



Also available in colour at [www.greatholland.com](http://www.greatholland.com)

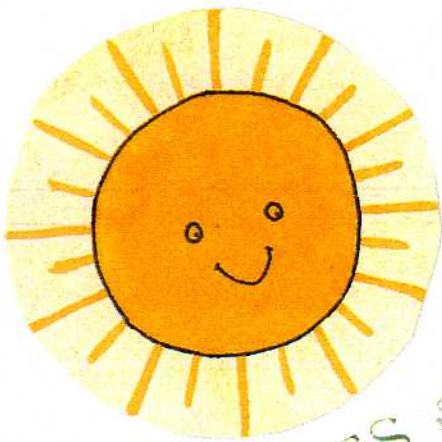
70p where sold



# Great Holland Village Voice



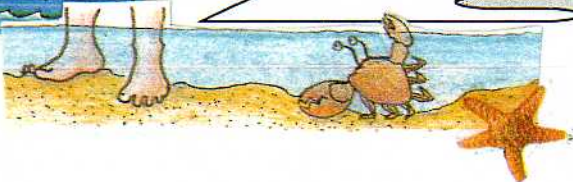
Village Tea Party  
on 12<sup>th</sup> June -  
details inside!



HERE COMES SUMMER

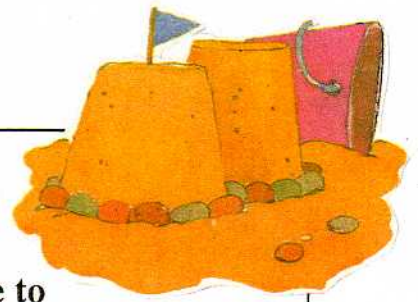


June & July 2016





... to the June/July edition of Village Voice.



## Included in this edition...

- A reminder about the Village Tea Party on 12<sup>th</sup> June to commemorate the Queen's 90<sup>th</sup> birthday
- Minutes of the recent GHRA AGM
- Details of more events to mark the 150<sup>th</sup> Anniversary of the Rebuilding of All Saints'
- News of a Beginners Yoga Class at our Village Hall

Thank you to everyone who has contributed to this edition of Village Voice. We always welcome new contributors. Is there anything that **YOU** would like us to include in the next edition? For example:

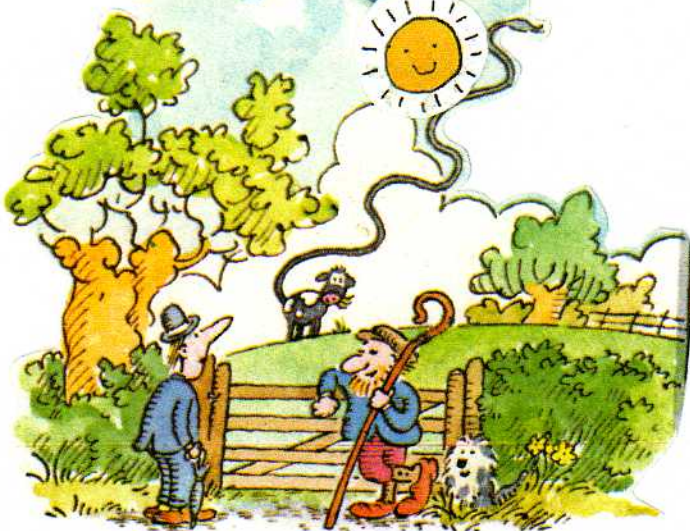
- Are there any events happening in August or September that you wish to publicise?
- Do you have any local news items to be included?
- Do you want to tell other villagers about a local group/club?
- Can you write an article for the magazine?
- Do you want to advertise any items for sale/your business/service?

Please contact Linda on **852195** or Sandra on **672453** with details, two weeks before the printing date if possible. Please note that Sandra deals with the advertising side of the magazine. The next edition of Village Voice will be printed on:

**Monday 25<sup>th</sup> July**



# Blue Skies



## Contents

Village Contacts and Local Information

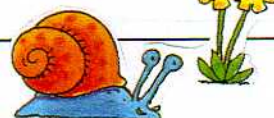
Dates for your Diary

All Saints' Church

Methodist Church

Village news & articles

Advertisements





## VILLAGE CONTACTS & LOCAL INFORMATION

<b>Member of Parliament</b>	Mr Douglas Carswell MP	475384
<b>Residents' Association</b>	Paul Fletcher-Tomenius (Chair)	675268
<b>All Saints' Church</b>	Rev. Mark Holdaway	675997
<b>Methodist Church</b>	Rev. Eva Walker	851179
<b>Village Hall Committee</b>	Ms Sue Jenkins (Chair) Mrs Coralie Harris (Bookings)	850317 830136
<b>Frinton &amp; Walton Town Council</b> (incorporating Frinton, Walton, Kirby and Great Holland)	Mrs Myrna Liles (Town Clerk) Cllr. Mr Christopher Keston	676666 850067
<b>Tendring District Council</b>	Town Hall, Station Road, Clacton CO15 1SE  Cllr. Mr Robert J Bucke Cllr. Mr Mark A Cossens	686868 Emergency/out of hours: 2220220 677495 861374
<b>Essex County Council</b>	Cllr. Mr Michael (Mick) Page	672410
<b>Dog Warden</b>	(Tendring District Council)	686787
<b>Cats Protection</b>	Tendring District Branch	744014
<b>RSPCA</b>	National contact number: Charity Shop, Frinton:	0300 1234 999 674926
<b>National Rail Enquiries</b>	National line	03457 484950
<b>Essex Police</b>	Non-emergency	101
<b>Crime Reduction Officer</b>	David Gillies	101
<b>Crimestoppers</b>	National line	0800 555111
<b>Citizens Advice</b>	(Clacton)	0844 4770808
<b>Tendring Dial-a-Ride</b>	Hurlingham Chambers, 61-65 Station Road, Clacton on Sea, CO15 1SD	436962
<b>Colchester General Hospital</b>	Turner Rd, Colchester CO4 5JL	01206 747474
<b>Civic Amenity Tip</b>	Maltings Lane, Kirby-le-Soken.  <b>Winter opening times</b> (16 <sup>th</sup> October – end of February): 9.00am-4.00pm  <b>Summer opening times</b> (1 <sup>st</sup> March-15 <sup>th</sup> October): 9.00am-5.00pm. Summer late night opening no longer takes place.  <b><u>Closed on Tuesdays and Wednesdays</u></b>	

# Dates for your Diary ...

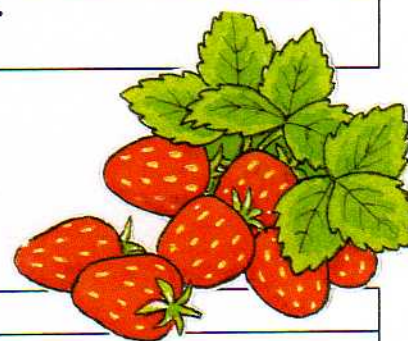


## June

Thursday 2 <sup>nd</sup>	<b>Coffee Morning:</b> Methodist Church, 10.30am-12.00 midday <b>Mobile Library</b> visits Rosery Mews, 10.00-10.30am <b>Meeting of Friends and Neighbours of Great Holland:</b> 2 Great Holland Court (opposite Village Hall), 2.00pm.
Saturday 4 <sup>nd</sup>	<b>Home Made Hour:</b> Village Hall, 10.00-11.00am
Thursday 9 <sup>th</sup>	<b>Coffee Morning:</b> Methodist Church, 10.30am-12.00 midday
Sunday 12 <sup>th</sup>	<b>Tea Party in the Village Hall, to celebrate the Queen's 90<sup>th</sup> birthday</b> More details inside magazine.
Thursday 16 <sup>th</sup>	<b>Coffee Morning:</b> Methodist Church, 10.30am-12.00 midday <b>Mobile Library</b> visits Rosery Mews. 
Thursday 23 <sup>rd</sup>	<b>Coffee Morning:</b> Methodist Church, 10.30am-12.00 midday.
Friday 24 <sup>th</sup> 	<b>Coffee Morning &amp; Cake Sale:</b> The Orchard Tearoom, Park Fruit Farm, to celebrate the Queen's 90 <sup>th</sup> Birthday and raise money for the Air Ambulance. 10.00am-4.00pm.
Saturday 25 <sup>th</sup>	<b>Barn Dance at Great Holland Hall Farm.</b> More details inside magazine.
Monday 27 <sup>th</sup>	<b>Great Holland Folk Club:</b> Parish Room (next to All Saint's Church), 7.00-9.30pm
Thursday 30 <sup>th</sup>	<b>Coffee Morning:</b> Methodist Church, 10.30am-12.00 midday. <b>Mobile Library</b> visits Rosery Mews.



