

Great Bentley Parish News

Produced by the Community
for the Community



March 2023

Village Information

St Mary's Church

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St Mary's Church, Great Bentley.

ST MARY'S CHURCH WEBSITE

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In an emergency ring 999

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Jennifer Ford 01255 821199
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EDITORIAL

So far the weather in February has been kind to us, although farmers and gardeners might say a little too dry. However conditions have been good for getting ahead and preparing the gardens and allotments ready for the arrival of spring. One of the joys for me has been a visit (or two) to the Beth Chatto Gardens which are absolutely beautiful and over 220 types of snowdrop can be seen along with the yellow aconites and early daffodils. The gardens are so peaceful and truly feed the soul and the senses. On the spring theme, don't forget that clocks go forward on March 26th

On the international front we have seen on our television screens the totally devastating effects of the earthquakes in Turkey and Syria. It is hard to see how the lives of those affected can be improved quickly or to any huge degree and the fear and desperation the survivors must feel is incalculable. There will be a Coffee Morning at the village hall tomorrow 25th February. Hope you may get your magazine in time to read this, Great Bentley is such a generous and giving village which always rises to help those in need.

We have decided to include a Village Diary and have recorded the dates of events we are aware of. If you have an event planned please let us know so that we can include it to avoid clashes on our calendars.

Here at home many people are feeling overwhelmed by the rise in prices, bills etc. If you are able to buy one or two extra items when you shop, these can be left just inside the main door at the back of St Mary's church. Every Wednesday morning they are delivered to the Foodbank at Brightlingsea. Thank you in advance.

Wont be very long now until the King's Coronation and details of events are included on page 34. Full details and tickets on sale in April.

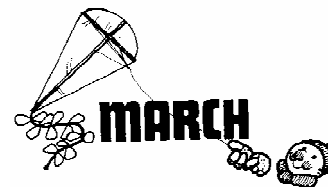
Apologies if the coloured cover has a yellow line through it. Our coloured printer has been playing up of late and we are buying a new one which will arrive on 1st March. Hooray.

I know several housebound residents in the village used to have fresh meals delivered to their homes by a firm which sadly no longer exists. As we go to print I am informed that another firm is now delivering on Mondays, Wednesdays and Fridays. It is called Food for Thought. Hope this may be of help to some of you and maybe by next month we will have some more information.

On page 16 the Parish Council are appealing for volunteers to stand as councillors in the forthcoming elections on 4th May. Please read this page and consider if you could make a real difference to Great Bentley.

Just a though here! I am assured that three vacancies have been confirmed for the Council. If only three people apply for those vacancies then of course no election will be necessary. Please do give it some thought.

Mary Maskell



2023

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FRONT COVER

Great Bentley
Half Marathon

Front cover photo courtesy
of John Merison

DISCLAIMER

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LETTER FOR MARCH

Dear Friends,

As I write this we are preparing for Lent and then towards Easter. Our Lenten evenings will be held on a Tuesday in the church hall at St Mary's. We will be joined by our Methodist friends. Our first meeting will be on 28th February and led by Rev. John Allison.

This Lent we are all invited to explore how we can live well with the mess of everyday life. Dust and Glory, a booklet from Lent encourages us to take a fresh look at the frustrations and failings that every day brings and rather than pretending we can always avoid them, seek to learn from them and grow closer to God through them. The question is what we do with it and, even more importantly, what God does with it in partnership with us.

The Bible does not shy away from the reality of human limitations and mistakes, from the story of Adam and Eve right through the struggles of the people of Israel in the time of Judges, through to Judas' betrayal in the time of Jesus, and Peter's denials of Jesus. But the Christian story is ultimately a story of failings redeemed and of sins forgiven. Our journey through Lent will lead us to the seeming failure and humiliation of Jesus' death on the cross. It is through that seeming defeat, however, that we will ultimately come to the joy of Jesus' triumphant resurrection.

If we were to judge others - or ourselves - only by what we get wrong, there would not be much hope. But this year's Dust and Glory journey reminds us that the end of our story is written by God - and calls us to trust in God's merciful and hope-filled judgement.

Rev. Sharon is still at this present time signed off with illness, but we are looking forward to her return once she is able.

As a reminder please can those who are planning weddings, baptisms to contact the church wardens. You will find their contact numbers in the front of the magazine as the Vicarage contact number is not manned at this present time. We thank you for your continuing support as we journey together towards Easter. The peace of the Lord be always with you.

Canon Wendy King

St. Mary's Church Facebook Page

St. Mary's Church now has a facebook page!

Here we will be posting news of upcoming services, as well as any forthcoming events or fundraising. Please like and follow the page to keep up to date with our news, the page name is 'St. Mary's Church Great Bentley'.



ST MARY'S CHURCH WEBSITE

stmaryschurchgreatbentley.co.uk

LENT COURSES

Lent courses will be held on Tuesdays from 7pm in St Mary's Church Hall. EVERYONE WELCOME.

Week 1 - 28th February

What is Failure? - Rev. John Allison

Week 2 - 7th March

Understanding Sin - Canon Wendy King

Week 3 - 14th March

Sinning as Well as We Can?

Week 4 - 21st March

Failure and the Church

Week 5 - 28th March

Living Well with Failure

A NORTHERN SAINT

St Cuthbert died on March 20th in the year 687. Cuthbert was a shepherd, monk, hermit and Bishop of Lindisfarne in Northumberland. Even during his lifetime people loved him and revered him as a saint. His coffin was protected from the Danish raiders and guarded by monks until it was placed in the Norman cathedral at Durham in 1104.

The illustration shows the seals and sea birds, Cuthbert's companions, when living on a tiny island as a hermit. His pectoral cross in Durham Cathedral treasury is a precious relic of the Saxon church.

St Cedd, who came to Essex and his brother Chad, Bishop of Litchfield were monks at Lindisfarne at the time of Cuthbert.





GREAT BENTLEY

METHODIST CHURCH

Forge Lane CO7 8GD

Hire our warm, large or small halls with fully serviced kitchen.

Ring 250087

Don't forget our Facebook page. Search for GtBentleyMethodistChurch

We are pleased to be able to let out our halls to the Scouting and Guiding groups following the winter damage to the Scout hut. We are planning to continue to hold fund raising events to help them with repairs following the one on the 11th February.

Greetings to you all

We welcome you to worship at Church or on Zoom with us during March. If you would like to join our Zoom service by Computer please ring 250087 for the connection link. Morning worship will be held at **10.30am** unless otherwise stated.

The leaders of worship are set out below:-

- March 5th Church Leadership & sharing Lunch**
- March 12th Rev Tom Osborne Holy Communion**
- March 19th Eirwen Grenfell-Essam**
- March 26th Lin Dickinson**

Events in March:

Coffee & Chat March 3rd 10am to noon. Warm fellowship with drinks, cakes, books etc

Prayer Meeting. We meet for prayer on the second Wednesday of each month 9.45 for 10am at our Church This month 8th March

Sandwiches for Hope @ Trinity, 8th March
Each second Wednesday of the month at 9.30am we collect Sandwiches and take them to our Trinity Church in Clacton for those struggling to buy food for themselves. Collection at our Church before we go to Clacton at 9.30.

Each week the following events are normally held at our Church.

Ring these numbers for more information

Messy Church once a month after school 250087
Parent & Toddlers Group Thursdays
9-15 a.m. 251537
The Adventurers Club. Fridays 7 p.m. Ring 250087

ST MARY'S SERVICES

Sunday 5th March - 2nd Sunday of Lent

10.00am Joint Benefice Service at St Osyth

Tuesday 7th - Lent Course, 7pm Church Hall

Friday 10th March

9.15am Standing Committee

Sunday 12th March - 3rd Sunday of Lent

9.30am Holy Communion
Rev. Laurie Bond

Tuesday 14th March - Lent Course, 7pm, Church Hall

Thursday 16th March

2pm Knit & Natter, Church Hall

7.30pm PCC Meeting

Saturday 18th March

10am-12 noon Coffee Morning, Church Hall

Sunday 19th March - Mothering Sunday

9.30am Family Service
Wendy King

Tuesday 21st March - Lent Course, 7pm, Church Hall

Sunday 26th March - 5th Sunday of Lent

9.30am Word and Worship

Tuesday 28th March - Lent Course, 7pm, Church Hall

ROTAS FOR ST MARY'S CHURCH FOR MARCH

Sidespersons & Readers

5th	At St Osyth
12th	Lynn & Roger Carey-Smith
19th	Jennie Moss
26th	Mandy Miles

Prayer Rota

12th	Nicky Justice
19th	David Branch
26th	Carol Kerridge

Coffee Rota

12th	Lyn Gordon
19th	Wendy Smith
26th	David & Rosemary Branch

Cleaning Rota

4th	Edna Black
11th	Bev Adams
18th	Carol Kerridge & Lea Howlett
25th	Linda Hayes



GREAT BENTLEY TUESDAY CARPET BOWLS CLUB

The Bowls Club would like to welcome two new members to a jovial, friendly Village Club for the over 55s. We enjoy an afternoon of exercise in a friendly and stress-free atmosphere.

We play every Tuesday afternoon from 2pm till 4pm including a welcome tea and biscuits break.

The first two weeks are free then its £3 a week towards the Village Hall rental and insurance. Membership is £10 a year.



No experience required as instruction will be given and all equipment is supplied.

If you are free on a Tuesday afternoon and would like to join our Village Club please contact our Club Secretary Hilary on 01206 250969 or 07535 107335 or just turn up on the day.

We look forward to meeting you.

Community Speedwatch Update

Speeding traffic continues to be a problem for our village, with nearly four hundred vehicles reported to the Police in 2022, and now another forty eight reported in January 2023 alone! These aren't accidental 'one or two mph over the top' - they are travelling significantly in excess of the limit, many reaching speeds well into the forties, fifties, even sixties within our 30mph zones.

Police attention to the problem appears to have grown recently, and we are looking forward to opportunities to join up with Police enforcement teams on some of our activities in the next few weeks and months.

If you would like to join in with this voluntary and really worthwhile community effort, please do get in touch at greatbentleyspeedwatch@gmail.com"



CLACTON CHORAL SOCIETY

All we, like sheep ...

HANDEL'S MESSIAH Parts 2 & 3

Caryll Newnham, Musical Director

Gillian Wilson, Soprano
Georgia Mae Bishop, Mezzo Soprano
Lawrence Gillians, Bass Baritone
Matthew Keighley, Tenor
Duncan Archard, Organist

Saturday 1st April, 6pm

**St James Church Tower Road,
Clacton-on-sea**

Tickets £15 from
www.ticketsource.co.uk/clacton-choral-society

or from Roger Broomfield 07949 127216
rogerbroomfield@hotmail.com

Clacton Choral Society sing Handel

Clacton Choral Society will sing parts 2 and 3 of Handel's Messiah at 6.00 pm on Saturday 1st April at St. James' Church, Tower Road, Clacton-on-Sea CO15 1LE.

The Choral Society is under the direction of the newly appointed Musical Director Caryll Newnham. Four soloists will be supporting the choir, namely Gillian Wilson soprano, Georgia Mae Bishop mezzo soprano, Lawrence Gillians bass baritone, Matthew Keighley tenor, the organist Duncan Archard.

The ticket price is £15 from www.ticketsource.co.uk/clacton-choral-society and from Roger Broomfield 07949 127216 and rogerbroomfield@hotmail.com.



BADMINTON PLAYERS WANTED

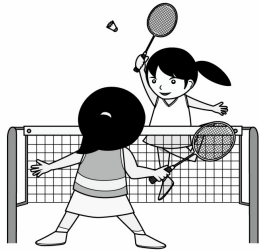
Tuesday evenings 7.30 - 10pm
at Great Bentley village hall.

If you haven't played for a while come and
give it a go.

We have spare racquets.
Sorry no beginners please.

