Farm, Hall Road, Great Bromley, Colchester CO7 7TP
17/00657/FUL Mr R Smith	<p>Variation of condition 03 of planning permission 05/00008/FUL – To increase amount of caravans from 2 to 4 caravans</p> <p>Great Bromley Parish Council objects to this application and feels that the site would be Overdeveloped. It would be excessive for the size and facilities of site, and not be accordance with emerging Local Plan.</p>	The Caravan, Coppice View, Carringtons Road, Great Bromley, CO7 7XA
17/00629/FUL	<p>Erection of one detached bungalow and two detached houses</p> <p>Great Bromley Parish Council has no objection to this application.</p>	Land adjacent to and rear of Kia, Frating Road, Great Bromley
17/00596/FUL	<p>Proposed erection of 2no. two and a half storey detached dwellings</p> <p>Great Bromley Parish Council objects to this application and feels that the design and appearance of buildings is not in keeping with village character or street scene. Overlooking of privacy. Highways safety concerns as no new access/intensification on secondary distributors should be permitted.</p>	Grange Hall, Hall Road, Great Bromley
17/00656/FUL Mr D Baldwin	<p>Proposed 2no. three bedroom bungalows</p> <p>Great Bromley Parish Council objects to this application as the site is safeguarded local green space. There would be loss of part of the road and loss of the turning circle. The plans are inaccurate. The Parish Council has looked after site for 12 years and the original plans intended to be open space.</p>	Land on the West side of St Georges Close, Great Bromley

VALUE OUR VERGES

It is coming up to the time of year for the first round of verge cutting, which is essential to keep our roads safe. However verges are very important for wildlife providing shelter, food, cover and a 'buffer' for the bottom of roadside hedges.

Although the main part of a hedge provides an important structure for bird nesting and food, the base is also equally important, providing shelter and food for many species of wildlife including voles and grass snakes. Verges are also increasingly becoming important seed banks for wild flowers as so many of our wildflower meadows have now been lost.

To reduce the impact of verge cutting the practice of taking one cut (where safety of traffic is not compromised) along the verge retains a buffer for hedges and increases the chance for wild flowers to seed. The conservation charity Plantlife is

currently running a campaign to 'Save nature on our road verges' and want them managed better for nature. Plantlife have compiled a letter for the petition on their website (plantlife.org.uk), which can be sent to your local authority by just entering your postcode, name and email address. Plantlife also provide lots of useful information about verges as well as other conservation issues.

Carole Mander



LITTLE BROMLEY PARISH COUNCIL

Email: littlebromleypc@gmail.com

Little Bromley Parish Council will be holding their AGM on the 18th May just after this article has been written, and we will be hoping to return Neil as Chairman again at the meeting - we will be able to confirm this in next month's Messenger.

The Council would like to remind residents that the Village bottle bank is located in the car park of The Haywain and we have confirmed this with the new tenants of the pub and they are happy for the arrangement to continue.



We have had a request that signs are put up round the Village to try and tackle the problem of dog fouling on the footpaths. This is something that we will be discussing

at the next meeting with the aim to put signage on the relevant footpath signs.

The Lorry Watch in the Village is still ongoing and residents are reminded that if they see a lorry over the 7.5t weight limit that is not obviously making deliveries that if they can take the registration and any identifying signage then please send this to the clerk at Littlebromleypc@gmail.com so we can report it.

The date of the next meeting is 20th July, 7.30 pm at the Haywain

Little Bromley Parish Council

DISTRICT COUNCILLOR NEWS

Good news on the planning front. At TDC full council meeting on 9th May, the leader of the council announced the 5 year land supply figure had been reached. This means that in future TDC planning department are in a far stronger position to refuse unwanted planning applications from speculative developers as the Planning Inspectorate will not be able to use that as a reason to overturn planning refusal by TDC.

The Local Plan should be coming out for the final public consultation soon.

The roundabout at A120/Harwich Road Great Bromley continues to move slowly.

The latest information is Highways England are currently modifying the scheme to exclude the Park Road link road. They are currently assessing contractor tenders for a programme of work. Once appointed the successful contractor will work with Highways England designers to agree a scheme to ensure the programme is delivered as efficiently as possible and at least cost. They are unable to confirm an exact date for work to start.

The Boundaries Commission are still working on the new ward boundaries these should be announced in July this year.

Fred Nicholls

LETTERS

I was rather shocked to see on my Council Tax Bill that the precept being taken by Great Bromley Parish Council has been increased by a huge 19.2% for 2017-18, this follows on from another significant rise of 18.4% last year.

Reading the "explanation" in the February Messenger the situation is clearly even worse, to cover the planned expenditure for 2017-18 the Parish Council will be drawing down £5,000 from reserves, in addition to the £3,209 being raised by the precept increase. This means that this year's expenditure is about 40% more than last year which itself was 18.4% up, a total increase of nearly 50%.

Compare this with what other councils across the county and country are raising their precepts by!!

As this expenditure appears to be for running costs then it will be interesting to hear how they plan to cover the £5,000 drawdown next year, they will either have to reduce the level of spend or increase the precept by another substantial amount, allowing for inflation perhaps around 25%. To put this into context for a Band D property this year the TDC precept was £147 for which they provide a wide range of services including waste collection, street

cleaning, leisure centres and swimming pools etc, the Great Bromley Parish

Council Precept was just under a half of that at £60, for which they cut the grass in Hare Green, Church Meadow and some verges, paint a couple of benches and notice boards and apparently clean the road signs – which are actually the responsibility of Essex County Council as is keeping the footpath's clear and paid for through their precept.

It does look like, after many years of modest expenditure, this Parish Council is going on a spending spree, which during a period of continued austerity must be difficult to justify. Apparently we are employing handymen now to do things that people used to volunteer to do.