## July



Saturday 2 <sup>nd</sup>	<b>Home Made Hour:</b> Village Hall, 10.00-11.00am
Thursday 7 <sup>th</sup>	<b>Coffee Morning:</b> Methodist Church, 10.30am-12.00 midday <b>Meeting of Friends and Neighbours of Great Holland:</b> 2 Great Holland Court, 2.00pm.
Thursday 14 <sup>th</sup>	<b>Coffee Morning:</b> Methodist Church, 10.30am-12.00 midday. <b>Mobile Library</b> visits Rosery Mews.
Saturday 16 <sup>th</sup> & Sunday 17 <sup>th</sup>	<b>All Saints' Flower Festival and Tower Open Day</b> 10.00am-4.00pm
Thursday 21 <sup>st</sup>	<b>Coffee Morning:</b> Methodist Church, 10.30am-12.00 midday
Monday 25 <sup>th</sup>	<b>Great Holland Folk Club:</b> Church Parish Room, 7.00-9.30pm
Thursday 28 <sup>th</sup>	<b>Coffee Morning:</b> Methodist Church, 10.30am-12.00 midday <b>Mobile Library</b> visits Rosery Mews. 

**FUN**

## August

Saturday 6 <sup>th</sup>	<b>Great Holland Village &amp; Church Fête</b> More details inside magazine.
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To include events for **August or September** in the Diary section of the next edition of **Village Voice**, please contact Linda on **852195** or Sandra on **672453** by **15<sup>th</sup> July** if possible.

## All Saints' Church



### Rector's article ...

It was wonderful to welcome so many people to our Anniversary Service with the Bishop of Chelmsford on Sunday 22 May. We remembered the dedication and consecration of the rebuilt All Saints' church which took place on the 25 May 1866. We also gave thanks for all that has happened in the church building since then and prayed together for the future.

In particular, we said and continue to say "thank you" to all those who do so much for All Saints.

As the Bishop encouraged us to, we move out of the building for our next Anniversary event, remembering that people are far, far more important than bricks and mortar.

So can we invite you to our Village Barn Dance.

2016

**150<sup>th</sup> Anniversary of the Rebuilding of All Saints'**

**All Saints' Church, Great Holland invites you to**

# **Village Barn Dance**

**at Great Holland Hall Farm, Church Lane**

*With Jasper Ceilidh Band*

**Saturday 25 June, 7.30pm**

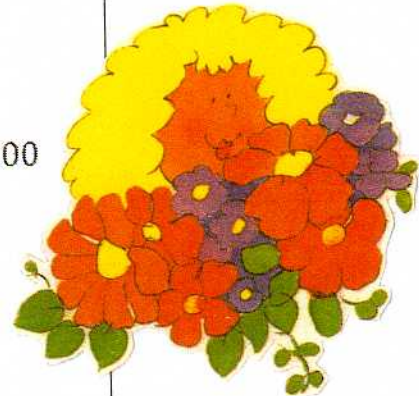
Adult Ticket with food £5, Child Ticket with food £2.50, Adult entry only £2.50  
Tickets available from Church members, 675997, kirbyghollandparishchurches@gmail.com

And also a further date for your diary:

All Saints Gt Holland  
Flower Festival  
and  
Tower Open Day  
16/17 July 10:00 - 4:00



Refreshments Provided  
Closing Thankgiving Service  
Sunday at 4:00pm



Mark



## **GREAT HOLLAND VILLAGE & CHURCH FÊTE 2016**

**Saturday 6<sup>th</sup> August: 2.00 - 5.00pm (gates open 1.45pm)**

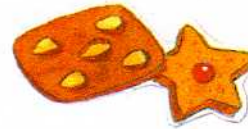
Preparations are continuing for this year's Fête in the Old Rectory's lovely grounds! We are sure everyone will appreciate that a lot of work goes on behind the scenes to make this event the success it has become. Please can we ask you once again to help again in the following ways?

- Put the date in your diary and plan to be there!
- Can you provide items for the bric-a-brac stall, White Elephant stall, book stall or Silent Auction, or items that would make good prizes?
- Can you provide items for the produce stall, such as jam, marmalade or home grown fruit and vegetables? The cake stall is always popular so we would be very grateful for any home made cakes.
- Can you help with preparation on the days leading up to the Fête?
- On the day of the Fête, can you help with the parking, refreshments or on a stall?
- After the event, we always need help with clearing up on Saturday night and Sunday morning.



If you can help in *any* way, have items to be collected or can bring cakes on the day, please contact **Sue Jenkins on 850317** or **Nicky Stack on 677984**. We look forward to seeing you on **6<sup>th</sup> August**.

# Home Made Hour



Thank you to everyone who supported our April Home Made Hour and for the generous donations of home made goods and produce. **We apologise for having to cancel the planned May Home Hour at such short notice.**

Our next Home Made Hours will take place on:

**Saturday 4<sup>th</sup> June and Saturday 2<sup>nd</sup> July** from 10.00-11.00am in the Village Hall.

Please join us for tea, coffee, friendly company, and the sale of home made cakes, jam, marmalade, trifles, savouries, scones etc and occasional plants/garden produce. Refreshments are available and we also have a raffle.

Our friendly Home made Hours help to raise funds for All Saints' Church. **THANK YOU** to everyone who supports these events, Are you able to provide any items for our Home Made Hours, please? We would be particularly grateful for donations of home made cakes, which are always popular. We also welcome home made preserves and any surplus, fruit, vegetables or plants from the garden. If you want to find out more about our Home Made Hours, please contact Nickie Stack on **677984**.