The cost for the evening is £6

For further information contact Jo Day
tel . **01206 250452**
mobile **07794 866635**



Great Bentley Good Neighbours

Transport Scheme



Please note that this is up and running and Yvonne
will be pleased to take your calls on 01206 252 387
to try and organise a lift for you.

Please could you call between 11am – 4pm
Monday to Saturdays.

Available to Great Bentley residents.

KNIT & NATTER

Thursday 16th March

St Mary's Church Hall

2.00pm - 3.30pm

All Welcome



Betty Tricker

Betty's funeral will take place
at St Marys church
at 1.45pm
on Tuesday 28th February.

At Betty's request
please wear bright colours.



COFFEE MORNING

SATURDAY 18th MARCH

ST MARY'S CHURCH HALL

10.00 - 12 noon



Easter Lilies

After the service on Good Friday, 7th April,
St Mary's flower-arrangers will be in action,
preparing the church with colourful
arrangements to celebrate Easter.

If you would like to make a donation towards
the purchase of Easter lilies (approximately
£2.50 each) or generally towards flowers, in
memory of loved ones, please leave it with
our Treasurer, Annabel Stearn, the
Churchwardens or myself. Contact details
are on the front cover of the Parish News.

With many thanks,

Rosemary Branch (250137)



SCHOOL NEWS

Thank you to Mrs Stacey who arranged the spelling-bee (Year 1 and 2 only) taking part against visiting schools Claydon, Elmstead Market and Frinton-on-Sea who took part virtually. All teams performed so well that Mrs Stacey had to move onto KS2 words! Well done to Claydon who were the overall winners.

Friday 3rd February: NSPCC: Number Day

On Friday 3rd February we raised money for the NSPCC as part of Number Day. The children completed Maths themed Escape Rooms and completed a Times Table Rock Stars Tournament against other schools.

Well done to the Year 6 children who completed the bikeability course over the last two weeks, they will have brought home their certificates.

World Book Day - 2nd March

On Wednesday 1st March we have a poet Ash Dickinson visiting our school. Ash will run imaginative workshops with each class, teaching them how to write poetry. During the school day, Ash will also have his poetry book "Show Cats" for sale at £5 per book. Please note the sales of this poetry book will only be available to children during the school day.

On Thursday 2nd March the children will be using Ash's inspiring workshops to then write their own poems based around the theme of 'Spring'. The children can dress as a favourite book character or they can dress as a word to enhance their vocabulary. Be as creative as you like.

Valentines Disco

Thank you to everyone who came to the Valentines Disco. James Magic did an amazing job getting the kids up and dancing to all sorts of music from 'Baby Shark' through to the 'Macarena' to 'Ferrari' to 'We Will Rock You', taking requests from the children. The kids were having a ball on the dance floor shouting along to the music. Special thanks to Mrs Upston, Mrs Bourne, Miss Dean-Turner for staying on to help at both discos and to Jennine for staying to cook the chips for the children.

Cake Sale

Wow! A huge thank you to everyone who donated/baked/bought cakes from the librarian cake sale last week. After counting up all the money we are ecstatic to say we have raised £247. This is a big help to help us reach our goal of buying new seating for the library. Well done to our librarians for helping set up the event and run it on the day. As seating is going to cost us quite a bit of money, over the next few months the librarians will be coming up with their next fundraising event.

Year 3

This half term in year 3's PSHE lessons we have been looking at the theme 'Dreams and Goals'. We have been looking at people who have challenges to overcome in life such as homelessness and physical disabilities. The children designed gardens for a particular group of people to support people who are overcoming their challenges. One group chose to do a garden for deaf people and included lights and a water fountain as a way for them to use their other senses to enjoy the garden. The children demonstrated great empathy and respect for people who have challenges to overcome and were able to identify challenges they may have faced at certain points in their lives.

For Internet Safety Day the children had scenarios that they had to advise other children what they would do if they were in that situation. The children created these through the app 'Book Creator'. The children did a fantastic job and used their e-safety knowledge to advise others.

Year 4

Year 4 have been busy. They enjoyed finding out what life was like in Victorian Prisons in their Crime and Punishment topic in History, and also thought carefully about how to stay safe online during Internet Safety Day. They used a special App to create cartoon type posters giving solutions to common internet related problems. Year 4 have also been writing poetry about their favourite fruit and vegetables. They reminded themselves about features of a poem and enjoyed writing them up onto fruit shaped templates.

RECYCLING

RECYCLING AT GREAT BENTLEY PRIMARY SCHOOL HAS BEEN SUSPENDED

Cataloging our village trees using modern technology - Tree Warden update.

Spring is fast approaching and it won't be long before we can bask in the glory of the wide variety of beautiful trees that Great Bentley has to offer, both on and around our wonderful village green.

As tree wardens for the village, we have spent the last few months cataloging the trees in the conservation area using the 'what3words' locator App. This task was in order to mark the exact position of each tree for ease of future reference. During this process we thought that it would also be helpful to identify the species of the tree at the same time, then for example, if the UK has a disease outbreak in a variety, it will be quicker and easier to pinpoint relevant specimens in the village and monitor them.

Now that many trees are location coded and identified, we are hoping for your help. As you wander around the area of the green, if you happen to see a tree that is concerning, perhaps damaged or looking diseased for example and you would like to report it, then you can, using the free what3words' App on a mobile phone, to quickly identify its location. The what3words code is all we need to take it from there. However, any help will be greatly appreciated so instead of the App, a verbal description of the tree's whereabouts will always be welcomed too.

Discovering the what3words locations for trees is pretty easy to do and could actually be a fun activity for the family to try once the weather warms up. Similarly if you particularly like the look of a tree, there are numerous great and free Apps available for identifying them, where you simply point your camera at the tree and it will give you its name and origin.

Incidentally; the whole Earth has been divided into areas of three square meters and each square has its own unique what3words location code. The emergency services are now using what3words locators alongside traditional positioning methods, as another way to accurately find someone or somewhere, as it is especially useful where landmarks are scarce or you don't know exactly where you are. So, it is not just our beloved village trees that can benefit from new technology - we all can.



Sue Shimali - Village Tree Warden
07973 534301

GREAT BENTLEY YOUTH FOOTBALL - Chairmans Update



The U16 Reds in January made a great start with a 7-0 win over Brooklands with goals from Thomas Griffiths (2), James Knapp, Jamie Lambert, Evan Brady, Harry Skilling and Matt Watts. They also put in a great performance away at Stanway Pegasus. They came away with a hard fought 2-2 draw with goals from Evan Brady and Ronnie Ward. More recently was the local derby on the village green against Wivenhoe Town. Despite a solid performance, they lost the game 4-2 with goals from Evan Brady and Jamie Latham-Wiles. The boys are hopeful to bounce back with a win against Colchester Villa in their next fixture.

Yours in sport,

Great Bentley Youth Football Club

NEW ADVERTISER - BLASTED GLASS COMPANY

Blasted Glass Company are specialist engravers on both trophies and glassware. Glassware is deeply engraved by sandblasting unlike laser engraving that barely scratches the surface.

We have been engraving for over 25 years in both Colchester and West Mersea. We have relocated and downsized in Alresford. We have two specialised engraving machines that are capable of engraving up to 900 x 600mm. Cups are rotationally engraved up to 300mm diameter.

We also cut perspex to size and fabricate acrylic boat windows and washboards.

Cups and trophies can be dropped off out of office hours at our house in Thorrington – give us a ring for our address.

Looking forward to establishing a thriving business in the area. See page 36.

FOOTBALL CLUB NOTES

Essex & Suffolk Border League Div 1

KO 2 30pm unless stated

Sat Jan 21 st	Harwich & Parkeston Res	(H)		Postponed
Sat Jan 28 th	Cressing Utd	(H)	W	6 – 1
Sat Feb 4 th	Gosfield Utd	(A)	D	2 – 2
Sat Feb 11 th	Tiptree Jobserve	(A)	L	1 - 0
Sat Feb 18 th	Holland Res	(A)		
Sat Feb 25	Harwich & Parkeston Res	(H)		2.00pm KO Cup 2 nd round
Sat Mar 4 th	Brightlingsea Town	(H)		



Essex & Suffolk Border League Div 3

KO 2 30pm unless stated

Sat Jan 21 st	Gosfield Utd Res	(A)		Postponed
Sat Jan 28 th	Dedham Old Boys Res	(A)	L	2 – 0
Sat Feb 4 th	Alresford Colne Rangers Res	(H)	W	3 – 0 Res KO Cup 3 rd round
Sat Feb 11 th	Gas Recreation	(H)	D	1 - 1
Sat Feb 18 th	Prettygate	(H)		
Sat Feb 25 th	Flitch Utd Res	(A)		2.00pm Covid Cup
Sat Mar 4 th	Oyster	(H)		T Thompson Cup 3 rd round
Sat Mar 11 th	Flitch Utd	(A)		3.00 pm

Saturday Jan 21st was another day of frozen pitches, with both teams having games postponed.

On Jan 28th. The 1st team hosted Cressing United who had previously beaten us 2 – 0 at Cressing. Straight from the kick off, GB looked hungry for the ball & Barney Morton continued his fine form, scoring yet another impressive solo goal after only 5 mins. He then added a second later in the first half. Ryan Gooch was MoM and scored his first goal for the club in the well deserved 6 – 1 win. Other scorers were Harvey Evans x 2, Jamie Pringle and Jake Vaughan.

The game at Gosfield the following week was played on a very bumpy pitch which saw both teams struggling to play any sort of attractive football. Great Bentley, however, took the lead from a breakaway early in the first half and Jake Vaughan slotted the ball past the advancing keeper. Unfortunately, Jake then got involved in an unnecessary fracas and got himself sent off. This left Great Bentley with 10 men for the next 70 minutes. Gosfield equalised before half time from an own goal which ricocheted into the net and then took the lead early in the second half. Jack and Brains then used our subs to change our formation and put on some fresh legs, which resulted in Great Bentley becoming the stronger side as Gosfield tired late in the game. Barney Morton scored our well deserved equaliser on 85 minutes.

1st team travelled to Colchester United training ground at Florence Park to meet Tiptree Jobserve. Tiptree sit in 3rd place in Division 1. It was a very competitive game that neither side deserved to lose. The only goal of the game came from a disputed corner awarded to Tiptree. Hopefully Great Bentley will learn from this because Tiptree took the corner while half the Great Bentley team were still remonstrating with referee. Jake Allwood missed the cross and it went into the net off Rory Warin.

The reserves suffered from having a depleted squad for the game at Dedham Old Boys and suffered a 2 – 0 defeat. The result saw them drop to 2nd in the league.

The following week saw them progress to the quarter final of the reserve kick off cup competition by beating Alresford Colne Rangers Reserves 3 – 0 on the green. Scorers were Adam Morton x 2 and Greg Wainer. They are due to meet Hatfield Peveral Reserves. Fixture to be arranged.

Sat 11th the reserves hosted Gas Recreation in what was always going to be a tough physical game. Great Bentley played out a well deserved 1 – 1 draw. Great Bentley scorer was Adam Morton. Gas Recreation now sit 2nd in Division 3 with Great Bentley in 3rd.

Chris Allwood comes to all the 1st team games. He photographs all the action and then posts his pictures on the GB Facebook page. Please take a minute to look on our Facebook page and enjoy his work.

Follow Great Bentley Football Club on Facebook and Twitter for all the up to date information.

Come on the Bulldogs

Recycling facilities in and around Great Bentley

Although we're all getting more used to recycling, I just wanted to provide a brief reminder of the nearest recycling facilities in and around Great Bentley and what we can recycle in them.

The first and most obvious are our own green bins. According to Tendring District Council's website, the following CAN be recycled:

- Plastic drink bottles
- Milk bottles
- Shampoo bottles
- Bleach bottles
- Household cleaning bottles
- Tins
- Cans
- Aerosols

Unfortunately, the following CANNOT be recycled in our green bins:

- Plastic food trays
- Yoghurt pots
- Margarine tubs
- Plastic bags
- Plastic film
- Glass
- Foil



However, plastic bags (including the bags in which fruit is often packed as well as plastic bags in which parcels may be wrapped) can now be recycled in containers that are located outside most large supermarkets.