I really do hate to think what next year's increase will be if it is not curtailed now by parishioners raising their concerns. You may wish to raise this with the Parish Councillors, difficult because like the financial data which is well out of date on the website, they no longer publish who they are.

Yours sincerely
Alan Thomas
Maple Cottage
Brundells Road
8th May 2017

THE MEDITERRANEAN DIET

We have recently returned from a trip to sunny Italy, visiting our son and family. The weather always seems so much better and the food tastes better too.

As far as health is concerned, Italians haven't escaped the ravages of modern disease. We hear so much about the 'Mediterranean Diet', which ought to mean that all Italians should be really healthy. Unfortunately, this isn't so. Italy comes in 18th on the list of the highest ranking overall cancer rates in the world (*World ranking of cancer cases by the World Cancer Research Foundation*)¹ followed by the UK in 22nd place and Denmark being at the top of the list.

This begs the question: what has happened to the Mediterranean Diet?

All the ingredients for the diet are still there – plenty of fresh fruit and loads of vegetables, olive oil, lemons and good wine. So, what is different that has had an impact on the health of the Italian population.

It's globalisation, intensive farming and the introduction of supermarkets with their new, highly processed 'foods' from bread (wheat), milk, breakfast cereals that the Italians didn't even know existed until they came into the supermarkets; croissants – a French delicacy, now a staple as a breakfast in Italian cafes –strangely enough they call them 'pasta'! And of course the Italians love sugar. They start their day with a croissant for breakfast, with sugar laden coffee, then pasta for lunch. Dinner consists of more pasta as a starter followed by a lot of red meat. In the region where our son lives the meat is lamb and pork and often wild boar.

Other times when time is short they reach for the world renowned convenience food: pizza! There is a pizza outlet in almost every village.

When we look at the overall picture of the modern Italian diet, it's carbs, carbs and more carbs throughout the day. This

apparent lack of vegetables and fruit, which is slowly disappearing from the Italian's diet, is adding to the ills of the nation.

And – to wash it all down, they drink large amounts of home-made wine (*more carbs!*). When in Italy, we always try to buy organic, locally grown food. We are told that the majority of the supermarket vegetables are grown in Italy, but many actually come from Spain, and a high proportion are sprayed with chemical fertilisers and with many pesticides². Traces of these find their way into the body and can be carcinogenic. Many Italians also smoke, which adds to the body's toxin burden.

Luckily my son and family are well aware of what a true Mediterranean diet should consist of. They buy fresh milk from a local farm which they lightly pasteurise themselves. They get fresh vegetables from our neighbours that are grown in the fields below the village, using animal manure as fertiliser from their farm and no other spraying of the crops. Meat comes from local sources too, so they know what they are eating.

The children play outside in the sun (*good for vitamin D*) and they go swimming in the local deep volcanic lake that has fish in it (*not a chlorinated swimming pool*) - An idyllic life indeed. In this commercial world a real gem that must be treasured. Let's hope the Italians, themselves, don't lose sight of their healthy heritage and get back on track.

Best of health!

Suzanne

Natural Health Consultant
Specialising in Naturopathic Nutrition

References:

1. You can download the full spreadsheet here: WCRF.org
2. 'Not on the label' – F. Lawrence 2004 - nitrates p57

IN THE GARDEN WITH KATE



I have recently been away for a holiday (Namibia as you are asking, and it was fantastic) and came home after two and a half weeks to find the garden had well nigh exploded!

Despite reports of unseasonable cold nights, nagging northerly winds and no rain, the garden had shrugged it all off and proceeded towards summer. My only casualties were frost nipping to the new growth on the camellia, and rather sad looking winter planting in the tubs. It has taken a good two weeks hard slog to try and get it more or less under control. It was a lesson though that despite adverse conditions, plants, on the whole, want to grow.

June is usually a very busy time in the gardener's calendar- weeds shoot up to head height overnight, and lawns seem to grow before your eyes.

Summer bedding plants should be safe to plant out now both in tubs and borders, and those already in position will need regular deadheading, watering and feeding. Weeds need to be removed regularly, especially before flowering to limit their spread. Lawns need to be cut very regularly, and although tempting during a dry period unless it is a new lawn, watering is not required.

Softwood cuttings can be taken from shrubs and roses, a cheap and easy way to increase your stock. Climbing plants will need a regular check to ensure they are securely tied to their supports.

Tulip bulbs can be dug up when the foliage has died down and stored in a cool dry place away from mice. I personally find that once tulips have flowered in pots or tubs,

they do better if planted in the garden, and new bulbs purchased for the following year.

In the vegetable garden, lettuce, rocket, spring onions, radish, carrots, peas, swede, sweet corn, beans, courgettes, squash and pumpkin can all be sown, or if started in the cold frame, planted out. Leeks and brassica seedlings can be transplanted, and many of the early vegetables harvested.

Unfortunately, it is the end of the asparagus season, and towards the middle of the month, no more spears should be cut. The advantage for the flower arrangers amongst you, is the growth of beautiful feathery fronds.

The greenhouse will need damping down regularly in hot weather, and shading applied to the glass. Tomatoes will need side shoots pinching out and regular watering and feeding.

Fruit trees benefit from crop thinning at this time of year- especially if the crop appears to be heavy. One year I omitted to do this and found a branch had split off the apple tree as there were so many apples on it. Pest control may be important at this time of year- apart from slugs and snails, black fly can be a real problem on broad beans, and greenfly can wreak havoc.

Unfortunately there seem to be far fewer ladybirds around to help, and a non toxic method of control is soapy water- two tablespoons of liquid soap to 5 litres of water sprayed at the insects.

I do hope you still have time to enjoy your garden!

Kate Strowbridge

MORE THAN JUST A FARM

Another busy two months on the farm, all our livestock are now out and roaming the marshes and local fields. Our lambs are growing fast feeding from both their mums and grass.