## From All Saints' Diary - JUNE:

Wednesday	1 <sup>st</sup>	2.00pm	Friendship & Interest Group in St Michael's Church Hall
Thursday	2 <sup>nd</sup>		Frinton Music Festival Opening Concert in All Saints' with music by Wolf, Saint-Saens and Beethoven
Saturday	4 <sup>th</sup>	10-11.00am	Home Made Hour at the Village Hall



**Sunday 5<sup>th</sup> 11.00am Morning Worship with Sunday School**

**Sunday 12<sup>th</sup> 8.00am Joint Holy Communion**  
**11.00am Morning Worship**

Wednesday 15<sup>th</sup> 11.00am All Saints' Bible Group in the Parish Room  
 2.00pm Friendship & Interest Group in St Michael's Church Hall

**Sunday 19<sup>th</sup> 11.00am Holy Communion**

Wednesday 22<sup>nd</sup> 11.00am All Saints' Bible Group in the Parish Room  
 Saturday 25<sup>th</sup> Barn Dance at Great Holland Hall with Jasper Ceilidh Band and fish and chips

**Sunday 26<sup>th</sup> 11.00am Morning Worship**

Tuesday 28<sup>th</sup> 2.30pm TeaPot at the Baker Hall  
 Wednesday 29<sup>th</sup> 11.00am All Saints' Bible Group in the Parish Room

## From All Saints' Diary - JULY:

Saturday	2 <sup>nd</sup>	10-11.00am	Home Made Hour at the Village Hall
<b>Sunday</b>	<b>3<sup>rd</sup></b>	<b>11.00am</b>	<b>Morning Worship with Sunday school</b>
Wednesday	6 <sup>th</sup>	2.00pm	Friendship & Interest Group in St Michael's Church Hall
<b>Sunday</b>	<b>10<sup>th</sup></b>	<b>8.00am</b>	<b>Joint Holy Communion</b>
		<b>11.00am</b>	<b>Morning Worship</b>
Wednesday	13 <sup>th</sup>	11.00am	All Saints' Bible Group in the Parish Room
Saturday	16 <sup>th</sup> &		All Saints' Flower Festival and Tower Open Day
<b>Sunday</b>	<b>17<sup>th</sup></b>		
<b>Sunday</b>	<b>17<sup>th</sup></b>	<b>11.00am</b>	<b>Holy Communion</b>
Wednesday	20 <sup>th</sup>	2.00pm	Friendship & Interest Group in St Michael's Church Hall
<b>Sunday</b>	<b>24<sup>th</sup></b>	<b>11.00am</b>	<b>Morning Worship</b>
Tuesday	26 <sup>th</sup>	2.30pm	TeaPot at the Baker Hall
Saturday	30 <sup>th</sup>		Frinton Mission begins
<b>Sunday</b>	<b>31<sup>st</sup></b>	<b>11.00am</b>	<b>Morning Worship</b>

## AUGUST

Saturday	6 <sup>th</sup>	2.00- 5.00pm	<b>GREAT HOLLAND FÊTE</b>
Saturday to <b>Sunday</b>	30 <sup>th</sup> July 7 <sup>th</sup> August:		<b>FRINTON MISSION</b>



## From the Registers

### FUNERALS:

We offer our condolences and prayers to the family and friends of:

**John Knight** Kirby Road, Great Holland Funeral at All Saints', followed by burial in the churchyard





## **Vintage Holiday Club for the over 55's**

### **St. Michael's Church Hall, Kirby-le-Soken**

25<sup>th</sup> July to 29<sup>th</sup> July, 2016, inclusive

10.30am to 4.00pm

£5 per person, per day, inclusive of light lunch, all refreshments and activities

10.30am Coffee; 10.45am Thought for the Day;  
11.00am to 1.00pm Activities; 1.00pm to 2.00pm Lunch;  
2.00pm to 4.00pm Activities

- Activities include tea-parties; sailing on the backwaters (weather permitting); model aircraft flying (weather permitting); walk to the backwaters; Tai Chi; crafts; board games and more.

If you wish to come along, please register your name(s) on the lists for each day you choose. Lists will be placed in the churches of St. Michael's, Kirby-le-Soken, and All Saints', Great Holland.

## **ALL SAINTS' PARISH CHURCH WHO'S WHO**

**RECTOR:** Rev. Mark Holdaway, The Rectory, 10 Thorpe Road, Kirby Cross CO13 0LT (675997)

**CHURCHWARDENS:** John Beale, 5 Malting Lane, Kirby le Soken CO13 0EH (676472) and Judith Little, Lambourn House, Little Clacton Road, Great Holland CO13 OEY (813645)

**PAROCHIAL CHURCH COUNCIL:** Churchwardens (ex officio), Sheila Watts (ex officio), Don Osler, Vanessa Giles, Ilze Robertson, Graham Hughes and Ann Peters

**HON. SECRETARY TO THE PCC:** Ann Peters

**VICE CHAIR TO THE PCC:** John Beale

**HON. TREASURER TO THE PCC:** Sheila Watts c/o The Rectory, 10 Thorpe Road, Kirby Cross CO13 0LT (675997)

**SIDESPERSIONS:** Rose Batten, Don Osler and Sheila Watts

**MAGAZINE PRODUCTION TEAM:** Sandra Mooney and Linda O'Reilly (Joint Editors), Mim Wilson, Irene Lightowler, Ingrid Harding, Judith Little, Audrey Warren, June Forrest, Charmian Goundry, Iain Bell, Eileen Derrick, Christine Oxford, Chris Crispin, Robert Caines, David Bavister, Sheila Watts and Phyllis Margetts (Distributors)

# Great Holland Methodist Church



## Love in the language of the heart

As you are aware by now, as a child I lived in communist Albania. I grew up in a culture that didn't allow for belief in God. I grew up in a culture that told me that God didn't exist, and to say otherwise would mean persecution. I grew up with my grandparents' generation keeping secret what they had known about God, or learning to forget about it.

And then the borders opened, and many of my people I knew moved to Greece. We lived half an hour away from the Greek border, after all.

As Greece is an orthodox country, many of the people that left joined the orthodox churches. It seemed people wanted to learn about God, there was something missing.

They needed to go somewhere, but the truth is, generally they didn't understand much of what was happening in the service.

Their Greek was non-existent when they moved there, and then they learnt some of it, but the language that they learnt was everyday language, language about food and about work.

I remember my aunt knowing by heart the creed, and she said it when she was baptised in the Orthodox church. When I asked her what it meant, she could not tell me.

They learnt the language of the church by heart. The creed, the Lord's prayer, Bible passages and other prayers.

And then one day, when I was visiting from the UK, we all gathered together to celebrate Easter, and I said the Lord's prayer in Albanian.

A cousin that was sitting there, listened in awe, and when the prayer was finished, she said: 'That was the most beautiful thing I have ever heard, it meant so much to me!'

I told her that this was the Lord's Prayer, something that she had known in Greek for a long time, but it had never made that impact to her before.

Hearing something of the beauty and love and grace of God, singing to God in your heart's language is so much more powerful than learning something by heart and using the language of another.

And I think that is the point of Pentecost.

Without a doubt, this event changed history as the church of God began.

Without a doubt, this event changed history as God's Holy Spirit came upon human beings, with all their shortcomings, and fears and doubts and joys.

But this day, God communicated his love with the world, in the language of its heart.

And God, our God talks to us, in our language, into our life's experience, not someone else's, ours, because we, you and I, are absolutely important to God.

Let us celebrate dear friends, knowing that God's Spirit was poured out on the day of Pentecost, and has never stopped since.

Let us celebrate dear friends, because God will always want to show you his love that is meant exactly for your life. Amen!