Glass can be recycled in the bottle banks situated just beside the cricket club in the village. We are also lucky enough to have a Tetrapak recycling container in Great Bentley which is situated beside the bottle banks. In addition, there are clothing, textile and shoe containers located just near the station.

It is also worth noting the huge variety of items that "Tendring Primary Recycling Scheme" (TPRS) will accept as part of their efforts to encourage us to recycle. For instance, I collect all my biscuit wrappers, sweet wrappers, crisp packets, chocolate wrappers, bread wrappers and small electrical items which I deliver every so often to my nearest drop off which is in Weeley. For more details of what the scheme offers and the details of the Weeley drop off, just go to their Facebook page.

In addition, if you have any queries about something that you think might be appropriate for recycling, the administrators of the page are extremely helpful and will tell you whether the TPRS can take it or not. If not, they often have helpful tips about alternatives.

The TPRS Facebook page is also widely used by people who either want to give something away or people who may be looking for a specific item. That often saves things going into landfill. For instance I had an old banjo that I no longer wanted (not least because it needed to be restrung). I posted up on the Facebook page asking if anyone was interested in it and I had a taker within a very short period of time. He came and picked it up the next day. I was happy to have got rid of it and he was happy to become its new owner!

The reverse approach to all this is to consider whether, before we buy something, we actually need it. Every new product that we buy requires resources and energy to produce and transport – which almost always means significant carbon emissions.

Buying things we genuinely need, buying things that are made to last and repairing and re-using things wherever we can will help to reduce the amount of waste that we generate. Avoiding products that come in lots of packaging will also help.

To that end, you might be interested in this Facebook group - "Things for sale, wanted or free in Great Bentley, Aingers Green" Facebook Group.

And if you have bought something that you now want to recycle but you still aren't sure how to recycle it, have a look at this website - <https://www.loveessex.org/> - and hopefully you'll find the answer.

Happy recycling everyone.

Alison Clarke



This month is “Adopt a rescued guinea pig” in the USA which I’m using as an opportunity to discuss these small furries.

Fast Facts

- Life expectancy is four to eight years
- Males are known as boars, females as sows
- They should be kept in pairs or groups with other guinea pigs. They should not be housed with rabbits who are likely to bully them.
- Boars reach sexual maturity at eight to nine weeks and sows at just four to five weeks. A sow’s pelvic bones fuse at six to eight months of age making them physically unable to give birth after this time.

Guinea pigs have the reputation of being good children’s pets and it’s easy to understand why; they are active during the day and are generally gentle little creatures. However parents must think carefully about adopting guinea pigs as they still require a lot of care and attention, plus they have a significantly longer lifespan compared to other small animals.

What does a guinea pig require?

- A hutch with a separate sleeping area where they can have privacy and quiet. The minimum size for a pair is 120x60cm.
- A run for exercise and to allow these naturally curious little pets to see what is happening around them.
- The company of other guinea pigs as mentioned above. If keeping a male and female together, neutering the male is essential to prevent unwanted pregnancy. Note: It takes approximately four weeks for a male to become sterile after castration.
- Various beddings are available but my personal recommendation is hay as it has the best nutritional value and makes up the largest component of their diet.
- Since they do not have the enzyme required to make Vitamin C, this must be provided in their diet through fruit and vegetables.
- Clean, fresh water which is replaced daily.
- Regular grooming and close attention. Some of their most common health complaints are bumblefoot (a bacterial infection of the foot), eye problems, mange (mite infestation), dental problems and obesity.

Dr April Young MRCVS



SESAW NEWS

Here comes March, in like a lion, out like a lamb and it's greetings from Oliver (Ollie to my intimates), resident top cat at SESAW. I've beaten Kenny to the keyboard while he snoozes by the Rayburn and make no apology for starting on a sad note.

There are lots of happy moments in animal rescue when people leave with their new pets but some visitors bring tears to our eyes with donations of food no longer needed. This was the case when Jenna contacted us after losing her beloved cat.

Harry was a handsome Norwegian forest cat and extremely popular with residents in his village. He was always ready for a fuss and a 'selfie' with his adoring Public and even passers-by of the non-feline persuasion would stop and pay homage to Harry. We send our heartfelt sympathy to Jenna and all Harry's admirers; he will be sadly missed.

Whilst I have the 'talking stick' let me tell you about Maxine, a five year old spayed female tabby in need of a new home. This delightful girl is friendly and loving, but occasionally it might be on her terms. She just needs to find that special (preferably adult) home, or with older children where she would become part of the family. Please leave a short message with your name and number to arrange an appointment to meet her.

Kenneth's fans will be please to know he can write next time, under the auspices of me, Ollie (the Black) Cat. Suffolk & Essex Small Animal Welfare, Stoke Road, Leavenheath, CO6 4PP. Reg.Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888. www.sesaw.co.uk

COLCHESTER FOOD BANK

ADLENT CALENDAR - PLEASE USE #ADLENTCALENDAR TO SPR

If you could add one item to your shopping it would make a world of difference. We have collection points in all major supermarkets, or you can drop to us Mon-Sat 10-2. We are next to BM at Tollgate Stanway **or you can leave donations at the back of St Mary's Church, just inside the door are two plastic containers. Thank you.**

Tinned fruit
Jam
Rice
Tinned tomatoes
Tea
Sweets and treats
Instant mashed potato
Crisps
Toothpaste
Tinned potatoes
UHT Milk
Biscuits
Coffee (Instant)

Pasta
Long life fruit juice
Nappies 6 & 7
Angel Delight
Laundry Detergent
Peanut Butter
Tomato/Brown sauces
Squash
Soup
Tinned meat
Toilet Roll
Deodorants male & female
Pasta sauces

Custard
Washing up liquid
Easter eggs
Toothbrushes
Long life sponge pudding
Tinned fish
Baby wipes
Tinned vegetables
Cooking sauce
Shower gel
Tinned meat pie
Shampoo



THANK YOU

Thank you to the wreath making group for their generous collection of £125 which has been donated to the MS Society.

Anonymous - Please do let us know your contact details.



**DON'T FORGET
TO PUT YOUR CLOCKS
FORWARD
ON
SUNDAY 26th MARCH**

ESSEX COUNTY COUNCIL
LOCAL GOVERNMENT ACT 1888, SEC.16
BYELAWS
For the Good Rule and Government of the
Administrative County of Essex

Indecent Bathing

1. No person shall bathe within view from the Highway, Street or Public Place without wearing such drawers or other dress covering as is necessary to prevent indecent exposure.

Obscene language, &c.

2. No person shall in any Street or Public Place, or in any place within view or hearing of any Street or Public Place, make use of any indecent language or gesture to the annoyance or interruption of residents or passengers, or make use of any violent or abusive language, gesture, or conduct, with intent to put any person in fear or so as to occasion a breach of the peace.

Street Betting

3. No person shall frequent and use any Highway, Street, or other Public Place, either on behalf of himself or of any other person, for the purpose of Bookmaking or Betting or wagering or agreeing to bet or wager with any person.

Steam Organs &c.

4. No person shall in any Highway, Street, or other Public Place, or on any land adjoining or near thereto, use or play, or cause to be used or played, any steam organ or other musical instrument worked by mechanical means, to the annoyance or disturbance of residents or passengers.

Shooting Galleries &c.

5. No person shall on any Highway, or in any Street or other Public Place, or on any land adjoining or near thereto, keep or manage, or cause to be kept or managed, a shooting gallery, swing boat, roundabout or any other construction of a like character, so as to cause obstruction or danger to the traffic of any such Highway or Street.

Defacing Milestones, Guide or Boundary Posts.

6. No person shall post, or affix any bill, notice or placard on any milestone, guide or boundary post, nor in any way wilfully deface or obliterate any word or figure painted out or otherwise inscribed thereon.

DESTRUCTION OF FERNS AND OTHER WILD PLANTS

7. No person shall uproot or destroy any ferns or other wild plants growing in any road, lane, roadside waste, wayside bank or hedge, common, or other public place, in such manner or in such quantities as to damage or disfigure any such road, lane, roadside waste, wayside bank or hedge, common, or other public place.

Provided that this Bye-law shall not apply to persons collecting specimens in small quantities for private or scientific use.



WHO'S THERE

Jim was lying in bed looking at the pattern in the ceiling artex above his head. He smiled. How many times, he wondered, had he promised to have that artex removed? - countless times, and never got round to doing it. It was a Saturday morning and he fancied doing something different, thinking about scooting off for the weekend into Derbyshire, perhaps Edale or even climb Kinder Scout if the weather permits, who knows? Suddenly, something interrupted his thoughts, not causing him any major anxiety, but something certainly disturbed him. It went away as quickly as it came. 'What on earth was that?' he asked himself. 'How odd. Where did that silence come from, that void?' He dismissed the moment, labelling the experience as a freak of nature. The early morning sun, seeking entry into his bedroom through gaps in the blind offered further encouragement, urging him to get dressed. He went into the kitchen to make some tea whilst making a list of essentials for his rucksack, having decided on climbing Kinder Scout, the Peak District's well documented attraction. 'When was last time you climbed Jacob's Ladder, Jim?' he mumbled to himself as he stood alone in the kitchen, stirring his tea - not that he took sugar - he was stirring it out of habit. He disliked coffee, never been a fan of the stuff. Just as he was placing the spoon on the draining board he was abruptly disturbed again, a distinct interruption of his chain of thought. This time he stood motionless and waited several seconds trying to understand what was happening. But it went away again. 'That's twice,' he whispered.

He took several rests when climbing up Jacob's Ladder, a longish staircase up to the turn towards the moonscape of Kinder Scout, an unmistakable scene, unchanged and as magical as ever. 'Blimey, that climb doesn't get any easier,' he laughed. But to be fair, the climb was one of pure enjoyment owing to the cool but brilliant sunshine, perfect walking conditions. At the more exposed, plateau-like top, the wind whipped up the surface grits, sharp particles in suspension becoming an abrasive force which, over millennia, has eroded the bases of the predominately sedimentary rocks, creating structures resembling enormous mushrooms.

'Where is everybody?' he asked with a grin, his solitude evoking a huge smile as he delved into his rucksack in search of his bottle of water and a half portion of a ham and tomato sandwich. With water and sandwich in hand, he plonked himself down in a snug recess next to the spot-height marker, a concrete block perched on a boulder high above him, looking like a headless meercat scanning the skies. He chose the leeward side, away from that wind.

Now alone and chewing on his booty, the intruder, the strange happening of earlier, re-entered his head. Jim was still very unsure how to deal with this invisible presence so decided to do nothing. 'When in doubt, don't do anything,' he said to himself trying to appear in control of the situation. He sat transfixed for a few seconds, but nothing happened except he was now cross. 'Who are you? What do you want?' he pleaded without expecting an answer. The void blotted out all his thoughts and replaced them with a deep mental awareness of curiosity. 'Am I seeing a question?' he asked himself, but more strangely, he felt a warm sense of calm, a sensation which made him feel safe. Jim decided he was not in any danger so concentrated his mind on a scene from some sci-fi film - why? - he had no idea, but the response was that his mind became full of graphic close-ups of a sun, swirling flares of molten plasma. 'Whatever this thing is, it's not a being - it's energy, and it's alone,' he concluded.

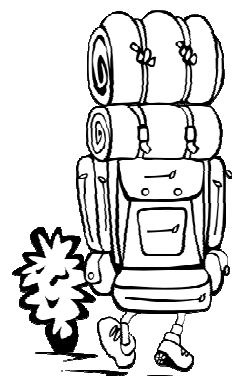
Suddenly, there was a sound of approaching voices - the presence vanished. "There it is Daphne," yelled a man excitedly, "there's the spot-height." Jim carried on eating his sandwich but gradually became surrounded by the four spot-height hunters, two elderly couples now standing at each compass point, viewing the whitewashed four-foot-high truncated square pyramid. They ignored Jim during their deliberations, which suited him, although Daphne's left boot was less than a metre from his left shoulder. They began taking details of the lump of concrete.