With the weather warming up the crops are



starting to grow after winter. You will have seen the fields change from brown into many different shades of green and also a few yellow fields too. Oilseed rape is not only a fantastic product but during their flower many bees will be heard

buzzing around. These bees play an important role in pollinating the flowers resulting in the formation of pods.

As I think most of you are aware there has been minimal rain over the last few months. This has caused some



real problems across the farming community. Without rain, crops and grass will be unable to grow to maximum yield and provide us with enough tonnage to produce bread, beer and many other

products in the food chain. We have been busy irrigating our crops and hay fields to ensure our crop can grow to their maximum potential.

You will also have noticed many 'ridges' appearing in fields, these are for planting potatoes. Some will be covered in a white sheet, this will increase the temperature of the ground making the potatoes grow at a quicker rate, usually salad potatoes.

Our Pigs have been growing well and have even had some through our butchery. We have been busy making all sorts of cuts for the BBQ season including burgers and sausages.

Until next time, Thank you

Becky
www.beckysbutchers.co.uk



DONKEY DAY

A huge thank you to hosts, Jane and Nigel Brind and their family, and to everyone who helped to make Donkey Day so successful. The sum of £450 was raised for the Elizabeth Svendsen Trust due to the generosity of so many people and this money will go towards donkey association and riding therapy for children with severe learning difficulties and physical handicaps.

It was lovely to see so many families enjoying the games and competitions, and the donkey agility display was the star

attraction - especially the sleigh-pulling demonstration. Lots of tea and coffee was drunk, cake eaten and fun had and I do want to express my sincere gratitude to the volunteers and donors who were more than generous with their time, energy and donations. Next year's event is already being planned so ... see you then.

Brenda Perry



LITTLE BROMLEY AMENITIES GROUP

There were two events held recently which were a first for the Amenities Group.

One was a coffee morning held at The Haywain, where several members of the Amenities Group enjoyed coffee or tea and delicious cake supplied by our hosts. There was also a demonstration of flower displays by the Floral Art Studio, which was very interesting. Jill made two displays which, at the end of the morning, were won by Shelley Bellett and Anne Longhorn.

The second event was a lunch, mainly for the ladies, but was extended to include partners. It was attended by several

members and the menu supplied by The Haywain was very much enjoyed by all concerned. We hope that these events will continue to be on our calendar for the rest of 2017.

For events that are due to be held throughout the year, it would be pleasing to see more members of the Group attending and enjoying these planned events.

Ann Clark



SINGING FOR THE BRAIN

Singing for the Brain group held at the Venture Centre 2000 Lawford every 2nd and 4th Thursday of the month between 2-3.30pm.

Singing for the Brain is a service provided by Alzheimer's Society which uses singing to bring people together in a friendly and stimulating social environment.

Singing is not only an enjoyable activity, it can also provide a way for people with dementia, along with their carers, to express themselves and socialise with others in a fun and supportive group. Hidden in the fun are activities which build on the well-known preserved memory for song and music in the brain. Even when many memories are hard to retrieve, music is especially easy to recall.

Do I need to be good at singing to join?

No - everyone's welcome whether you already sing or not, and you don't need to read music.

What sort of songs will we sing?

A range of different songs are sung from different eras, musical styles and traditions and according to the preferences of the group. The 'Singing for the Brain' model involves trying new pieces of music but also essentially

familiar and well known songs and melodies.

What can we expect?

We meet regularly, once a fortnight, and sessions last for about one and half to two hours and include a relaxed welcome with refreshments on arrival. After about half an hour the singing leader calls everyone into a circle and uses a greeting song to welcome everyone by name. The session begins with some gentle tried and tested vocal warm-ups and breathing exercises, ease tension and relax the muscles in hands, feet, neck and shoulders. This increases lung capacity and increases blood flow to the brain, helping keep the brain in optimum condition.

Action songs increase the playful exercise element and give challenges to the brain which people with memory problems often cope with very well. Well known songs are used to evoke verbal and emotional memories. Sessions usually include light percussion or other accompaniment from participants. We generally finish with a quieter song as a calming finale, and to wish each other well till we meet next time.

SIDNEY GEORGE GLADWIN (1895-1917)

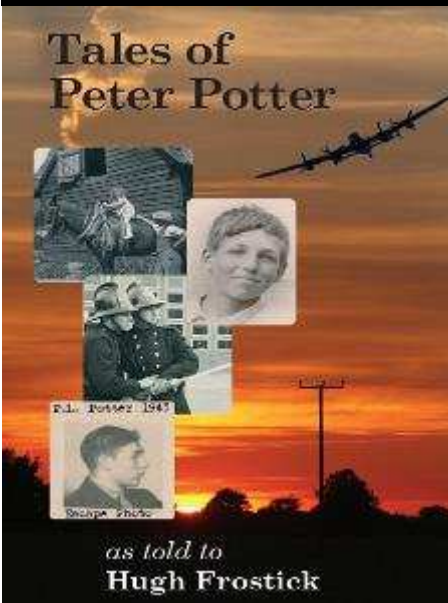
Sidney Gladwin was born in late 1895 in Little Bromley. His parents, James and Hannah Maria, were both from Ramsey and had lived in Little Bromley for at least four years by the time of Sidney's birth. Initially they lived in Chequers Road and by April 1901 the family moved to Paynes Lane. The Gladwins had 11 children - 8 sons and 3 daughters - all of whom were born in Little Bromley. James Gladwin was an agricultural labourer, and after Sidney left school he also worked on a farm, as did his two elder brothers.

In late 1915 – under what is often called “the Derby Scheme” - Sidney signed up to join the British Army, though he was not actually called upon until the following January. Sidney most likely joined the 1st Battalion of the Essex Regiment in France during the summer of 1916, in which case Sidney would have been involved in some of the fighting during the Battle of the Somme, and quite possibly saw action in the Ypres Salient as well.