God's blessings, Eva



**Saturday 18<sup>th</sup> June**

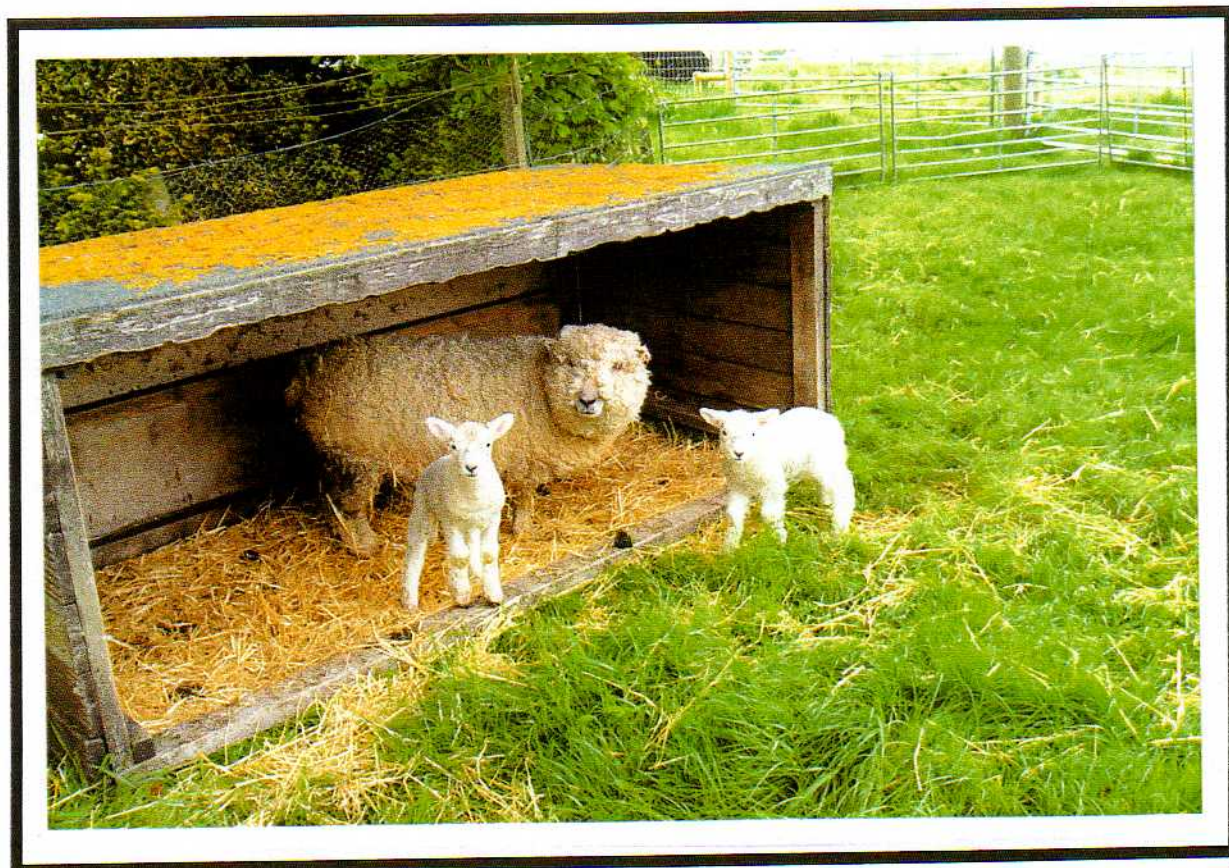
**We will be serving cream teas in the garden of Great Holland Methodist Church  
from 1.30-4.00pm**

Please telephone Anne Lott on **675065** for more information

### **WEEKLY COFFEE MORNINGS**

We hold weekly coffee mornings in Great Holland Methodist Church Hall. They take place **every Thursday morning from 10.30am - 12.00 midday**. Please drop in for coffee, biscuits, toasted teacakes and friendly company. We also have donated goods and hand made cards for sale.

### **TWO LATE ARRIVALS AT BIRCH HOE FARM, PORK LANE**



**Born on 10<sup>th</sup> May**

**Parents were a South Down and a White Face Dartmoor**



## GREAT HOLLAND RESIDENTS ASSOCIATION

### MINUTES

#### Of the ANNUAL GENERAL MEETING

On SATURDAY 21st May 2016 at 10.30am in the Village Hall

#### 1. Apologies for Absence

Apologies for absence were received from Chairman Paul Fletcher-Tomenius and Birgitta Fletcher-Tomenius, John Poulten, Sylvia Nicoll, Linda O'Reilly, Sheila Watts, Jeanne Large, David Martin, David and Sue Masters, Judith and Brian Little and Frank Felton. Robert Caines, Vice Chairman, took the Chair in the Chairman's absence.

#### 2. Election of Officers

Paul Fletcher-Tomenius (Chairman), Robert Caines (Vice-Chairman), Denys Strich (Treasurer) and John Poulten (Planning Officer) were all willing to continue in post and were duly re-elected. Louise Goodwin and Hazel Martin (Joint Secretaries) wished to stand down, and Birgitta Fletcher-Tomenius was elected as Secretary in their place.

#### 3. Minutes of the Meeting of January 16<sup>th</sup> 2016

These had been published in the Village Voice and were accepted as a true record.

#### 4. Matters Arising from the Minutes

There were no matters arising.

#### 5. PCSO Report

PCSO Michele Diss was unable to attend the meeting as the meeting had been moved from 14<sup>th</sup> May to 21<sup>st</sup> May, but sent her apologies and a report which was read out by the Vice-Chairman:

On 26/1/16: a lorry went into a ditch in Little Clacton Road and the road was closed whilst awaiting recovery.

30/1/16 Male was selling aerial photographs door to door. When asked to leave it is believed that he scratched the victim's car.

6/2/16: 4 males jumped into a garden in Little Clacton Road, supposedly looking for lost dogs – they had been arrested for hare coursing the day before and said they did not know where their dogs were.

7/2/16: Vehicle stolen from Thorpe station found in Pork Lane. Recovered for forensic examination.

9/2/16: Batteries stolen from exterior compartment of caravan in Pork Lane.

4/3/16: Kirby Road Cemetery: handbag stolen from unlocked car.

30/3/16: Obstruction in Kirby Road: vehicles from building site parked on pavements – builders were spoken to and advised to remove vehicles.

6/4/16: Two-vehicle road traffic collision in Little Clacton Road, with one vehicle ending up on its roof. Traffic attended and dealt with the vehicle drivers.

11/5/16: Suspicious male seen trying to squeeze past caravan in front drive in Little Clacton Road. The male ran off when approached by the property owner.

With the advent of summer, residents are advised to lock doors and windows even if leaving their property unattended for a short while. If going on holiday, arrange for a neighbour to visit the house and move post, etc. Residents are also advised not to employ people who knock on doors touting for work; recently a company called Marshalls has been doing paving for local people, and they are from the travelling fraternity. It is best always to use a company recommended by friends and neighbours.

## **6. Planning Report**

In the Planning Officer's absence, the Vice-Chairman referred to the Great Holland Nursery Development application, which is to be discussed by the Council next month; the general feeling was that the application will be passed. A resident mentioned the path from Main Road to Pork Lane which has fallen into disrepair, and questioned why money was spent putting it in if it was not to be maintained. Cllr. Robert Bucke said he would inspect it, and also mentioned that Network Rail was considering closing the footpath from Blue House Farm to Pork Lane, which crosses the railway line. The Lion's Den was mentioned and described as an eyesore; Cllr. Bucke reported that it is to be partially demolished and replaced by a new house. The dementia home was mentioned; nothing is happening with this development and it is likely that it will be sold on at some stage. The white poles marking the gas mains in the village were mentioned by a resident; it appears that these are the result of an EU Directive and this village is not alone in having them installed. Denys Strich mentioned the proposed development at The Cottage in Church Lane: at the rear of this site are two large garages, one of which has been converted into accommodation. This has been reported to the Council, but no action has been taken. Cllr. Bucke said he thought this had not been authorised, and he will look into the matter; Denys Strich to forward to Cllr. Bucke all the information on this. A resident asked whether these matters warrant a formal letter from the GHRA, as it appears that the Council members on the Planning Committee do not support the parishes which they represent. It is understandable that the Planning Officers consider that they should implement Government guidelines, but Councillors are supposed to act for the people that elect them, and they appear not to do so. The Chairman to be approached to write a letter to the Council regarding this matter. A resident mentioned Lodge Farm and asked whether planning permission had been granted for the developments there; Cllr. Bucke said that permission had been granted some time ago for change of use but the development appears to have spilled over to the adjacent field, and he reported this to Tendring District Council three months ago; this matter is still on Cllr. Bucke's Enforcement Agenda with TDC. The Local Plan will go to a Council Meeting on 5<sup>th</sup> July and will then go out for consultation. Cllr. Bucke mentioned his concern that Turpins Farm, at the corner of Elmtree Avenue and Walton Road, Kirby-le-Soken, where it is proposed to build 250 houses, has been designated under Frinton, Walton and Kirby Cross rather than Kirby-le-Soken.