"Grid Reference, Jack?" demanded the team-leader of his male subordinate, yelling from somewhere out of Jim's view, but very near, judging by the loudness. 'Why does he have to be so bloody vocal?' Jim asked himself. "Thank you, Jack," the man continued. "Have you recorded those figures in your journal, Daphne?" "Yes, darling, all done," she dutifully answered. "Jolly good. Elevation - 363 metres. All got that?" Jim was becoming really irritated. 'I bet he's a retired geography teacher - probably a member of the men's staffroom lunch hour bridge club,' Jim tutted. "Pass your journals around for countersignatures please. All got a pen?" bellowed the bore. Jim avoided answering. "Ok then, well done everyone. We'll continue due north from here, all journals and pens returned to your rucksacks, please." They left, but not before Daphne's boot had pushed some surface grit down the slope onto Jim's shorts.

'Thank God they've gone,' Jim thought, taking a good swig of water whilst brushing his shorts. He could feel that familiar warm glow of safety enclosing around him - he knew the cosmic voyager was returning.

'Are you there my solo energy ball?' asked Jim using as much mental urgency as he could muster. 'We two are not so different after all,' he laughed. 'Did you notice? We both are invisible to earthlings.'

JE



TENDRING DISTRICT COUNCILLOR - Cllr. Lynda McWilliams

Report for March

JUST A REMINDER OF THE CHANGES TO THE VOTING PROCEDURE FOR ELECTIONS **ALSO CONTACT DETAILS IF YOU NEED HELP**

In case you are not aware of the changes that are being made regarding voting for elections in the future, I have given a brief summary below as to what to expect.

As from the 4th May 2023 voters in England will need to show photo ID to vote at polling stations. This will apply to:

- Local elections – which will be taking place on Thursday 4th May 2023
- Police (Fire) and Crime Commissioner elections
- UK parliamentary by-elections
- Recall petitions

From October 2023 it will also apply to UK General elections.

You can use any of the following accepted forms of photo ID when voting at a polling station.

- Passport issued by the UK, any of the Channel Islands, the Isle of Man, a British Overseas Territory, an EEA state or a Commonwealth country
- A Driving licence issued by the UK, any of the Channel Islands, the Isle of Man, or an EEA state (this includes a provisional driving licence)
- A Blue Badge
- Older Person's Bus Pass
- Disabled Person's Bus Pass
- Oyster 60+ Card

You will not need to provide photo I.D. to vote by post.

Anyone who does not have a valid form of photo ID can apply for a Voter Authentication Certificate (VAC) instead.

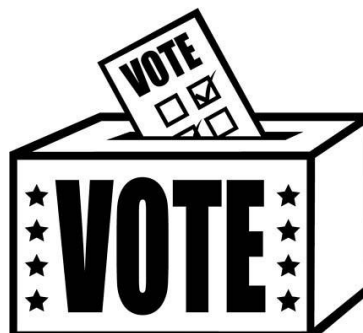
Residents have until 17 April to register to vote; 18 April to apply for a postal vote; and 25 April to apply for a proxy vote, and for a (VAC).

If you require any information or help especially if you have no photo ID and wish to vote through the ballot box, or any other matters please contact the team at Tendring District Council using the following information; -

Electoral Services
Town Hall
Station Road
Clacton-on-Sea
CO15 1SE

Telephone: 01255 686575

Email: elections@tendringdc.gov.uk



A performance of Puccini's Madama Butterfly by the Ukrainian National Opera to be held at the Princes Theatre Clacton

This is the first ever UK tour for the company, coming all the way from Dnipro, Ukraine, to Clacton on Sunday, 26th March.

There will be an impressive cast which will be accompanied by a live orchestra of more than 30 musicians. The Producer Alexej Ignatow, of Amade Concerts Ltd., said: "We are really excited to be presenting this opera company to UK audiences in these difficult times. Although the journey has been extremely challenging, the producer has said that he is glad they have overcome many extraordinary obstacles and that they have now received all the necessary visas and clearances for the Ukrainian artists.

Tickets (£30/£28 concessions plus booking fees) are available from the Box Office at www.princetheatre.co.uk or by calling 01255 686633

CLACTON AIRSHOW SET FOR LANDMARK 30TH EVENT

Planning is underway for this year's Clacton Airshow, which is marking its 30th event. Tendring District Council's (TDC) Airshow organising team is planning options with its flight director partners TSA Consulting Ltd to make the landmark an extra-special event on 24-25 August. Flight organisations such as the RAF are assessing our bids for flight displays.

Alex Porter, TDC Cabinet Member for Leisure and Tourism, urged people to put the date of the 30th Clacton Airshow in their diaries now.

The 29th Clacton Airshow, held on 25-26 August last year, saw one of the event's busiest-ever days on day two. The flight display included the RAF Red Arrows (sponsored by Lightspeed Broadband), the Battle of Britain Memorial Flight (sponsored by Befibre) and a twilight display on the first evening.

Drone footage taken during the 2022 Airshow has been revealed this week on the Essex Sunshine Coast social media channels and the Clacton Airshow website (www.clactonairshow.com).

Anyone looking to exhibit at or sponsor the Clacton Airshow 2023 should contact clactonairshow@tendringdc.gov.uk – while donations to support the event can be made at www.clactonairshow.com

NEW GRANTS AVAILABLE TO HELP INCREASE PARTICIPATION IN SPORT AND LEISURE ACTIVITIES

Grants of up to £1,000 are on offer to groups to help encourage more people to take up sport and healthy leisure activities.

Tendring District Council (TDC) is offering the grants of between £200-£1,000 to existing sports clubs and groups and organisations – or those wishing to start a new group – in a bid to help drive healthier living in the area.

The project is funded by the UK Government through the UK Shared Prosperity Fund. It is hoped that these grants will allow clubs and groups to expand and welcome in new people; whether that's through buying more equipment or perhaps operating on additional nights of the week. If you're part of a group or club and think you could benefit, do please apply now.

To be eligible grants must be intended to widen participation, and groups must be not-for-profit and located within Tendring. Funding cannot be used for Public Liability Insurance, refreshments, debt repayments, staff costs or social occasions.

The first round of applications is open until 11.59 pm on Sunday, 5 March – to apply visit the **TDC website at** <https://www.tendringdc.gov.uk/leisure/spf-grants>

Cllr. Lynda McWilliams

Tendring District Ward Councillor for the Parishes of Great Bentley, Little Bentley and Frating and a Cabinet Member with the portfolio for Partnerships, which includes Education, Health, and Community Safety.

I am also Chairman of the Community Safety Partnership and Health and Wellbeing Board, I chair the Tendring Community Fund committee. I am a member of the Police Fire and Crime Commissioners Panel (EPFCC), and involved with several other Partnership areas relating to TDC and Essex.

email cldr.lmcwilliams@tendringdc.gov.uk

Mobile Phone number 07654 61360

Great Bentley Parish Council Elections

May 4th 2023

Are you:

- ❖ Passionate about Planning?
- ❖ Enthusiastic about our Environment?
- ❖ Piqued about Potholes?
- ❖ Overjoyed with our Outside spaces?
- ❖ Driven to make a Difference?

In May 2023 there will be elections for Parish Councillors and Great Bentley will have vacancies. If you live or work within Great Bentley, are free to attend our monthly meetings on the first Thursday of the month and are ready to make a difference in the Parish then you can apply.

***Nominations must be received no later than
4pm on Tuesday 4th April 2023***

Call Cllr Pippa Dennitts on 07848 872018 if you'd like to talk through what the opportunities are, or email clerk@greatbentleyparishcouncil.co.uk

Training is provided.



This month I would like to say a big hello to Albert and his family who have recently joined our Pre-School.

World Book Day

World Book Day is on Thursday 2nd March which we will be celebrating in Pre-school.

Did you know that reading the same book over and over to children has great benefits? Not only do children thrive on repetition, but it also helps them to get to know sounds, words, and language. It also encourages them to value books and stories and sparks their imagination within play and stimulates their curiosity to ask questions. It helps to develop concentration and the ability to focus, along with contributing towards supporting interaction in social and communication skills.

We will be encouraging the children to bring in their favourite books for discussion and inviting all children to dress up as their favourite character, we will look forward to seeing some wonderful costumes if they wish to dress up.

Autism Coffee Meeting

Our next coffee morning is arranged for Friday 17th March at 1:00.

These sessions are held to support parents with children on the Autistic Spectrum, or for parents who are concerned and want to find out more about Autism. If you are worried or concerned about your child, maybe just going through the assessment stages, or have a child who has already been diagnosed and feel you might like to share your experience, then please come along and join in the discussion.

You do not have to have a child attending the Pre-school, this is open to anyone that feels they may benefit from the support or would like to give support to others.

Registers

I can't believe that we have nearly come to the end of this term, which means I will be looking at the new registers for the new term this month that starts in April.

If you are interested in joining our Pre-School, contact me as soon as possible, a lot of sessions are already at their full capacity so don't delay.

Please find our details on the main advert or via our details above.

Finally, I would like to wish all you Mummy's out there a very special day with your little ones on Sunday 19th March.

Thanks for reading

Julie Wiles



CHILDREN'S GOOD FRIDAY WORKSHOP



Friday 7th April

St Mary's Church Hall

Registration from 10.00am

Workshop will start at 10.30am until 12 noon
followed by a short service
in church presented by the children.
Parents/Carers will be welcome

Come and decorate an Easter egg, do some
cooking and make Easter cards, and
simple craft activities.

**For further information and to
book your place please ring**

**Wendy King
01206 250852**

POLICE REPORT

RECORDED CRIMES - 4
From 30/12/2022- 26/01/2023

CRIME TYPES- ASSAULT WITHOUT INJURY - POSSESSION OF CLASS B DRUG - SECTION 4a PUBLIC ORDER - THEFT FROM MOTOR VEHICLE LICENCE PLATE.

INCIDENTS REPORTED – 7

INCIDENT TYPES- ABANDONED 999 - ATTENTION TO - CONCERN - DOMESTIC - DRUGS - INFORMATION (GOOD INTENT)- MISSING PERSON-

Coffee with Cops- Methodist Church. 10.30-12.00
Friday 7th April 2023

Cycling.

There have been reports of cyclists riding around in the dark almost invisible, with no lights and dressed in black, to the point motorists have not seen them until the last minute and nearly caused an accident. Cycles **must** be fitted with lights to use in the dark. If you are stopped by an officer for failing to have them, you could find yourself receiving a fixed penalty notice. Stay safe and visible and abide by the law.

Considerate parking tickets.

2 Considerate parking tickets were issued this month. Please be considerate to where you leave your vehicle. Be considerate to other road users that may have obstructed view due to where you have left your vehicle. Had this have been a parking attendant, these vehicles may have received more than a considerate notice.

Car registration plates.

Car registration plates must be visible at all times. It is an offence not to display one. This also includes dirty plates that cannot be seen. If you are pulled over by an officer for displaying dirty unreadable plates, you could find yourself receiving a hefty fine.

Scams

Scams are still a problem everywhere, If you receive Emails or phone calls that don't look right, **don't reply and hang up**. If you receive any calls like this, report to action fraud advising them what telephone provider you use or copy/ paste email and attach it to the online report. <https://www.actionfraud.police.uk/> for online reporting and extra information. **Telephone 0300 123 2040** to speak direct. It is also worth ringing your telephone provider and asking for a call block for withheld numbers put on your phone line. This prevents all anonymous calls coming through to you, giving you some peace of mind.

Theft of tools and equipment from Alresford.