On 14th April 1917, during the early stages of the Battle of Arras, the 1st Essex and the adjacent Newfoundland Regiment suffered extremely heavy casualties during an attack to the east of the village of Monchy le Preux. So heavily had the 1st Essex and the Newfoundlanders suffered losses that for a short period afterwards the two units were only able to form one composite battalion, nicknamed the “1st Newfoundessex”. This arrangement did not persist for long, and over the next month the 1st Essex received a large number of reinforcements to bring it back up to strength. They returned to the front lines in the middle of May, this time to a variety of positions to the north and west of Monchy.

On 1st June 1917, whilst the Battalion were manning the firing line just north of Monchy, Sidney and two of his comrades were killed, almost certainly by shellfire. He was 21 years old. Sidney has no known grave, and is now commemorated on Bay 7 of the Arras Memorial to the Missing.

TALES OF PETER POTTER



Hugh Frostick's new book is hot off the press. “Tales of Peter Potter” tells the life story of Peter Potter, who retired to Elmstead and is celebrating his 92nd birthday at the end of May. Peter grew up on a farm in the Essex marshes outside London, before moving to Easthorpe, Fingringhoe, Mersea and Colchester. He took part in Churchill's Secret Army before seeing wartime service in Lancaster bombers, working in Severalls, and then as a fireman in Colchester. There is a lot of local interest in the book, with Great Bromley getting a couple of mentions, and also our old village policeman. If you would like a copy of the book it is available now from Hugh, priced £10. If you are online please go to www.frostick.co.uk for the order form. If not online, you may phone Hugh on 01206 617324.

2017-18 EVENTS

JUNE

- 7 Amenities Group meeting, The Haywain, 7.30pm
 WI meeting (Members' Meeting), Village Hall, 7.30pm
 8 General Election
 13 Little Dragons Open Day. See p 23 for more details
 15 Friendship Club meeting, Village Hall, 2.00pm
 17 Little Dragons Summer Fayre, Church Meadow Bungalow, 11.30am
 Charity Dog Walk, from The Haywain, 2.30pm
 18 Summer Serenade, St George's church, 4.00pm to include Lt Bromley PC AGM
 21 Coffee Morning, The Haywain, 10.30am
 24 Seven Rivers Cream Tea, from 2.30pm
 Midsummer Tea & Pimms Party, Lt Bromley Church, 3.30pm
 30 Flower Festival, Gt Bromley church

JULY

- 1,2,3 Flower Festival, Gt Bromley church
 10 Little Dragons Quiz Night, The Courthouse Inn, 7.30pm
 20 Lt Bromley Parish council meeting, The Haywain, 7.30pm
 23 5th Annual Bromfest, Lt Bromley church, 12 noon

AUGUST

- 1 Shakespeare's 'Macbeth', Lt Bromley church, 7.30pm

Little Bromley Amenities Group

7th June

Amenities Group Meeting
 At The Haywain, 7.30pm

17th June

Charity Dog Walk
 2.30pm
 from The Haywain



21st June

Coffee Morning
 10.30am
 at The Haywain



St George's Church, Great Bromley Flower Festival 'Rainbows'

June 30th 10.00am-5.00pm
 July 1st 10.00am-5.00pm
 July 2nd 1.00pm-5.00pm
 July 3rd 10.00am-5.00pm

Art Exhibition * **Stalls**
Scarecrow Competition
Refreshments * **Grand Raffle**
Tower Tours * **Music**
 Something for all the **Family**
Flower Festival Theme - Rainbows
 Flower arrangements by local
 organisations

Volunteers required:
*As stewards / Serving refreshments /
 Making cakes / Selling raffle tickets*



LITTLE DRAGONS PRE-SCHOOL SUMMER FAYRE

Saturday 17th June 11.30am – 3pm
 Church Meadow Bungalow
 Games/ attractions/demonstrations/ mini
 train rides/ barbeque and
 more! Bring the family for a
 lovely day out.



QUIZ NIGHT

Monday 10th July 7.30pm
 at the Courthouse Inn, Gt Bromley.
 Teams of up to 6 people.
 £5 per person including hot buffet

Due to popular demand we present another

“Summer Serenade”

Sunday 18th June at 4.00pm
at St Georges Church, Great Bromley.
Featuring, arias, songs & ensembles from
your favourite operas
and musicals.

Tickets - £20.00 with
free refreshments &
canapés

For tickets or more
information call Dinah
on 01206 231059



Friends of Little Bromley Church

Saturday 24th June
3.30-5.30pm

Midsummer Tea & Pimms Party with music from Rococo ‘a cappella’ singers

Admission free. Donations welcome.

The Annual Friends
Meeting will take place as
part of the Tea Party

St Mary’s church, Little
Bromley

In aid of The Churches Conservation Trust
All welcome



Leonard
Cheshire
Disability

Seven Rivers
Cheshire Home

CREAM TEA

Saturday 24 June with enter-
tainment from Gary King as
ELVIS
from 2.30pm
All welcome.



5TH ANNUAL BROMFEST

A festival of singers, players, dancers.
Sunday 23rd July 12 noon – 5pm
Little Bromley Church, CO11 2PP
Back by popular demand!

Our fabulous local
gathering for folk music,
folk dancing, homemade
food and all-round good
time.



Family friendly FREE
event, with stalls,
delicious inexpensive
lunches and
refreshments all afternoon.

Come along and join us for some top
quality music and companionableness.
Contact Dorothy 07791 974053 if you are
a musician who would like to play!
Admission free. Donations welcome

The Bromleys Scarecrow Festival and Competition 2017



We would like to invite
you to design and make
a scarecrow in time for
the Great Bromley Flow-
er festival weekend on
the 30th June, 1st, 2nd
and 3rd July.

The theme is ‘Rainbows’
Can you add a rainbow to a scarecrow ?
Fill in a registration form and return along
with your £1 donation towards the PCC to
be in our competition.