## **7. Treasurer's Report**

Treasurer Denys Strich presented his report: income for the year to 31<sup>st</sup> December 2015 was £960.45 and expenditure was £777.02, which included a net £250 towards the Consultancy Fee for fighting the Great Holland Nursery Development. The closing balance at the bank for the year was £2,772 with a further amount of £97 held in cash, making a total of £2,869 in hand; he mentioned that he still has a stock of Christmas Cards for sale, and if these are not sold this year they will have to be scrapped, which would be a pity. Denys also mentioned membership figures: of 407 households in the village, 108 were members of GHRA at the end of last year, with 28 of those households being of single occupancy. Some roads are under-represented: for example, Little Clacton Road has 51 households with only 10 as members, and Main Road has 42 households with only 6 as members.

## **8. Date, Time and Venue of Next Meeting**

The next meeting will be held on 15<sup>th</sup> October 2016 at 10.30am in the Village Hall.

## **9. Any Other Business**

### **a) Progress at The Manor (formerly the Ship Inn)**

The owners have invested a great deal of money, time, effort and enthusiasm into bringing The Manor up to a good standard. The owners want to open The Manor as soon as possible, and this will probably be at the end of June. It was mentioned that it would be good if the Village could support the pub.

### **b) Traffic Signs in Little Clacton Road (VAS signs)**

Cllr. Bucke said that he was still waiting for the Council to install the signs as they had promised to do. Cllr. Bucke also mentioned that we now have 6 PCSOs funded by the local Council. The number of community sergeants has been reduced to 2, working 2 shifts instead of 3, working until 10pm only.

### **c) Volunteers for GHRA Stall at Village Fête**

Volunteers are requested to help man the GHRA stall at the Village Fête. Please contact the Secretary. Sue Jenkins has asked for volunteers to help generally in setting up and clearing away at the fête.

### **d) Tea Party in Village Hall to celebrate the Queen's Birthday, June 12<sup>th</sup>**

There will be a tea party in the Village Hall on June 12<sup>th</sup> to mark the Queen's birthday, 2pm to 5.30: there will be a cold drink on arrival and afternoon tea will be served at about 3pm and there will be a raffle at 5pm. There will also be light entertainment. Tickets will be on sale (£5) available at the Home Made Hour at the Village Hall and also the tea room at Pork Lane Fruit Farm. Tickets are also available from Sandra Mooney (telephone number 672453).

### **e) All Saint's Anniversary Service, 11am Sunday 22<sup>nd</sup> May**

There will be an Anniversary Service to mark 150 years since the rebuilding of the Church at 11am on Sunday 22<sup>nd</sup> May. Refreshments will be served after the service.

### **f) Bus shelter in Main Road**

A resident asked if the Association could press the Council for glass to be installed in the bus shelter in the Main Road, as it would provide more shelter from the cold for people waiting there.

**g) Play Equipment for Park**

Cllr. Chris Keston reported that funding is being sought from Tendring District Council for play equipment and improvements to the Park; once granted, other funding will be sought – Lottery Grant, etc. Cllr. Keston said that it is hoped to incorporate some parking facilities at the Park, to avoid people parking in Pork Lane. A resident asked whether it is intended for the hedge around the park to be cut for security purposes as originally mentioned, so that children in the Park could be seen, and hoped that if so, the hedge would be cut on the Pork Lane side only. Another resident complained that the hedge obstructed the view of drivers leaving Pork Lane and made exiting the Lane dangerous. Cllr. Bucke said that he was not aware of any intention by the Council to cut the hedge.

**h) Potholes**

A resident complained that nothing had been done to rectify the potholes in Pork Lane; Cllr Bucke said that 6 weeks ago he drove 2 Highways Officers around the area, including Pork Lane, pointing out the potholes that were in urgent need of repair. Nothing has been done since, and Cllr. Bucke says that he has been told by Essex County Councillor Cabinet Member Rodney Bass that highways are his responsibility, not that of Cllr. Bucke, who says he will continue to report and fight against poor highways infrastructure.

**i) Hamilton Road**

A resident of Hamilton Road pointed out that the PCSO Report from October 2015 to January 2016 stated that there had been criminal damage to a road sign in his road; this was incorrect.

**j) Speeding**

A new resident of the Village complained of the speed at which vehicles pass through the Village. It was pointed out that the Residents Association has been fighting for a way of stopping speeding since its inception. The only answer was to have some kind of physical obstruction such as speed bumps, but these were not likely to be installed and in any case were unpopular with the Villagers. GHRA have tried to get a speed camera installed with no success, but it is felt that even if one were installed, from past experience with hand held cameras motorists would not be fined for speeding. The Association was requested to send a letter to the County Council registering the continuing concerns of the residents regarding speeding, It was pointed out that as buses and bin lorries were also guilty of speeding through the Village, a letter from the Association should also be sent to the Bus Company and Veolia. Cllr. Bucke pointed out that Speedwatch members with hand held cameras had been successful in slowing motorists, and perhaps the answer was to have many more Speedwatch team members to do watches out on the main road. Another suggestion was that the present speed limit of 40mph, from the entrance to the Village near Kirby Cross to near Pork Lane, should be changed to 30mph.

A vote of thanks was given to Louise Goodwin (who was also thanked for arranging and providing prizes for the raffle) and Hazel Martin for their past service as Joint Secretaries.

The Raffle was then drawn and the Meeting closed at 11.40am.

**Great Holland Residents Association- Income & Expenditure 2015**

**General Activities**

Receipts			Payments		
2014		2015	2014		2015
£362.00	Subscriptions Current Year 2015 - 108 Households/members)	£355.00	£59.00	Hire of Hall for meetings (inc Parish Room for committee meetings)	£49.50
£39.00	Subscriptions Next Year 2016 households/members) - 4	£12.00	£36.89	Photocopying & printing	£78.52
£29.07	Donations (coffee etc)	£27.45	£5.75	Coffee, milk biscuits etc	£4.00
	Donations to GH Nursery Planning Objection Fund - 5 Donators	£350.00		Charitable Donations	£0.00
				Gifts	
			£25.00	Membership of NORA	£25.00
				Investigating Costs	
			£600.00	John Newton - Consultancy Fee (GH Nursery)	£600.00
			£20.00	Wreath for Remembrance Sunday	£20.00
	Income from Raffle at Village Fete	£72.00		Expenses for Raffle at Village Fete	£0.00
				Donation to Fete Funds	£0.00
£27.00	Income from Raffles	£144.00		Expenses for Raffles	
			£4.00	Refund of Membership to Hunt, N&P (non resident)	£0.00
<b>£457.07</b>	<b>Total Receipts</b>	<b>£960.45</b>	<b>£750.64</b>	<b>Total Payments</b>	<b>£777.02</b>
-£293.57	Excess of Payments over Receipts	£0.00	£0.00	Surplus of Receipts Over Payments	£183.43
<b>£750.64</b>		<b>£960.45</b>	<b>£750.64</b>		<b>£960.45</b>

**Great Holland Residents Association Christmas Cards - 2015**

2014		2015	2014		2015
£30.00	Sale of Christmas Cards (to 31/12/2015)	£8.00	£0.00	Expenses for Christmas Cards	£0.00
			£30.00	Surplus of Receipts over Payments	£8.00
<b>£30.00</b>		<b>£8.00</b>	<b>£30.00</b>		<b>£8.00</b>

**Great Holland Residents Association - Summary as at 31st December 2015**

Opening Balances as at 01/01/2015			Stock of Christmas Cards - 316 Child @ 5p	£15.80
- Nat West Bank	£2,596.06		Stock of Christmas Cards -1133 Adult @ 3p	£33.99
- Cash	£81.51		GHRA Banner (less 20% depreciation)	£34.00
				<b>£83.79</b>
Surplus of Receipts over Payments for year			Closing Balances as at 31/12/2015	
- General Activities	£183.43		- Nat West Bank	£2,772.00
- Christmas Cards	£8.00		- Cash	£97.00
<b>LESS Late presented cheques</b>				
	<b>£2,869.00</b>			<b>£2,869.00</b>

The above Receipts and Payment Account for the period has been prepared in accordance with the books and records of the Association. The Summary as at the 31st December 2015 shows the true position of the affairs of the Great Holland Resident's Association.