There have been reports of theft of tools and equipment from the building site on Wivenhoe Road, Alresford between 19/01/2023 -16.30 hours to 20/01/2023 -1720 hours. If you have any information or have heard anything related to this, please contact me or ring 101 to update. Please keep any tools you own safe and out of sight and consider purchasing a shed alarm or CCTV for extra protection. I sometimes carry shed alarms in my kit bag, which are free to anyone that would like one- stock depending.

Suspicious circumstances.

If you see anything that does not look right, report it. Try and get as much information as you can, including registration numbers, which are key to a lot of activity. The more you have, the more chance we have of a positive investigation, with results.

Reporting incidents the correct way.

To report an incident please **ring 101 or for Emergency 999**

or report it online <https://www.essex.police.uk/do-it-online/report-a-crime/>

local PCSO - julia.brandon@essex.police.uk



GARDENING NOTES



We recently attended a lecture and demonstration by Charles Dowding on *no dig* cultivation. We have been aware of his approach for some time and as we get older we are attracted by the possibility of doing less heavy work and decided to find out more. Hence, I had his new book called 'No Dig', for Christmas (ISBN 978-0-2415-4181-4) and then we decided to try one of his daytime events. [HOME - Charles Dowding](#).

Charles has not only written several books but also made many individual you-tube videos on all aspects of his approach. [Charles Dowding - YouTube](#). He runs a smallholding of about 2/3 acre in Somerset where he produces vegetables including many salad leaves and earns a living from it.

The main principle is that digging destroys the soil structure. By not digging, the mycorrhizal fungi stay intact and enable plant roots to find more nutrients and enable them to extract more moisture. Plants provide the fungi with by-products of photosynthesis completing a symbiotic relationship.

On existing beds, an annual compost mulch is applied in late autumn, which feeds the soil. Worms, bacteria and fungi work the compost down into the soil. It does not need to be aerated by digging. The undisturbed soil is better able to retain moisture and less weed seeds are exposed. Light hoeing is all that is required for annuals (as soon as they appear), and digging out perennials such as brambles. Paths between beds are kept weed free by the application of cardboard with composted woodchips on top. Sides to beds are not recommended as they can be great hotels for slugs and snails.

This method does require a lot of compost and so it is worth making your own if you can, to reduce the cost of bought-in compost. Charles has done trials of various types of compost, but his own compost comes out top, with mushroom compost coming a good second. He suggested using 4 wooden pallets wired together with a cardboard lining and covering to keep in the heat. He also suggested that the heap did not need air flow through it.

Interestingly, it is suggested that an overgrown garden or allotment with significant weed growth can be overlaid with cardboard, well overlapped, and 100mm + of compost in which you can plant and sow. This can also be applied to an area of lawn to create a new bed very quickly.

Having prepared your growing area, Charles has some very efficient and effective ways of growing vegetables. For instance he sows 2 to 4 seeds per cell in modular seed trays (up to 60 cells), and plants those out directly in small groups, by dibbing a small hole and dropping the group in and watering them. He suggests varieties such as beetroot, onions and radishes are happy to grow together in this way.

Following the construction of our bungalow we have now reformed our vegetable growing area and it is an appropriate time to try the no dig system. By using many of Charles' tips we hope to save time in pricking out and potting on before planting out; to use beds more intensively by using his tips for better succession planting and intercropping to enable two bigger harvests from the same bed each year.

We think this approach could make such a difference to newcomers, or to those disheartened by being overrun with weeds and poor crops in both their garden plots and allotments. We hope it encourages you to have a go.

A.O.

DEADLINE FOR APRIL 2023 MAGAZINE

MONDAY 13th MARCH 2023

Material to Mary Maskell, Caldew Cottage, The Green, 250524 **AND**
Carole Allington, Poplar House, Station Road, 251086.

Please mark all material - "Parish Magazine"

email: carole@pncallington.co.uk **AND** marymaskell@sys3internet.net

IMPORTANT - PLEASE SEND ALL INFORMATION TO BOTH OF US

ESNEFT VOLUNTEERING volunteers@esneft.nhs.uk

I looked into volunteering when the Daily Mail started a campaign a few years ago, unfortunately there were no volunteering posts in Colchester Hospital at that time. Feeling a little let down, I told my grandson James and my daughter in law Christine, it turned out that there was a volunteering Website for both Colchester and Ipswich hospitals as James was looking into volunteering for his CV, so I applied there and so started my volunteering!

I started in the Xray department giving out masks and hand sanitiser to staff and the public attending appointments, at the start of the Pandemic. At a later date I went to the Covid Hubs where many volunteers showed patients to their seats or queues to have their vaccinations, we wiped down chairs etc and made sure everyone got to the right place and were safe. When that finished the lovely staff who run the volunteering asked if I would like to volunteer on the wards. I liked the sound of that.

I'm into my second year on Peldon Ward in Gainsborough Wing, Colchester Hospital. It may not be for everyone but I find it very rewarding, the staff have welcomed me and helped me when I was ever unsure of anything that I hadn't come across. I now feel a part of Peldon ward where I go Mondays 8-4pm, my choice, any amount of time people can give is very much welcomed.

Peldon Ward has many Dementia and very poorly elderly patients, ladies and gentlemen, I sit with them, chat, help with feeding in certain cases. Some people are so happy if you can sit with them, help them with drinks (very important) or as simple as holding their hands, something I find that is comforting to patients unsure of their "new environment". I have learned to do a lot more but that is my choice, anyone volunteering is such a help, there are many other positions in different departments to volunteer in but I prefer being hands on and helping the staff where I can .



Should you consider doing this, please give it a go, you may really like it.

Thanks for reading this article,



NATURE NOTES

Nature in particular weather conditions can be an awkward subject, as the gap between submitting copy and appearance a fortnight later often coincides with a sudden change. Last month I discussed earthworms and badgers enjoying the soft moist ground that then turned to a spell of persistent frost. My subject now risks the same with winter thrushes – Fieldfares and Redwing that will have likely moved on by early March, after exhausting food supplies and the cold lifting. The war in the Ukraine and Bird Flu makes the northern places of origin of these birds more noteworthy, while some come from Scandinavia and the Baltic states, many are from Russia. Added to this, with the general decline in many birds is an extraordinary new “Birds aren’t Real” prank conspiracy theory with over 100,000 followers on Twitter. It is spun that between 1959 and 2001 the US government “mercilessly genocided” 12 billion birds using a controlled virus, replacing them with robot spy birds! This was before the present war highlighted the use of drones, not just to spy but deliver deadly small payloads. All this plays into important conspiracy narratives - people’s anxieties about surveillance, privacy, government intervention and even origins of pandemics. There was a brilliant question of why birds sit on power lines? It is because they have to recharge! It seems now even at lower altitudes the sky is sadly no longer the sole demesne of flying creatures.

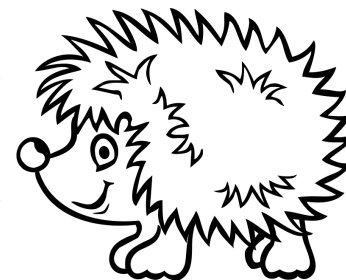
Fortunately, in recent weeks in my orchard grey and brown Fieldfares have been real enough, making their loud chattering calls, often restlessly taking off in wheeling groups to soon resettle on windfall apples. Farmers of old used to aim to get most of their winter ploughing done before these “Felfars” appeared in late October. Now with milder winters on the Continent they often do not appear until later. Similarly, their Redwing cousin, a small, speckled thrush with red flanks, often of Finnish origin, is less frequently seen in large numbers. However, a holly tree in the drive, that retained its berries well into the new year, was stripped by a small group of Redwings in just two days. They are one of the few birds that seem able to digest and relish holly berries. As already stated, it will not be long before they start the trek back to their northern breeding grounds in countries more in the news than they probably want to be. Humans like all nature transcends geographic and political boundaries and this should be borne in mind in a divided world. These winter thrush visitors could be seen as blameless emissaries, symbols of hope for future peace.

**For your diary: Thurs 23rd Mar at 7.30pm at Gt Bentley village hall. Wildlife of the Maldon Area by John Buchanan, organised by Tendring EWT local group, refreshments & raffle.
DRB**

Great Bentley Hedgehog Highways

A Facebook page set up by Demi Harvey and Emma Garrood. Veterinary nurses from Kinfauns vets based in Little Clacton 01255 860555.

We want to help people to encourage hedgehogs into their garden. By writing a monthly diary, we want to increase your understanding of hedgehogs and how you can help them as the seasons change.



Spring is here. March is when hedgehogs wake up from hibernation, especially if the weather has been mild. They have hopefully had a successful hibernation and have been asleep since October. During hibernation they would have lost half their body weight. They leave their winter nests dehydrated and starving. Offering food and fresh water could be a life saver.

Creating a feeding station to encourage hedgehogs into your garden isn't just rewarding. It can be lots of fun watching them as they will visit around the same time every night. The feeding station can be a purpose built wooden house, a house made out of a pile of bricks, a plastic storage box with a small doorway and plastic pipe/tunnel or a brick built doorway. (This is to try and stop other animals stealing the food). Whatever the design it is important to have easy access for cleaning and replacing food. Hedgehogs are quite clumsy and messy so the water bowl is better kept outside of the feeding station.

Hedgehogs are insectivores. In the wild their diet consists largely of beetles, caterpillars and earthworms. They eat a wide range of invertebrates, slugs, snails and insects. They are opportunist robbers taking mice, baby birds and eggs. But strangely hedgehogs do not seem to like woodlice.

You can help them by supplementing their diet with a commercial hedgehog food, specially designed for hedgehogs. You can also offer canned cat or dog food or crushed dry food. Please avoid anything fish based food as hedgehogs cannot digest this. Also avoid dry food containing colourant, as this generally means the food contains E numbers.

I feed Tesco kitten dry food as it is cheap, contains no colourant and is a very small kibble, so no need to crush. I personally prefer to feed dry food, as hedgehog poo smells less when fed dry. Offering dry food in the hotter weather also attracts fewer flies. Dry food also helps keep their teeth clean, but hedgehogs would probably tell you they prefer wet food.

Always provide fresh water and never give hedgehogs cow milk, as they can not digest it. If they consume this they will develop diarrhoea, dehydration and die. If you are not able to provide a feeding station or any food, a bowl of water would be much appreciated and important for survival of the hedgehog and other wildlife.

Emma Garrood RVN, C & GCertVNES

RON HASLAM 12-1-34 - 8-1-23



Ron was a gentleman with a great sense of humour. He was happiest when enjoying life with his family.

With his wife, Ann, and their daughters, Pam and Susie, Ron moved to Great Bentley in 1979 and soon made friends, especially through the church. He had arrived at an exciting time for St. Mary's. The vibrant church community was active in organising funds for the building of the new vestry room, now known as the church hall.

Ron joined the PCC, then the church synod and later was a church warden for ten years. Sadly, he had not been active in the village in recent years due to his ill health.

Thank you to all at the church for their work in the arrangements for Ron's funeral which took place on 16th February.

Also, thank you for the support and friendship shown by friends in the village to the family at this difficult time.

Ron will be greatly missed by all his family and friends.

A tribute to Jenny Williams

Jenny Williams, a long time dedicated member of Gt. Bentley Art Club, very sadly passed away in late January. Jenny was an Art Club member for about 45 years, during which she formed many life long friendships.

Jenny performed a sterling job as our Art Club Secretary and served on our Committee for approximately 40 years, supporting a succession of up to four Chairpersons within that duration, whilst always bringing a practical approach to her role.

As our club Secretary, she was a key organiser, presenting solutions and insightful suggestions to aid the smooth running of our club. Her role also included tasks such as compiling and collating our annual exhibition catalogues and organising advertising for those events. Our annual exhibitions were held in the village hall over a long period of time until, a few years ago, when we switched to an outdoor location alongside other stalls at the September Flower Show. During that era Jenny became a major contributor to the efficient running of those events.