The forms will be available from 1st June in
the entrance of Great Bromley Church, the
Cross Inn, Primrose Park, Little Bromley
Church entrance, the Haywain and St.
George’s School.

If you have problems getting a form or for
more details please contact:
Carol on 01206 395103 or Jenny on 01206
230688

Tuesday 1st August 7.30pm

Macbeth

by William Shakespeare

By the Sussex group *This is My Theatre*
A special shortened version suitable for
families with children aged 10+
More details to follow - tickets from their
website: [http://thisismytheatre.com/
currentshows.html](http://thisismytheatre.com/currentshows.html)



Little Dragons Pre-School - Bromley CO7 7TR

Ofsted Inspected

Website: www.littledragonspreschool.org

Email: littledragonspreschool@gmail.com



OFSTED INSPECTED OUTSTANDING

BREAKFAST AND AFTER SCHOOL CLUBS- PLACES AVAILABLE

Tel: 01206 231823/ 07857 503103

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

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

HOLIDAY CLUB

We are running holiday clubs on the following days in the summer holidays:
Tuesdays & Wednesdays - 8.30am-4.00 pm

25th - 26th July

1st - 2nd August

8th - 9th August

22nd - 23rd August

See our website for further details or give us a ring to book a place for your child.

OPEN DAY –Tuesday 13th June

We are holding an open day on Tuesday 13th June between 1pm -3.00pm and 5.30pm -7.00pm for prospective parents and children to visit, meet the staff and look around our setting.

Are you looking for 30 hours of free childcare in September 2017? Come along to find out more.

Earth Day is an annual event celebrated in April Worldwide, various events are held to demonstrate support for environmental protection. At preschool we talked about how the children always recycle paper and food waste, we also talked about using recycled water from our water butts to look after our plants. We have planted lots of seeds to put in our greenhouse and have now planted our pumpkin seeds outside too.

This term Chris from 'Cannons 2006 Sports Club' is visiting us each week to teach our older children basketball and other ball skills. The children have a wonderful time

and learn important skills such as turn taking, colour matching and how to score a basket!

These children have also been participating in our woodwork sessions -woodwork provides a unique learning experience for young children. It is rich in so many areas of learning and development and really good fun too. To tie in with Earth Day we looked at where wood comes from and how new seedlings are planted to replace the trees that are cut down.

Fundraising:

SUMMER FAYRE – Saturday 17th June
11.30am – 3pm

At Church Meadow Bungalow – Lots of games/ attractions/demonstrations/ mini train rides/ barbeque and more! Bring the family for a lovely day out.

QUIZ NIGHT Monday 10th July 7.30pm
At the Courthouse Inn, Gt Bromley. Teams of up to 6 people.

£5 per person including hot buffet

Please help us to collect:

Used Printer Ink Cartridges/ biscuit wrappers/ plastic bottle trigger heads and caps from washing up bottles. OUR RECYCLING STATION now makes it easier to drop off items. We have set up an area – just inside our main gates, on the right, with boxes for you to drop off collected items. Thank you.

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

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

Continued on next page ...

Party Table and Chair Hire
Having a party for Pre-School children?
We can offer 4 perfectly sized tables & 20 chairs.

Deposit only £10 Tables only £5.00 each

Chairs Only £1.00 each

Collection Only - Contact us: Tel: 07857

503103 Email:

littledragonspreschool@gmail.com

Dates for Diary:

OPEN DAY

Summer Fayre

Quiz Night

Tuesday 13th June

Saturday 17th June

Monday 10th July



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

Telephone: 01206 230305

On Wednesday 3rd May, Class 4 and Year 4 started the day with a relaxing yoga session. When we entered the hall our



instructor introduced himself to us. He then showed us the first posture - the stick posture. We then went to our yoga mats and we did the good sitting position. It got our backs nice and straight, this felt really relaxing. Next was a sequence called the sun sequence. It had many stages and we managed to learn them all but it took a few tries. Then we practised a position called the tree which was used in the shark game. This was our favourite game as we had to move quickly or we would get gobbled up. The hardest thing was when he tried to make us speak but we all managed to keep it inside. Unfortunately, he didn't get anyone out so the sharks were still hungry. We did two more relaxation activities called the rainstick game and the ladybird relaxation. We give many thanks to Michael the instructor and to the staff for joining in and arranging it for us. We all feel really relaxed after that.

by Mia Daley, Haydn Wicks and Josh Wood

Aspire Athletics

It was a lovely sunny morning for the Tendring Small School's Cluster event at Tendring Primary School. Children and adults from five schools joined together for a morning of co-operative games, learning to listen carefully and work with new friends. Parachute games started the session off and by working together children were able to develop skills to guide a ball where they wanted it to be. Listening carefully and swapping under the parachute all the children moved around the circle finding new people to work with. After a break and a snack it was time for hoop games and throwing and catching. We finished by joining together holding hands and playing pass the hoop. Initially we passed it along a line then in a circle and finally two hoops were being passed around the circle trying to catch each other up. All too soon it was time to return to school but a really enjoyable time was had by all.



FRIENDSHIP CLUB

Before our March meeting members enjoyed a delicious fish and chip lunch organized by the Committee. Many thanks to them for this treat!

The meeting began with various notices and correspondence. A "thank you" letter from the Seaman's Mission for our donation had been received. A letter had also arrived from Frating Parish Council offering to include our Club in their News letter. This was accepted.

The Speaker for the afternoon, Barbara Faulkner, was then introduced and she kept us all entertained with her talk on Scarecrows, their origins and varieties. We all went home a lot more knowledgeable and aware of these necessary figures!

Our team came fourth in the Cribbage Drive at Great Oakley on the 26th of April. Well done!

Our May speaker is Norman Jacobs and his subject Old Thyme Music Hall. The competition, anything to do with the theatre.