I have reviewed without carrying out an audit, the records of the Association and confirm that the above Receipts and Payments Accounts and Summary are in accordance with those records.

D. L. Strich (Treasurer) 10 Feb 2016 Dated

S. Nicholls (Auditor) *Sylvia Nicoll* Dated



# POLICE NEWS

## INCIDENTS .....

I am unable to include all incidents that have been reported due to their sensitive nature (reports from 12/03/16 – 15/05/2016).

**Suspicious circumstance** : A male was found hiding between a caravan and property in Main Road. Occupants confronted the male who ran off towards Pork Lane and was seen getting into a White Van that sped off. Did anyone see anything?

### **Road Traffic Collision**

**Firearm seen** : This was someone shooting vermin

**Missing Person** : Found safe and well

**Nuisance Communications** : A resident of Rosery Mews has been receiving hate mail that seems to be from a resident or residents of Rosery Mews. If this is you or you know who is doing this PLEASE STOP NOW. We have various cards and letters that are hand written and we have an idea of where they may be coming from. If this carries on a Police investigation will take place, a handwriting expert will look at the written material and a Police prosecution will follow.

## OTHER .....

### **Street Meets**

Police surgeries have now stopped in the Frinton and Walton areas due to lack of attendance.

### **Review of PCSOs**

A new PCSO has joined the team. His name is Fraser Walsham. He has been a PCSO for Clacton and brings plenty of experience to the team. Danny has now moved onto a property role within Essex Police.

\*\*\*\*\*

You can contact either me or Michele by calling 101, Extension 487553, or by email (see below).

Keep safe.

PCSO 70843 Paul Brassey  
PCSO 6477 Michele Diss  
Walton Police Station  
Martello Road  
Walton-on-naze

[paul.brassey@essex.pnn.police.uk](mailto:paul.brassey@essex.pnn.police.uk)  
[michele.diss@essex.pnn.police.uk](mailto:michele.diss@essex.pnn.police.uk)





# DOORSTEP/ROGUE TRADER ALERT!

**Essex County Council Trading Standards and Essex Police are working in partnership to raise awareness of doorstep /rogue traders and bogus callers. Doorstep and rogue traders are operating in your area and carrying out work that may be totally unnecessary for what may, at first, appear to be a very low price.**

## **FOLLOW OUR USEFUL HINTS AND TIPS:**

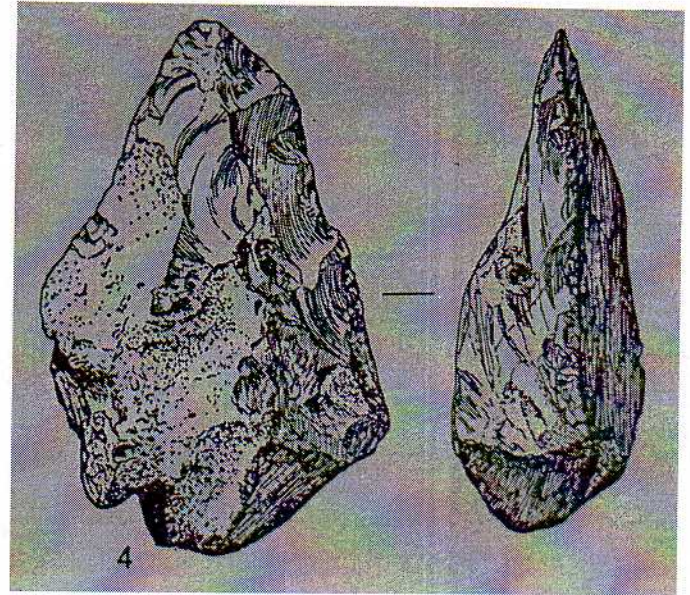
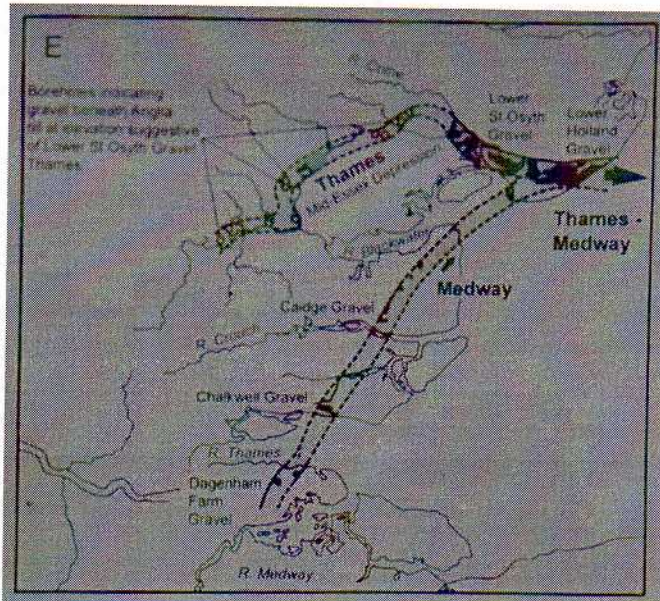
- **Never agree** to having work carried out on your house or garden by anyone who knocks at your door.
- **Always check** that the information provided in leaflets posted through your door is genuine for example check the address actually exists.
- **Don't feel pressurised** into signing a contract and do not respond to scare tactics such as your roof/chimney is in a dangerous condition.
- **Always obtain at least three quotations** before signing a contract and be specific about what work should be covered.
- If you need household repairs or maintenance use a **Buy With Confidence business** via **08454 040506** or **www.buywithconfidence.gov.uk** These businesses are audited and approved by Trading Standards.
- **Keep an eye on elderly, vulnerable neighbours**, friends and family members and report any doorstep activity to Trading Standards via the helpline on **08454 040506**.
- **Never pay money up front.** If asked for a deposit only agree to a small percentage of the full price.
- **Never let anyone into your property** unless you have checked their identity; keep the door chain on or shut the door while you check.
- **Don't be embarrassed or frightened** if you have been caught out by a doorstep/rogue trader, Trading Standards can help.
- **Report any suspicious activity** to Trading Standards via the helpline on **08454 040506** or to **Essex Police on 101**.

**HELP US STOP THIS ACTIVITY IN YOUR AREA!**



Essex County Council

## Clactonian Man ~450,000 BC



In 1911 an archaeologist named Hazzledine Warren discovered a deposit under the area that is now Clacton Golf course near Jaywick. Primitive flint tools were discovered along with the tip of a wooden spear and the remains of giant elephants, and hippopotamus. The deposits contained evidence that the area had been a low lying marshy area by a river channel and the type of technology in evidence has been used to date similar discoveries in Kent, Belgium and further afield. The technology is described as Clactonian, and the date of the deposits is now considered to be more than 400,000 years. The 'people' living in the area were not modern humans, they were a different species of hominin, a cousin of ourselves, known as *Homo heidelbergensis*, one which may eventually have evolved into Neanderthal man.