Jenny was a genial, good humoured and sociable person, who was kind, helpful, creative and inspired by the natural world. Her artistic legacy lives on through her extensive portfolio of paintings and drawings. Jenny was deeply immersed in her love of art in all its diverse formats.

We were all so very sad to hear of Jenny's passing and we will miss her very much indeed. Our Art Club members would like to pass on our love and deepest sympathy to her husband Dick and family during this most difficult time.

Bentley Green Players

Murder with Ghosts by Simon Brett

May 18th, 19th and 20th



Ladies and Gentlemen, Bentley Green Players are pleased to announce that we are now in full rehearsals for our May production which will be performed in the Methodist Hall as usual. We would like to take this opportunity to thank everybody that has supported us in the past and say that you are very much appreciated. We have the usual suspects on stage and would like to take this opportunity of welcoming two new 'players' to our group, Louise and Leigh, who will be joining in the fun of our comedy, set in a stately home in the 1940's. We are beginning to get to grips with the very different characters and the usual twists in the plot. Directed by Chris Whiteman, please be sure to keep the dates in mind. We will update you next month with our progress.

Village Hall – New Chairperson needed

After being Chairman of the Village Hall since 2015, Derek is looking to step down at the next AGM (July – date not yet set). This means that we will be looking for somebody to take over this role. Could this be you? You would be part of a strong committee who meet a few times a year and who help run an integral part of the community, used by so many different groups.

If you are interested, please give Roger Adams a call on 01206 250724 or come round and have a chat to see what's involved.

MAGAZINE COLLATING DAY FOR APRIL MAGAZINE

Magazine collating will be on **FRIDAY 24th MARCH**

in St Mary's Church Hall
starting at 9.00am

BELLRINGERS UPDATE

As a band, we've been ringing the bells in St Mary's church for 24 years; in that time we've seen much change, including the end of the reign on our beloved Queen Elizabeth and the start of a new era with the accession to the throne of her son King Charles III. In that time, the bells have had frequent use, being rung a minimum of twice a week for periods of up to 90 minutes. The bells are heavy, the tenor one being more than 7cwt in weight. The bells are mounted on wheels and rotate on plain bearings. This of course causes natural wear and tear.

Like our church, the bells and their fittings are hundreds of years old, and quite naturally require regular maintenance and inspection by ourselves and other expert engineers. We've noticed over the last few years that they are becoming more and more difficult to ring. Experts have told us that we should plan to have the bells and fittings refurbished, retuned and re-hung.

We do not own the church and bells; we are just mere custodians looking after them so that they can continue to be used for perpetuity. Any repair or replacement of anything in a church understandably costs a great deal of money, and the bells are no exception! As a result of this we will be undertaking some serious fundraising over the next 2 years so as to be able to plan the major work that needs to be carried out on the bells and fittings.

Included in our other plans for 2023 are that we will be concentrating on ringing to celebrate the Coronation of His Majesty King Charles III. We are also looking for new members and are keen to teach new people so that you can join us to celebrate this major historical event.

If you would like to learn this ancient art, or have perhaps learnt to ring in the past and would like to return, then please contact me on the number below so that we can arrange for you to attend our Monday practices to learn this unique and quintessentially English art.

By joining us, you will be able to take part in this uniquely English skill, help celebrate major local & national events and have your name recorded on, what will become, historical records.

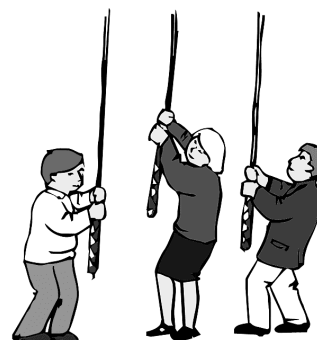
Remember:

You do not need to be strong!

You do not need to have rung a musical instrument!

Wishing you all a very successful new year!

Roger Carey-Smith



WEELEY RESIDENTS' ASSOCIATION

We invite residents of Great Bentley to join us on any of our outings that we organise for our members.

Saturday 11th March a visit to the Romford Dogs. We leave Weeley by coach from the Black Boy Public House at 4pm. On arrival at the stadium, we shall be seated in the restaurant and shall choose our three course meal from a varied menu. The total cost for the evening is £53pp. This includes entrance to the stadium, the meal, the coach travel and gratuity for the driver.

All enquiries to Diane 07506 792840.

Friday 28th April A river trip from Broxbourne on the River Lea. All-inclusive price £49pp which includes a hot pie and vegetable lunch on board. Choices available when you book. Depart 9am from the Black Boy Public House. To book and for details contact Diane 07506 792840

Friday 9th June A day trip to Windsor. £24pp. depart Weeley at 8am.

All bookings are with Diane and all prices include the gratuity for the driver. All depart from the Black Boy Public House. We use Kings Coaches, and all have a toilet on board.

Diane Miles
Chairman WRA



Great Bentley Parish Council

Clerk and Responsible Financial Officer to the Council: Jennifer Spear
The Community Resource Centre, The Village Hall Plough Road Great Bentley Colchester CO7 8LG
Tel: 01206 256410 Email: clerk@greatbentleyparishcouncil.co.uk
Website: <https://greatbentleyparishcouncil.co.uk/>

A Report from your Parish Council in February

It has been a busy month at the Parish Council with a packed agenda at the February meeting and lots of ongoing projects. The Southside Track has been a hot topic of discussion, and as you may have seen, the levelling work that has been on hold due to the possible installation of a new Gas Pipe under the track has now been able to go ahead. It was finally agreed (only last Friday, 10th February) to place the pipe underneath The Green rather than under The Southside which meant that the Parish Council have been able to get the work completed.

We have been approached by a member of the public requesting the addition of Adult Gym Equipment at the playground, the Parish Council have been able to ascertain that there are funds available to improve play provision within Great Bentley and we are asking for your help. **As the Parish Council represent the community of Great Bentley we want to know if Adult Gym Equipment is something that you would like to see installed there, or would you like more new play equipment or maybe you would like to suggest something else, please send your ideas over to us at clerk@greatbentleyparishcouncil.co.uk we would love to hear from you.**

The deadline for nominating a member of the village for Great Bentleys Village Award has been put back by one month as the Annual Parish Meeting will now be held on 11 May instead of the previously planned 13th April. If there is anybody you would like to put forward for an award because of the things they do for others in the Parish please email clerk@greatbentleyparishcouncil.co.uk or pop into the Parish Office and we will send you over a nomination form to complete and return to us, these need to be returned to us by Saturday 1st April 2023.

Finally the elections are fast approaching and your Parish Council really does need you. Some of your current Parish Councillors **will not** be seeking re-election so do you want to make a difference in your community? Parish Councils are the people on the ground who really understand the needs of their own communities and they can make a big difference in the lives of their fellow parishioners, as we are the first tier of local government and help to ensure that the needs of the village of Great Bentley can be represented at a local level. If you are interested in applying to become a Parish Councillor, please contact the clerk on the above email and we will be able to go through the application process with you. The deadline to return the form to become a parish Councilor is the end of March (official date is still to be confirmed). Tendring District Councils website is being updated currently to reflect the dates and times as they are agreed: <https://www.tendringdc.gov.uk/node/16104>

We look forward to welcoming you to our next meeting on Thursday 2nd March, 7pm in the Village Hall.

BENTLEY IN BLOOM

Work is again on going for another year of floral beauty! Whilst the pansies are looking good and will continue for the next couple of months the preparations for the summer displays has been decided and orders have been placed with Deans at Elmstead Market!



We have decided - following the last couple of years success — to again supply our planted up baskets for the coming year. Orders should be placed with Dorothy on 250204. A small increase to last years prices, but consider just one payment for about 5 months of colour!!

We also decided to make some alterations to a couple of ground displays, information will follow!

Help at certain times is always welcome, put your name down if you can help! Join in and take on a display to keep weeded and deadheaded through the summer!!

More next month, **Michael Dorling**



SURGERY NEWS

Primary Care Network

Along with two other surgeries in the Tendring locality, we work together to make up the Tendring Primary Care Network (PCN). As part of this network, we are able to commission additional services for the benefit of our patients.

Cancer Care Nurse

Abby Hardy has recently been appointed as the Cancer Care Nurse for our PCN. She will be invaluable in carrying out reviews for patients with a cancer diagnosis and will be able to offer support and advice. Patients can request advice from Abby by contacting a member of our reception team at the Surgery.

Physiotherapy Clinic

The Physiotherapy Clinic is a 'one stop' clinic for patients with minor musculoskeletal problems such as back pain, neck pain, joint pain and muscle sprains. The patient will be seen and assessed by a Physiotherapist in a 20 minute appointment. They will then be given appropriate advice by the Physiotherapist, or advised about any further intervention needed for their problem.

Appointments for the Physiotherapy Service can be booked via our reception team on telephone number 01206 250691.

Surgery Training Afternoon

Along with all other surgeries in the area we will be shut from 12 noon on Wednesday, 29 March 2023 for staff training.

Sue Mitson – Operations Manager

GREAT BENTLEY PATIENT PARTICIPATION GROUP MEETING ON 15th MARCH **AT 2pm IN THE MICHAEL WRIGHT ROOM** **GREAT BENTLEY VILLAGE HALL.**



We shall be welcoming Malcolm Taylor who will be telling us about Hearing Dogs. He will be accompanied by Jackie Brunning and her dog Fidget.

Following their presentation there will be refreshments.

We hope that many of you will be able to attend this interesting meeting.

Diane Miles
Chairperson PPG

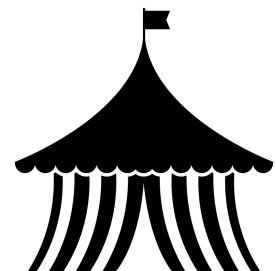
The Great Bentley Show

Schedule planning for the show this year has already taken place and entry classes have been refreshed.

Several people have over the years willingly given storage space for the show equipment. The time has come to give them back this space.

PLEASE does anyone have space that we could use to store gazebos, art mounting boards and signage so that it can be kept all together.

Many Thanks, Mary Barber



chair@greatbentleyshow.co.uk
www.greatbenleysthew.co.uk

COOKERY CORNER



HIGH QUALITY PROTEINS AND CARBS

Amongst all the complex nutrients we need in a balanced diet, perhaps two of the most important are proteins and carbohydratesprotein builds and repairs and is found in virtually every part of the body. Carbohydrates give us energy but can also increase our weight. Good quality proteins and carbohydrates give a feeling of fullness for longer which reduces the desire to continue eating. These are a few ideas for snacks and treats which are high in good quality proteins and carbohydrates.

BANANA AND PISTACHIO PANCAKES

2 medium bananas 2 medium eggs 50g ground almonds
50g shelled pistachios roughly chopped knob of butter 1tsp vanilla extract
1tsp frozen raspberries

Beat the eggs in a large bowl. Peel and mash the bananas and add to the eggs together with the almonds, vanilla and a pinch of salt. Whisk together thoroughly and stir in half the pistachios. The mixture should be quite sloppy. You can add a little water if it is dry. Heat up the butter to a medium heat in a frying pan and pour in the pancake mix a teaspoon at a time. Cook in batches for a couple of minutes, sprinkling with nuts and frozen raspberries and turning over when small bubbles appear, and cook for a further minute. Serve with crème fraiche and fresh raspberries. This will make eight pancakes.

FLOURLESS HAM MUFFINS

55g full fat cream cheese 4 medium eggs 30g ground almonds
¾ tsp baking powder 50g Gruyere or Cheddar cheese
50g good quality ham frozen spinach a six muffin tray

Preheat the oven to 180 degrees fan. Line the tray with six paper muffin cases. Thaw enough spinach to your liking and squeeze as much water out of it as you are able. Grate the cheese and chop the ham roughly. Beat the eggs in a large bowl and add the cream cheese, ground almonds and baking powder. Whisk the mixture until it is smooth. Stir in the remaining ingredients until evenly combined and season. Pour the mixture into the paper muffin cases and bake for 15 minutes. Remove the cases from the tray and serve warm or cool on a wire rack.