The August Auction will soon be here so please begin to collect any unwanted items together which can be auctioned off for Friendship Club funds. Brenda has very kindly offered to do afternoon tea for us once the bidding has been completed.

Our June meeting will be a talk, with slides, by Marilyn Bambridge on her Rwanda Charity. The competition, a small cream jug.



Visitors are always welcome at our Meetings, and who knows, you may feel you would like to join us for our monthly get-togethers.

Sylvia Ward



STOUR VALLEY MEN'S PROBUS CLUB

Recent Meetings

On Wednesday 3rd May

Liz Bruce will tell us about the mission of The Women's Royal Voluntary Service in World War 2 and two weeks later on Wednesday 17th May Chris Parfitt's presentation is entitled "The Artic Circle Express".

Future Meetings Diary Dates

Tom Tyler returns on 7th June to talk about "When holidays were Fun" and on 21st June John Field will speak to us about "The Redevelopment of Ipswich Docks". On 5 July Lewis Tyler presents "Daddy, what is TV" and on Wednesday 19 July we are holding our summer lunch to which we invite our Spouses and Probus Widows to join us. This year we have moved to The Haywain to enjoy the occasion. We do not hold a meeting in August and return after our break on Wednesday 6 September when Tom Williams presents "Everyone has a book in them" and on Wednesday 20 September Philip Roberts' talk is entitled

"The Mary Rose".

Meeting Venue

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB

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 Speaker Secretary Dave Carman on 01255 880202 for further details.

May - time for our Annual General Meeting and a 69th Birthday Party.

This evening members were treated to a welcome drink with nibbles, which set them up in the right mind to enjoy this sometimes "not quite so interesting" meeting.

Jenny our President (chairing her last meeting) swiftly led members through the process of reports, finance and election. Eleven members were elected for a new committee whose first meeting under the leadership of a new President is to be held at the Court House on May 31st at 3.30pm. A delicious carrot cake (using of course our very own W.I. recipe) resplendent in candles (69) was baked by Jean and enjoyed by all during our refreshment break before we welcomed our speaker for the evening, Lucy Chamberlain.

We were in for a treat....Lucy was the most enjoyable and interesting speaker we have had the pleasure to meet. Lucy Halsall

grew up on the Fox Ash Estate in Lawford spending her youth cycling along the familiar lanes and roads of The Bromleys and beyond. Having decided at an early age to pursue a career in horticulture Lucy spent time firstly at Writtle College. Her career has been varied and quite spectacular. Time spent at Wisley, editing various gardening magazines and journals, working with Ken Crowther on B.B.C Essex and writing her own book called "Step by Step Veg Patch".

Lucy's brief was to be involved in a Q & A sessions (Questions and Answers) and the members present on Wednesday did not disappoint. They brought specimens for Lucy to examine and comment on. Lucy brought some of her own specimens too. Again sadly we ran out of time such was the enthusiasm for this wonderful young lady. Some members stayed afterwards to talk and discuss with Lucy. Well done committee!! Another excellent evening in the life of our W.I !!!

Next month June 7th, is "Members Night". An evening with a difference please join us at 7.30pm in the Village Hall. Competition is a poem about "A Centenary", "100 Years" {perhaps Essex W.I. as we are celebrating 100 years this year.}



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



For more information contact
Mary Hart (01206 230419)
All welcome

FAMILY PLAY TIME

Giant Dominoes

Sometimes outside games for children don't have to be ones that involve lots of running around. It may be that you are looking for a game that still involves some movement but it is a quieter game where the children can use their brain. (Ultimately though you want them to play outside especially in the summer.) This giant yard version of dominoes is a great example of a game that will achieve all of that. It is also a fun outside game the children can play by themselves without any adult supervision. The children can have a lot of fun and easily get involved but they can play it outside rather than sitting inside. The game would be great to take camping, if you have a tailgate party, or take it on a picnic.

What age would this outside game suit?

This game would be great for children from 5 years to 99 years.

What equipment do I need?

Packs of giant dominoes can be obtained from the internet or you can make your own!

How do I play dominoes?

The traditional dominoes game is called Block and Draw which I have described below. It is suitable for 2-6 people.

- ⇒ Place all the dominoes face down and shuffle.
- ⇒ Each player draws 7 dominoes and stands them up so only they can see them. The remaining dominoes are left in the middle and are called the 'pile'.
- ⇒ The player who has the highest double plays first, laying their domino face up in the middle of the area.
- ⇒ Play then continues around the circle in a clockwise fashion. To play, a player must have a domino with the number of spots on one end matching the number of

spots on a free end of the line of dominoes. They can play either end of the line but the spots must be the same.

- ⇒ If a player is unable to play because he doesn't have a domino to match then he must draw from the pile until they are able to play. If a player is unable to play and no dominoes remain in the pile he must pass and the next person has a turn.
- ⇒ The object of the game is to play all your dominoes before your opponents.
- ⇒ The winner for the round (or hand) is the person to dispose of all their dominoes first and their score is the total number of spots left on their opponents dominoes.
- ⇒ The game winner is when one person gets to a set score, e.g. 50 points.

Skills developed with this outside game

The main things this game is likely to teach children is strategy and patience.



THE DOCTORS' SURGERY NEWS

Ardleigh Surgery

THE FUTURE OF GENERAL PRACTICE

The NHS 5 year Forward View advanced some fairly radical ideas about the future of general practice. At its inception in the 1940s, most NHS general practices were single-handed. Over the years partnerships have developed, so that now throughout the UK there is a mixture of various sized partnerships with very few single-handers left; the average list size being around 7,300.

NHS England have made it quite clear that they will not offer future contracts to practices with less than 30,000 patients and are actively encouraging the creation of super partnerships of over 50,000 patients. Trail blazers in this area are Our Health Partnership (OHP) in Birmingham, where 37 practices joined together to form a super-partnership covering 300,000 patients in November 2015. Many other super-practices are now in the pipeline, including two in North East Essex.