During this time the world was in a relatively warm period between ice ages, while the sea level was low, and the coast was many miles to the north and east of here. The River Thames followed a very different path then, having before this time passed over Happisburgh in Norfolk, but gradually it eased southward until at the time of Clactonian man it was close to Great Holland but was a very different sort of river from those we are familiar with. In ice ages huge amounts of ice were stored further west. When the climate warmed, melting was rapid and created a very wide Thames valley, criss-crossed with unstable shifting islands, banks, meanders and channels, depositing huge amounts of gravels. Furthermore feeding into this valley from the south, was the River Medway of the time. We know this because some of the pebbles we see here have come from Kent transported north by the Medway. I have a small round pebble of Wealden sandstone, found during some digger work at Holland Pits demonstrating this.

We have a good indication of what the landscape was like because deposits from the layer contain pollen samples and the remains of small snails, which indicate river channels in a freshwater environment. Trees present were mostly ones that are still here; alder, hazel, birch, pine, oak and elm amongst them. Such familiar plants as buttercups and rushes suggest a mixed landscape of trees glades and marshes while the sediments are evidence of both still and moving waters.

Some of the animals whose presence has been reliably detected here include straight tusked elephant, rhino of three species, lion, hyena, auroch (the giant extinct ancestor of cattle), bison, bear, beaver and so on. Small mammals were also present. Some of these species are only found in the tropics these days but that does not imply there was a particularly warm climate. The tree species are almost the same mix as we have now in the present interglacial period.

Holland Pits is a former quarry from which the gravels deposited by this ancient proto-Thames river were extracted. Geologists name it the Lower Holland beds. The patchy mix of different sediments laid by this tangle of ever shifting 'braided' channels, made it problematic for ballast extraction. If it had been easier to extract, the parish may have become a series of quarries such as you can see outside Colchester.

Numerous references are from the web.

**Bob Seago**

Warden, Great Holland Pits

## **Frinton & District Horticultural Society**

**Our meetings take place at Frinton Methodist Church Hall in Fourth Avenue  
7.15 for 7.30pm**

**Thursday 2<sup>nd</sup> June**

**'Coastal Wild Life'**

An illustrated talk by Barry Kaufmann-Wright



**Competition: A Scented Rose**

**Saturday 18<sup>th</sup> June**

**SUMMER SHOW**

**McGrigor Hall, Fourth Avenue, Frinton-on-Sea**

**Open to the public: 1.30pm**

**Prize giving: 3.00pm**



If you are interested in joining the Society, please come to one of our meetings or contact the Membership Secretary (Linda O'Reilly) on **852195** for further details. Our annual membership subscription is £7.



## Coffee Morning and Cake Sale

Friday 24<sup>th</sup> June

At The Orchard Tearoom, Park Fruit Farm, Pork Lane  
10.00am - 4.00pm

To celebrate the Queen's 90<sup>th</sup> Birthday and to raise money for the Air Ambulance.

### Date for your Diary:

On Monday 4<sup>th</sup> July, villager Ben Eagle will be the speaker at the monthly meeting of Tendring First Ladies (men are welcome to come along!). Ben's talk is entitled 'History of Naze Peninsula - Pushed to the Edge'. The meeting is at the **Methodist Church Hall, Frinton at 2.30pm**. The £2.00 entrance fee includes tea and homemade cake. There will also be a raffle.



### Beginners Yoga class at Great Holland Village Hall

As shown on the updated Village Hall Timetable, a new Yoga Class now takes place at our Village Hall on Wednesdays from 9.30am - 11.00am. Teacher Srina Patel will provide step-by-step guidance on breathing techniques, yoga postures and proper relaxation. Srina's article opposite summarises the many benefits of this ancient science of wellbeing. If you are interested in joining the class or just want to find out more, Srina can be contacted on **07835 730593**.

### Local events

News of forthcoming local events is often given to us some time in advance. Details are printed in good faith in Great Holland Village Voice, but circumstances can change. To avoid possible disappointment may we suggest that if you plan to attend an event mentioned in Village Voice, you might like to use any contact number given to check in advance whether the event is still taking place.

## YOGA: an ancient science of wellbeing

Yoga has gained tremendous popularity in recent years. So much so that last year marked the launch of the inaugural international yoga day (21<sup>st</sup> June 2015). The day was celebrated with events held in towns and cities across the globe, bringing the message of yoga to a wider audience.

But what is yoga, exactly? Perhaps an image of someone stretching themselves into strange postures comes to mind! Well yes, practising exercises to keep the body healthy and strong is certainly one aspect. To understand yoga we need to take a look at its origins. Yoga comes from the Sanskrit root word 'Yog', meaning union. Originating in the Indian subcontinent thousands of years ago, yoga was developed by sages and philosophers of the time. They would take great care of their bodies, be mindful of diet, proper breathing, and live in harmony with their surroundings. They did all these things to create optimal living conditions in order to turn their attention inwards, pursuing the spiritual path. It can be hard to contemplate on the true nature of existence when your mind is preoccupied with scattered thoughts, feuds with the neighbours, or poor health!

Yoga can be thought of as a 'toolkit' to help us find balance within our lives. Suitable for everyone regardless of religious belief, age, gender, etc. it is a truly universal practice. For those who adopt principals of yoga it becomes integral to daily life. Broadly categorized into four paths:




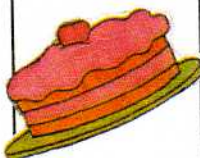
1. **Raja Yoga – the path of scientific enquiry.** This path includes physical exercises and breathing techniques. Through control of the senses we learn by direct experience.
2. **Karma Yoga – the path of action.** Observing our actions and the impact they have on others. Karma yoga can include selfless service (perhaps volunteering for a worthy cause). It helps to break down ego, allowing one to become humble and develop love and compassion for all.
3. **Jnana Yoga – the path of knowledge.** Learning through study of the ancient yogic scriptures.
4. **Bhakti Yoga – the path of devotion.** By adding structure to how we express our own beliefs, for example by regularly visiting our place of worship, devotional singing, or simply connecting in our own way each day, we can channel the mind to focus on the divine.

Why practice yoga? The multiple health and wellness benefits in themselves are surely a good enough reason to try yoga, even if we're not looking for enlightenment! Findings of modern science are now supporting many of these powerful claims. Here are just a few great reasons to try yoga:

1. **Strengthens the heart.** Like any aerobic exercise, yoga helps to give the heart a good workout. In addition, the inverted postures allow gravity to supply the heart with a rich supply of blood. The heart muscle is then stretched, allowing it to pump blood more efficiently with each beat.
2. **Yoga is a holistic exercise.** While many exercises may only focus on the muscles or the heart, yoga is designed to strengthen the entire body. The postures work on balancing internal systems such as the digestive system, nervous system, and endocrine system.
3. **Promotes self-healing.** Yoga helps us to control stress, a risk factor in many major diseases. By working on difficult emotions, yoga also targets the root cause of many health issues. Balanced emotions lead to healthier lifestyle choices which in turn reduce our risk of disease.
4. **Exercises the spine and supporting back muscles.** This helps to strengthen the back against injury, correct misalignments from poor posture, as well as maintain overall flexibility.
5. **Muscles and joints.** Postures use the body's own weight to help condition and strengthen the muscles. Keeps the joints mobile and promotes fluid circulation in the joints.
6. **Mental benefits.** Postures such as the balances help to improve concentration. Yoga can also help to improve memory as well as reduce stress.
7. **Spiritual benefits.** Yoga can help us to find a sense of peace. Many people feel calm and rejuvenated after practising yoga. They are energised physically, mentally, and spiritually.