BAKED CABBAGE WITH PARMESAN AND CAPERS

This will serve two. It could be a snack or a starter for a main meal. Good flavours emerge when the cabbage is baked.

½ medium Savoy cabbage 2 tsp capers 20g Parmesan finely grated 1tbsp olive oil

Preheat the oven to 180 degrees fan and line a baking tray with baking parchment. Cut the cabbage in two through the core and place the wedges on the baking tray cut side upwards. Brush the surface liberally with oil and season. Roast for 15 minutes. Remove the tray from the oven and press the cabbage wedges carefully with the back of a large spoon to flatten. Firmly place the capers on top and sprinkle with parmesan. Return the tray to the oven and cook for about 5 minutes until the cabbage has browned in places and the cheese has melted.

SALAMI CHIPS

The number of salami slices will depend on the sizes of your baking trays. The chips are best eaten on the day they are made.

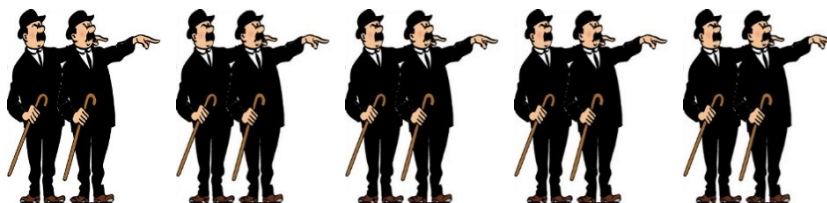
slices of good quality salami

Preheat the oven to 180 degrees fan and line a baking tray with baking parchment. Place the slices on the tray leaving a bit of space between the slices. Roast for 5 to 7 minutes, checking after 5 minutes. The slices will start to sizzle and release their fat. Remove using tongs and leave to cool on a sheet of kitchen roll. M.E.

DOUBLE TROUBLE



1. Name the twins (pictured above) who appear in *Alice in Wonderland*?
2. Which politician had twins called Mark and Carol?
3. Twins created by Jean & Gareth Adamson featured in their children's books?
4. Twins from Greek myth who were turned into the constellation Gemini?
5. Who had twins named Hamnet & Judith?
6. The McWhirter twin brothers who founded the *Guinness Book of Records*?
7. Surname of Matt and Luke, members of the 1980s pop group Bros?
8. Charles Cheeryble and his twin Edwin were in which Charles Dickens' novel?
9. Surname of twins Fred and George in JK Rowling's *Harry Potter* books?
10. Which two members of the Bee Gees were twins?
11. Give the last name of Angela and Maria who both have been MPs?
12. How are twins John and Edward Grimes, collectively known?
13. Chang and Eng Bunker, conjoined twins were born in which country?
14. Which twins were portrayed on screen by twins Gary & Martin Kemp?
15. Which twins were the legendary founders of Rome?
16. Piggy can't apart, not even tell Twins Sam and Eric, in which novel?
17. At which sport were the Gullikson twins successful?
18. Which Shakespeare play is about 2 pairs of twins?
19. Which group were twins who sang about a 'Letter from America'?
20. The Thompson Twins feature in which cartoon series?



1. Tweedlee & Tweedledum 2. Margaret Thatcher 3. Topsy & Tim 4. Castor & Pollux
5. Shakespeare 6. Norris & Ross 7. Goss 8. Nicholas Nickleby 9. Weasley 10. Maurice & Robin
11. Eagle 12. Jedward 13. Thailand (Siam) 14. Ronnie & Reggie Kray 15. Romulus & Remus
16. Lord of the Flies 17. Tennis 18. Comedy of Errors 19. Proclaimers 20. Adventures of Tin-Tin

RUNNING CLUB

January always seems to be the longest month of the year. With short days and cold weather it can be a dreary month. However, club members have got through with plenty of running!



On the final weekend (hurray!) of January, 40 members took part in Parkrun on the Saturday, with Colchester Castle parkrun proving the most popular this week. Phil Presland was pleased to complete his first parkrun since August in 25:10 as part of a longer run for Grizzly training, with David Wright for company. (Grizzly is much as it sounds: a very tough event which goes off from Seaton every year. It covers some 20 miles and takes in almost every possible terrain from shingle beaches to limestone cliffs, via woods, hills and rivers.)

Deborah Hollidge was the first female and fourth finisher overall at Highwoods parkrun, in an impressive new PB of 24:07. Tricia Stacey and Claire Fathers also took on Highwoods for the first time, in 26:36 and 29:35 respectively.

The parkrun tourist crew of Laura Cook, Bee Harris, Mel Willsmore and Natalie Martin travelled to Felixstowe for the first time, where Martin Owen could also be found getting a PB of 23:10 and his fastest parkrun time in almost a year.

Josh Beaumont was the only GBRC representative at Markshall Estate parkrun, but put in a speedy performance with a second place finish in 18:16.

Up the road in Suffolk, Zoe Reynolds and Emma Welham completed the delightfully-named 'Windmill Way Wander' half marathon event, organised by Zig Zag Running. They finished in 03:09:04 and 3:09:31 and it looks like they really enjoyed the event. Well done ladies!

Sunday saw the fourth and penultimate fixture in the NESS league cross country series, held at Wix Equestrian Centre and organised by Harwich Runners. This was a new course and proved to be a good one for those who hate hills and enjoy ditch jumping!

As usual, a sea of blue vests flooded the course and everyone put in an excellent effort. Our four lady scorers were: Magdalena Komorowska (11th), Lisa Briggs (13th), Vicky Presland (15th) and Deborah Hollidge (18th). Our eight men's scorers were: Doug McGillvray (6th), Mark Jasper (11th), Tim Ballard (15th), Richard Heath (31st), Charlie Keitch (35th), Craig Mitchell (40th), Matthew Browning (45th) and Matt Laverack (64th).

This resulted in both the ladies' and men's teams achieving third place, and the club moving up from fourth to third overall in Pool A of the league.

Our juniors also put in another strong performance and are now in 7th position in the junior league on 64 points, with only a few points separating 7th-10th places. It's all to play for!

The end of the month saw the club's busiest time with preparation in full swing for the Great Bentley Half Marathon. This was Scott Young's last event as Race Director and he went out on a high. The race was blessed with almost perfect conditions weather-wise: we had Goldilocks weather, not too warm and not too cold. Winds were light too, which always helps. As a result we had a new course record set. The first man home made it back in 1 hour and 7 minutes taking some 40 seconds off the 20 year previous best. Encouraged by the weather many runners stayed at the finish to see others come in and we had our biggest crowd of spectators ever on the green. Despite the celebrations it was still a nice feeling to close the Village Hall door at 4pm and know that it was all over for another year!!



WE WELCOME NEW ADVERTISERS

Mark Rivers, Oil Boiler Servicing, 07850 214125 See p. 36

Logs for sale - 07501 460411 See page Q

GREAT BENTLEY GARDENING CLUB

Our next meeting is on **Tuesday 21st March** at 7.30pm in the Village Hall. Our speaker will be Deb Hart, an Essex based willow artist, who will talk to us about willow and its uses followed by a demonstration of weaving a garden structure that she will then donate to the raffle. An evening not to be missed so members and guests do all come along.

More dates for your diary:

Tues 18th April Members Spring Show Schedules will be available in due course which will include the 'Club Tulip' category so hope yours are growing well

Tues 16th May and Wed 21st June Visits to Chippings Garden, Manningtree and Horkesley Hall Garden, Little Horkesley. Each visit will cost £8 per person to include refreshments.

Sat 20th May Plant Sale and Coffee Morning. When sowing your seeds remember to sow a few extra to grow on for the Sale

Tues 18th July Meeting with speaker Ruth Goudy talking on 'Flower Power' and how flowers benefit our wellbeing

BENTLEY GREEN LADIES CLUB

Our A.G.M. was held in the Village Hall on Tuesday 7th February, and after a warm welcome the Chairlady and Treasurer reported back on last year's activities. The committee stood down and the election of Officers for 2023 took place.

During 2023 we are looking forward to a variety of speakers on topics as varied as 'Medical Detection Dogs', a NAFAS flower arranging demonstration, life as a Hi-De-Hi Yellowcoat and a Magician!

If you fancy joining us new members and guests are always welcome. We meet at the Village Hall in the Mitchell Room at 7.30pm on the first Tuesday of the month.

Once the business end of the meeting was concluded, the evening was rounded off with a fun bingo session, raffle and refreshments.

Date for your diary: Tuesday 7th March... our monthly meeting at the Village Hall 7.30pm with a talk by David Webb who starred as a Maplin's Yellowcoat in the ever-popular BBC series 'Hi-De-Hi'. New members and guests always welcome.

GREAT BENTLEY HISTORY SOCIETY

Thursday 9th March 2023 7.30pm Village Hall

'By Train to the Seaside – Part 1' A talk given by Adrian Wright

Adrian is well-known in Essex for his talks on the history of the railways.

He will be giving Part 2 of his talk in April.

Members £2 at door.

Visitors £4 at door

Contact: TheGreatBentleyHistorySociety@outlook.com

ART CLUB

...Gt. Bentley Art Club will meet in the Village Hall, between 2pm and 5pm on the following dates in March.

Tuesday 14th March - 'Painting on eggs' (bring own materials).

Traditionally, painting the emptied shell of a real egg. These days alternatives can be sourced in craft stores, such as, 3D egg shapes made of paper mache, wood, acrylics or ceramics.

Tuesday 28th March - 'Picasso you choose'

Drawing or painting an object in the style of Picasso. The Spanish artist Pablo Picasso was well known for his role in developing Cubism and rejecting naturalism. He analysed and separated multiple perspectives of 3D objects, then reassembled them into abstract form, simultaneously representing the totality of all objects within the same plain.

The subjects mentioned are suggestions only, as some prefer to work on their own projects. New members are always welcome. Our future meetings will not be quite the same since the loss of Jenny. Please refer to our tribute on page 22.

ESSEX COUNTY COUNCIL RECYCLING CENTRES

Residents visiting Essex County Council (ECC) recycling centres from 13th March will need to book in advance.

A booking system will be trialled for all vehicles visiting ECC recycling centres to help manage waiting times, reduce congestion, and improve the customer experience.

The booking process has already been trialled for all vehicles using Rayleigh Recycling Centre, and also for large vehicles using the nine van-friendly sites.

Both trials have been effective in smoothing the pattern of demand across operating hours and reducing queues and congestion both in and around the sites.

Residents will be able to book their slots in advance from Monday 27 February.

Blue Badge holders do not need to book a slot.

Pedestrians and cyclists carrying waste from their own home are also not required to book. For safety reasons, we advise that cyclists either queue as a vehicle (for example, if they are towing a small trailer) or dismount and enter through the pedestrian gate. Cyclists can either walk their bike on-site using the pedestrian walkways, or cycle via the vehicle access areas.

Please note, any resident that parks a vehicle outside and attempts to walk waste in will be refused entry. This does not apply to cyclists.

Cllr Malcolm Buckley, ECC Cabinet Member for Waste Reduction and Recycling, said: "The booking system trials at both Rayleigh Recycling Centre and the van-friendly sites have been well-received by residents. The sites have been less congested, and we've been able to reduce the misuse of sites by vehicles carrying commercial waste. Residents will continue to be encouraged to switch off their engines when waiting to access the recycling centres. We will monitor the trial to measure its success and can make amendments as necessary."

How to make a booking

The booking system will open on Monday 27 February on the Loveessex.org website. There is no charge to book, but you need to make a booking each time you visit. Please remember, recycling centres only accept household waste.