Ardleigh Surgery is to join The Colte Partnership (TCP) from its launch on 1st June 2017. This will be a partnership of 12 local practices and it will cover 120,000 patients. The partners at Ardleigh took the decision to join because of the benefits to the practice which include

- Strength in numbers
- Sustainability
- Being able to bid for contracts and new services
- Freeing up more clinician time
- A bigger voice in the future of local healthcare
- Savings through reducing duplication and through centralised purchasing

As a patient, I am sure you will be concerned about what changes you will notice. The answer is simply you should not see any differences. You will still be registered at Ardleigh Surgery, and be seen here. Our doctors and staff will remain working here and we will retain our autonomy to make decisions about how Ardleigh Surgery is run. It is hoped that as the Partnership establishes itself you will see additional services offered locally and improvements to community services. If you would like any further information about the merger, please contact me.

Stephanie Durrant
Practice Manager



Ambrose Avenue, Ardleigh, Creffield
Medical Practice, Colne Medical Practice,
Layer Road, Mersea Island, North Hill,
Riverside, Rowhedge, Tiptree,
Walton Medical Practice, Wivenhoe

KITCHEN CORNER

Elderflower Fool with poached gooseberries

Serves 4

Easy

Takes 5 minutes to make, 8 minutes to cook, plus cooling

Use our elderflower cordial recipe to make this summer dessert – the marriage of sweet and sharp.

Ingredients

135ml chilled elderflower cordial

3 tbsp lemon juice

300ml chilled double cream

For the poached gooseberries:

250g gooseberries

2 tbsp caster sugar

90ml elderflower cordial

Method

First poach the gooseberries: put them in a heavy-based saucepan with the sugar and cordial, then place over a low heat until the sugar has dissolved. Increase the heat and cook for about 4 minutes until the gooseberries are tender but still hold their shape. Remove from the heat and allow to cool completely.

To make the fool, put the cordial, lemon juice and double cream in a large bowl and whisk until the mixture will just hold a soft peak. Spoon the gooseberries into 4 glasses, followed by some fool, then repeat. Chill them until you're ready to serve, but leave them no longer than an hour or the fools will begin to separate.

(From the internet and (as yet) Untested—Editor)



ST HELENA HOSPICE

St Helena Hospice has recently relaunched its Sponsor a Nurse campaign.

Sponsor a Nurse is the perfect avenue for supporters who wish to make a regular donation to the hospice. The charity provides support 24 hours a day, 365 days a year across north east Essex to people living with an incurable illness, and employs 117 nurses who work within the Inpatient Unit and out in the community. The hospice's nurses provide vital support for patients and their families who need comfort, care and advice at a very difficult time in their lives.

St Helena Hospice's core services are free for people in the community to access, but the cost of running the hospice is around £8.7million a year. The hospice relies on the generosity of the local community, people like you to help raise two thirds of this amount.

"In our role we help others; it allows us to provide comfort and support and make a difference every day. We are the nurses we are because of the patients we have been

fortunate to meet and help; every patient we have the pleasure of caring for leaves an imprint.

We can provide the comfort and dignity needed during a last breath." Gemma Millington and Tracey Young, St Helena Hospice Nurses.

To be part of the Sponsor a Nurse campaign, supporters are encouraged to contact the hospice, or donate an amount of their choice online, with all money going into hospice services.

Please visit sthelenahospice.org.uk/nurse or call the fundraising team on 01206 931468.



THE DOCTORS' SURGERY NEWS

Great Bentley Surgery



As you saw from the figures we published last month we just keep getting busier and busier.

Not only do we have to be careful to ensure GP appointments are carefully managed, but we are also now seeing issues with the number of nursing appointments available. As a result we have been looking at the reasons for nurses' appointments to see if we can better manage the demand and use the nurses' appointments more wisely.

We have found that there are a very large number of appointments used for ear

irrigation (removing ear wax build up) which is preventing patients with more important medical needs getting the appointments they need in a timely manner. This is a problem in many surgeries and there

has been a very successful pilot completed at West Mersea Medical Centre encouraging patients to treat themselves safely using a **bulb syringe** (pictured).

These can be purchased very cheaply online or in local pharmacies. Feedback from patients has been very positive, reporting that the process is both very easy and very effective. Of course we still want patients to book an appointment to see one of our nurses first to check their ears and medical history, to ensure this new method is safe for them. If using the bulb is not medically appropriate we will still provide irrigation at the surgery, or refer to ENT as we currently do. However, if the experience at West Mersea is anything to go by, we will save nearly 80 hours of nurse appointments every year which will improve the availability of our nursing team for all patients which has got to be a good thing.



As a result the GP partners have made the decision to follow this pathway here at Great Bentley Surgery with effect from 1st July 2017 so we want to make as many patients as possible aware of this change.

The patient participation group will be meeting at 6.30pm as usual this month on Thursday 15th June 2017, at the Great Bentley Village Hall.

Richard P Miller, Practice Manager

off the mark.com by Mark Parisi



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Recent Meetings

On Wednesday 10th May Emma Roodhouse, Art curator, Colchester & Ipswich Museum Service, introduced us to "Leonard Squirrel", known as the 'grand old man' of East Anglian painting. She highlighted his prolific career concentrating on the artworks in the Ipswich Borough Council collection, including drawings, watercolours, etchings & pastels from 1912 – 1978.

Future Meetings

Alan Goldsmith, of Stansted, Essex talk on Wednesday 14th June is entitled "Giving It Both Barrels". An amusing and light hearted talk of Alan's 50 years in the Rock 'n' Roll and entertainment business, from growing up in the 40s & 50s & being at the beginning of the birth of Rock 'n' Roll, & then running early rock concerts, air and stunt shows.