When making the booking, you will be able to select the recycling centre you wish to visit. Once you have chosen your recycling centre, a calendar will appear displaying the time slots. Fully booked slots will be greyed out, and available slots will be green. You can also view the capacity of each slot in the bottom right-hand corner of the time slot so you can see how busy each slot is.

Once your booking is complete you will receive a confirmation email. Please bring the booking confirmation and proof of address. Only residents of the Essex County Council area will be allowed access.

If you have limited internet or accessibility issues that may restrict you from booking your slot online, there are alternative options to book a slot. In the first instance, could you receive assistance from a friend, family member, colleague, carer or neighbour? Alternatively, you can phone the Essex County Council contact centre on 0345 743 0430 Monday to Friday, 8:30am to 5:00pm who will make the booking on your behalf.

Please note:

- Booking slots will be made available for a maximum of two weeks in advance.
- Bookings cannot be made on the same day. Bookings will close a day in advance to allow for detailed lists to be provided to the sites and administrative teams.
- To ensure fair usage, we ask residents to try and limit visits to one booking per week. This is a just a guide and the booking system does not restrict multiple bookings.
- Bookings for cars will have a 15 minute timeslot. You can arrive at your designated recycling centre at any point within this timeslot.
- A booking slot does not allow priority access. If you arrive and there is a queue, please do not try and skip the queue as you will be refused access.
- Any residents that park up outside and attempt to walk waste in will be reported and refused entry.
- If you miss your slot, you may need to book another slot to visit on another day.
- If you would like to cancel your booking, the booking confirmation email will contain a link called 'return to my booking'. If you click this link, you will be able to follow instructions to cancel your booking.





**DO GOOD TO FEEL GOOD AND
VOLUNTEER
WITH ST HELENA**

In a recent St Helena survey, over 80% of our volunteers said that volunteering significantly improved their mental and physical wellbeing. We have over 100 volunteer vacancies across St Helena including in our 22 shops and 2 donation centres. Apply now to get motivated, gain new experiences, acquire new-found skills, meet wonderful people and make a real difference.

To view our volunteer vacancies and more information <https://sthelena.org.uk/cookie-policy>

**The Post Office is situated
at the front of the Garage**

**GREAT BENTLEY
POST OFFICE**

OPENING HOURS

Monday	9am - 1pm
Tuesday	9am - 12 noon
Wednesday	CLOSED
Thursday	9am - 12 noon
Friday	9am - 12 noon

hope@trinity

Once again the power of our Parish News has proved (if proof were needed) that it is instrumental in reaching out to the community and highlighting events or issues that for whatever reason are close to our hearts. That is certainly the case following the response I have received from my articles regarding hope@trinity in Clacton. I have been overwhelmed by the thoughtfulness and kindness shown to the growing number of men and women of all ages for whom life is a daily struggle. The situations and circumstances that have brought them through the doors of hope@trinity vary greatly and in the first instant the most important thing is that they are not judged. For some it will be difficult to accept the reality that their life, for whatever reason, has been turned upside down in a way they could never have imagined. The hall at hope@trinity is full of goodness and kindness provided by the volunteers who make copious mugs of tea and coffee and have started to serve a hot breakfast which is great. The issues surrounding the homeless, rough sleepers and the vulnerable do not sit well with me, but it continues and there seems to be no likelihood of an end to it any time soon. However with your support we can and do make a difference to the men and women down on their luck, low in spirits or in the depths of despair.

My grateful thanks to everyone who has played their part in allowing Jackie and I to witness that difference in action, a change of clothes, a pair of shoes that are not falling apart, a smile and some reassuring words of encouragement help to raise their self esteem, men and women alike stand taller and face the daily challenges of a life alien to you and me. My wish is that they dare to believe that there is hope for the future, there certainly is and it is inherent inside " hope@trinity"

Donations of:

Items of men's clothing, underwear/socks, hats/gloves, sturdy shoes/trainers.

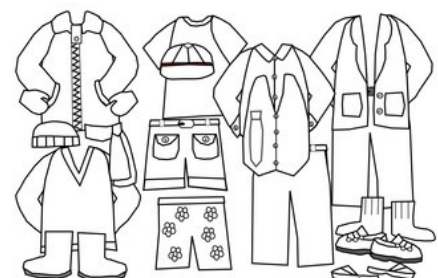
Items of women's clothing and footwear too and personal requisites.

Sleeping bags, blankets or dog food for a faithful companion that gives a purpose and unconditional love to every new day.

Please bring any donations to me and they will get to where they are most needed as soon as possible.

Thank You for Caring.

**Judy Bishop 5, Morella Close, Great Bentley.
01206 251702**





Kings Coronation Celebration

on Great Bentley Green

Saturday 6th May

music from 'The Gifted' 7.30pm -10.00pm

(Those of you who came to the Queen's Jubilee event last year will remember how amazing this band is)

This will be a ticketed event and numbers will be limited!

Sunday 7th May

Afternoon Tea will be served in
the marquee at 3pm

**Again, this will be a ticketed event and
numbers will be limited**

**There will be activities on the Green
from 2pm and these will be free for
all to attend**

***Further Details and how to obtain
tickets for both events will be in the
April Magazine***



CHRISTOPHER BAVERSTOCK

12.6. 1939 - 11.1.2023

Chris was born in Damerham, Hampshire in June 1939 to Joseph and Elizabeth Baverstock second son of three brothers Gordon and Malcom.

Many evenings were spent with Malcom collecting Chris and Gordon from school on his imaginary bus which was just a wheel. Chris would say this bus isn't a lot of cop as they ran down the road holding each other's jackets. Chris went to the village school and passed his eleven plus and then went on to Bishops Wordsworth Grammar in Salisbury to join his brother Gordon and took part in rugby, cricket and boxing. Chris eventually became the schools captain of boxing.

Chris decided to train as a teacher and went to King Alfreds College, Winchester, where he became interested in woodworking. Chris then went to teach at Basingstoke and went to London in 1963 to teach at Gloucester Grove, Camberwell. Chris had lodgings in Dulwich and shared a room with Peter Wade and they went and joined Forest Hill Squash Club where he met Rita in 1964 and they married in St Georges Church Catford in September the same year.

Deciding where to live they stuck a pin in a map which landed in Colchester, where Chris got a job teaching at Kingsford school and rented a house nearby while they waited for their house to be built at Thurton Close where their first son Mark was born. After three years they moved to St. John's Road surrounded by trees and woods and sons Ian and Matthew were born.

Then they decided to move again to Great Bentley were they were lucky to find Stonybroke through Mark's Godmother Carol Phillips who took a class of Keep Fit in the Methodist Hall among whom was Carole Allington who has been their good friend and neighbour for 46 years. They moved into Stonybroke in August 1976 and were soon welcomed by Rev Chris Elliot and the family took part in church activities.

Chris was talented at putting his woodwork skills to use by restoring furniture for many friends and family. Chris joined the church and Colchester Choral Society choir where he got an opportunity to sing in the production of Ivor the Engine. Chris also rang the church bells and became Tower Captain in 1982. Chris also got an allotment next to Peter Allington, his neighbour, and Ray Purdy.

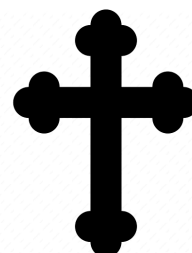
Chris' great love was cricket and he joined Great Bentley Cricket Club and was a good batsman as he only liked hitting 4s and 6s so he didn't have to run! Chris looked after the kit and repaired many bats, Chris was man of the match at Langleybury. Chris gave up cricket at the age of 50 saying you should give up while you can still play!

Chris then retired from teaching at 55 due to ill health. Giving him time to read his favourite author Thomas Hardy and walking with Rita. Their son Mark married Michelle in St Mary's Church, Great Bentley and they had two children Harriet and Emily which now made Chris and Rita grandparents which gave Chris much pleasure and he enjoyed making them many wooden toys.

Unfortunately in 1999 Chris went into hospital with angina and soon went to London for a triple heart bypass and was told he would only last 10 years but he actually lived another 23 years. Sadly in 2000 tragedy struck the family when son Matthew had a fatal accident and passed away. Ian then decided to pursue his teaching career abroad and met his wife Pom.

In Chris' retirement years Chris and Rita went on many coach trip holidays abroad and enjoyed walking and stopping for tea and cake. Chris enjoyed cycling to Brightlingsea catching the ferry to Mersea and then cycling home.

Unfortunately Chris suffered from vascular dementia for several years and passed away peacefully at Edensor Care Home, Clacton-on-Sea after a long battle. Chris will be laid to rest beside his son Matthew in the Churchyard. Chris will be sadly missed by his friends and family.





Thorrington Bluebell Woods Open Weekend

29th – 30th April 2023



Enjoy a walk and see the bluebells with a fun trail included for children at Hall Farm, Clacton Road, CO7 8AH.

Open between 11am – 4pm with the last entrance at 3pm, dogs on leads please.

Only open once a year with a small admission fee.

The church will be open with refreshments available.



Coronation Service

Sunday 7th May 2023 at 2.30pm

St Mary Magdalen Church
Clacton Road, Thorrington, CO7 8AH

Join us for a special service for the coronation of King Charles III.

The church will be decorated with knitted coronation items, flags and flower arrangements.

Light refreshments after the service.
All welcome.

ANNUAL DIARY

29/30th April Bluebell Woods Open Weekend

6th May Coronation Dance on the Green

7th May Coronation Afternoon Tea on the Green

13th May Church May Fair

20th May Gardening Club Plant Sale

24th June Carnival Day

1st July Outdoor Theatre Production

24/25 August Clacton Air Show

2nd September Village Show

16/17 September St Mary's Flower and Art Festival

2/3 December St Mary's Christmas Tree Festival

St Mary's Church Hall

Looking for a venue

Why not hire our hall

Beautifully stocked with fine bone china

£15 per hour - minimum charge £30

Please contact Lyn Gordon
79, Birch Avenue CO7 8LS

01206 681884

OR Mobile 07870311610

email; linda.bear@sky.com

MARCH DIARY

- Tues 28th Feb **LENT COURSE**, 7pm in St Mary's Church Hall
- Thurs 2nd **PARISH COUNCIL MEETING**, Village Hall, 7pm
- Fri 3rd **COFFEE & CHAT**, Methodist Church, 10-12 noon
- Tues 7th **BENTLEY GREEN LADIES CLUB**, Village Hall, 7.30pm
- Tues 7th **LENT COURSE**, 7pm, St Mary's Church Hall
- Wed 8th **SANDWICHES for Hope@Trinity**
- Thurs 9th **HISTORY SOCIETY**, Village Hall, 7.30pm
- Sat 11th **ROMFORD DOGS OUTING**, Weeley
- Mon 13th MAGAZINE DEADLINE**
- Tues 14th **ART CLUB**, Village Hall, 2-5pm
- Tues 14th **LENT COURSE**, 7pm, St Marys Church Hall
- Wed 15th **PATIENT PARTICIPATION GROUP**, Village Hall, 2pm
- Thurs 16th **KNIT & NATTER**, St Mary's Church Hall, 2pm
- Fri 17th **AUTISM COFFEE MORNING**, Village Hall, 1pm
- Sat 18th **COFFEE MORNING**, St Mary's Church Hall, 10-12 noon
- Sun 19th **MOTHERING SUNDAY**
- Tues 21st **GARDENING CLUB**, Village Hall, 7.30pm
- Tues 21st **LENT COURSE**, St Mary's Church Hall
- Thurs 23rd **TENDRING EWT GROUP**, Village Hall, 7.30pm
- Fri 24th **MAGAZINE COLLATING**, St Mary's Church Hall, 9am
- Sun 26th **CLOCKS GO FORWARD**
- Tues 28th **ART CLUB**, Village Hall, 2-5pm
- Tues 28th **LENT COURSE**, St Mary's Church Hall
- Sat 1st April **HANDELS MESSIAH**
- Fri 7th April **GOOD FRIDAY CHILDREN'S WORKSHOP**