On Wednesday 12th July Dr Stephen Ashworth, Senior Lecturer, UEA, will talk on "Kitchen Chemistry". A science show using readily available materials to illustrate some of the principles of chemistry. Acids, bases, catalysts & indicators are all part of this exploration of some of the chemicals that are all around us.

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 260 members and 21 groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Gillian Gibbs may be contacted.

Meeting Venue

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2 for 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except August and December.

Remember

It's never too late to learn! Join over 400,000 members across 1,000 U3As throughout the UK today!

GT BROMLEY & DISTRICT CRICKET CLUB

100 Club Winners for April

1st.	Jack Allam
2nd.	Mrs. Olga Lawson
3rd.	Mrs. Tracy Bird



CHURCH NEWS

Thank you to all who donated towards the Easter Lilies this year. You were all most generous. We were able to purchase 30 beautiful Lilies to enhance and beautify our church for Easter.

Thank you to our flower arrangers who once again did a magnificent job.

"Rainbow Memory Pew Ends:
Flower Festival 30th June 1st, 2nd, 3rd July
£15.00 each

Volunteers/Helpers required
during Festival weekend. Please come and join in the fun . The community is better working together!!

Diocesan Advisory Committee Design Awards Ceremony

It is with great pleasure that I have to tell you that Yvonne and I will be attending a ceremony and buffet lunch on behalf of the P.C.C. at the Diocesan Office on 25th May. St. George's has been awarded a Highly Commended (the highest award) for the Wrought Iron Chandeliers and Commended for the new Bronze Statue designed and sculpted by Mandy Pratt. Grateful thanks to Gregory and the P.C.C. for all the hard work which has resulted in this prestigious award. Well done!
We are hoping to soon commission three more of these super eye catching chandeliers for the North Aisle.

Jenny Nicholls

Tombola

There is a TOMBOLA COLLECTION BOX in the porch - please, please put your donation here. Thank you.

Think of a name???

The Bromleys are now part of a group of three parishes Lawford, Little Bentley and The Bromleys.

Please let us know if you have a brilliant idea for a name perhaps "Trinity" - "Tendring West", a catchy, easily remembered title for the three parishes.



FROM THE RECTORY

The local elections in May 2017 had many fascinating moments. As neighbourhood issues came to the forefront, the partisan nature of national politics was not as pronounced. Tribal loyalties featured less heavily as is inevitably the case in a nationwide General Election.

Despite the lower turnout and relative lack of engagement, the contests were still keenly fought, and in some places extraordinarily close run.

Nowhere was this more the case than in the South Blyth ward in Northumberland. After two recounts, the number of votes stood equal, so the candidates drew straws to decide who would take the seat. For a result of an election to come to quite literally to the luck of the draw was an extraordinary piece of political theatre.

It does underline the importance of engaging in elections and being involved in the political process. Never has there been a better example of every vote counting.

As followers of Jesus Christ, we have a particular responsibility to participate in an election, and that responsibility begins with prayer.

In his first letter to his friend Timothy, the bible tells us that the apostle Paul says this - 'I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people – for kings and all those in authority'. So praying for all those who are elected, from whichever shade of political opinion they come from, should be our initial response.

Actually voting is vital too. Although Jesus never had the opportunity to make his mark at the ballot box, he did speak about engaging with the instruments of government.

Matthew's gospel records how a group of religious leaders tried to trap Jesus into

declaring himself as either a rebel or collaborator by asking him a question about paying tax.

Jesus' response - 'give to Caesar what is Caesar's and to God what is God's' - was on the surface about the payment of that tax. However it also speaks about our duty as citizens to be involved with our government and its leaders, and elections, local or national, give us the opportunity to do just that.

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

01206 392659
www.lawfordchurch.co.uk
'Loving God. Living Life.'

CHRISTIAN AID COFFEE MORNING

The Coffee Morning held in St George's Close raised £185. Thank you to everyone who were very generous and also thank you to everyone who came and supported it and/or made cakes etc. There were a lot of cakes and they all disappeared! It was lovely to catch up with some many people.

Marion Bromfield



ST. GEORGE THE MARTYR, GREAT BROMLEY



Welcome to our services in June

25th May-4th June *Thy Kingdom Come* Visit the prayer station at St George's

2nd-3rd June *24hr Bible reading* at St Mary's Lawford
5pm 2nd June – 5pm 3rd June

Sunday 4th *Pentecost/Whitsunday*
8.00am Holy Communion (BCP)
6.30pm Sung Evensong (BCP)

Sunday 11th *Trinity Sunday*
10.30am Parish Eucharist (CW1)

Sunday 18th *Trinity 1*
8.00am Holy Communion (CW1)

Sunday 25th *Trinity 2*
10.30am Parish Eucharist (CW1)

30th June-3rd July **Flower Festival**

*The church is open daily and you are welcome to visit.
More details and information at www.greatbromley.org.uk
Facebook or Twitter @StGeorgesGtBrom*

St Mary's Church, Lawford

Every Sunday 8.00am Holy Communion
1st Sunday 10:00am Holy Communion
2nd Sunday 10:00am Family Service
6:30pm Evensong
3rd Sunday 10:00am Holy Communion
6:30pm Cafe Church
4th Sunday 10:00am Morning Worship
Wednesdays 9.30am Holy Communion

St Mary's Church, Little Bentley

First Sunday 10.30am Morning Prayer
Third Sunday 10.30am Holy Communion

St Mary's Church Ardleigh

1st Sunday 10.30am Parish Eucharist
2nd Sunday 8.00am Holy Communion
3rd Sunday 10.30am Parish Eucharist
4th Sunday 8.00am Holy Communion

J.A.M. DROP- IN

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

CHURCH LUNCHES

Friday 2nd June at 12 midday
Please come and Join us for friendship
and fun.