# What's on in your Village Hall?



Day	Morning	Afternoon	Evening
<b>Sunday</b>	AVAILABLE	AVAILABLE	AVAILABLE
<b>Monday</b>	AVAILABLE	<b>Tendring Male Voice Choir</b> 3.00-4.30 p.m. Contact: Ilze 813909	<b>Cardio Vascular</b> 6.45-7.30 p.m.  <b>Pilates</b> 7.30-8.30 p.m. Contact: Claudine 862505
<b>Tuesday</b>	 <b>Fantari Dance and Fitness</b> 9.30-10.30a.m. Contact: Sarah-Jane 688740  <b>Gentle Tai Chi with meditation</b> 11.00a.m.-12.30 p.m. Contact: Ruth 07724 133702	 <b>Carpet Bowls</b> 2.00-4.00 p.m. Contact: Les Miller 671214	 <b>Links Karate</b> 5.30-7.30 p.m. Contact: Paul Harris 830136  <b>Badminton</b> 9.00-10.30 p.m. 671300
<b>Wednesday</b>	<b>Yoga</b> 9.30-11.00a.m. Contact: Srina 07835 730593	<b>The Coastal Singers (mixed voices)</b> 2.30-4.30 p.m. Contact: Ilze 813909	<b>Aerobics</b> 7.00-8.00 p.m. Contact: Claudine 862505
<b>Thursday</b>	<b>Tai Chi</b> 9.30-12.30p.m. Contact: Des Exworth 679610 (additional classes are available)	AVAILABLE	<b>Belly Dancing</b> 7.00-8.00p.m. Contact: Almeira Carmichael 07900 241630/ 01255 678297
<b>Friday</b>	<b>Beginners Tap</b> 11.15a.m.-12.15p.m. Contact: Ester Altin 07785 728920	AVAILABLE	<b>Links Karate</b> 6.00-8.00 p.m. Contact: Paul Harris 830136
<b>Saturday</b>	 <b>Home Made Hour</b> 10.00-11.00a.m. First Saturday of the month (NOT January, February, August or October)	AVAILABLE	AVAILABLE

## Rate for hire of Village Hall

£10 per hour. Please contact Coralie Harris on 830136 to book. (Email: [coralieh@live.co.uk](mailto:coralieh@live.co.uk))

Updated May 2016

## A SNEAK PREVIEW OF “THE MANOR”



After an extensive renovation programme The Manor will be opening in the middle of June. It is regretted that it has taken longer than expected but there have been more than a few problems along the way. Jonathan, Olivia and Edward would like to thank everyone for their support and hope they will be as pleased with the end result as they are.

They will only be taking reservations for the restaurant to start with so please call **01255 440310** to book.



## FROM THE ARCHIVES .....

In the CLACTON TIMES & EAST ESSEX GAZETTE on the 15<sup>th</sup> April 1939 there was an unusual poem about a character in Great Holland (it is written in dialect):

### "A BALLAD OF GREAT HOLLAND" by LEON

If you ever goo to Holland  
You're bound to meet owd Tom  
He's the artfulest owd chap  
As ever I did see  
You'd have to git up early  
To catch he unawares  
He's as crafty as they make 'em  
That he be.

You'll find he in the Lion  
Or else the Ship I guess  
Or 'haps he may be somewhere  
Up the Street  
He's allus up to some lark  
Along with they there boys  
He's a rum un is owd Tom  
Aye that he be.

Owd Tom he'd cut sich capers  
An nannick with they boys  
Till they jist die a laughin  
Pretty nigh  
No wonder that they boys  
Like to git along-a-he  
For they know as how thar'l  
Be a master spree.

I wonder what the new parson  
Will think of poor owd Tom  
Or if owd Tom will try his  
Pranks along-a-he  
That'll take he all his time  
To try an convert he  
He's sich a caution lark-a-mussy  
That he be.

I know who the author of the poem was. I know that the Reverend G A Barclay had recently moved to Cromer with his family and that the Reverend E A Theobald succeeded to All Saints on 10<sup>th</sup> May 1939 (the new parson referred to in the poem). But does anyone know who 'Owd Tom' was?

May 2016

Liz Bruce, Local History Recorder  
Tel: 01255 676960

## Tending First Ladies

We welcome everyone to our friendly group that usually meets on the **first** Monday of each month - although this can vary due to Bank Holidays. We charge £2.00 entrance at each meeting to cover the cost of the room hire. A speaker talks for about 30 minutes and then tea and homemade cakes are served. There is also a raffle.

**Our meetings take place at at the Methodist Church Hall, Frinton at 2.30pm.**



**Monday 6<sup>th</sup> June:**  
**Barbara Faulkner**  
Let's go Shopping

**Monday 4<sup>th</sup> July:**  
**Ben Eagle**

History of Naze Peninsula - Pushed to the Edge

For more details please contact Fiona Robertson:  
01255 679006 or e-mail [fiona348@btinternet.com](mailto:fiona348@btinternet.com)

## Friends and Neighbours of Great Holland

Our next meetings will be on **Thursday 2<sup>nd</sup> June** and **Thursday 7<sup>th</sup> July** at 2 Great Holland Court (opposite the Village Hall), at 2.00pm. Everyone is welcome for tea, a chat and to plan activities for future meetings. You can bring your knitting or sewing if you wish.

Phyllis Margetts  
851118



## Frinton & Walton Postcard Club

Although this Club was started for those who collect, or are interested in, postcards, you do not have to have this as a hobby to join our friendly social evenings and enjoy the talks/presentations given by guest speakers on a wide variety of subjects. Visitors and potential new members will be made very welcome. The entrance fee to our meetings is £2, which includes refreshments.

**Our meetings take place at St Cedd's Hall, Old Road, Frinton-on-Sea at 7.30pm**

**Tuesday 14<sup>th</sup> June**  
**Life in Woodwork**  
Ralph Bridgeman

**Tuesday 12<sup>th</sup> July**  
**The History of British Football**  
Peter Drake

Please telephone Margaret Wilsher on 674134 for further details

**Dr Carla Mahmoud**  
**Dr Mathew Kattukaran**

Tel: 01255 861850  
Fax: 01255 860330



**Thorpe-le-Soken Surgery**  
**High Street**  
**Thorpe-le-Soken**  
**Essex CO16 0EA**

#### THORPE AND KIRBY SURGERY NEWSLETTER-JUNE 2016

Hello again from everyone here at the surgery, finally we are seeing some warmer weather which unfortunately will mean more traffic on the local roads. Traffic and parking has always been a concern at both sites and we continue to receive complaints about parking from our neighbours, there is not much we can do to improve car parking facilities so I hope our patients will park sensibly.

Another problem that we continue to battle is missed appointments at both surgeries, there were 139 missed appointments in April-55 of which were for a doctor, 22 booked less than 24 hours ahead to see a matron, 27 for the practice nurses and 35 to see a healthcare assistant. Most patients are shocked by these statistics and I am continually asked what we do about it as a surgery. Unfortunately we are not allowed to charge as has so often been suggested by patients but I do write to repeat offenders and we are able to ask people to leave the list. At a time when NHS resources are so stretched this is an almost criminal waste and could be totally avoided if folk rang to let us know they are not able to attend.

At the recent PPG meeting there was concern raised about our lack of appointments and the fact that patients are attending the walk-in-centre if they feel that their matter cannot wait until the next available appointment at the surgery. We do now have our new Practice Matron Zoe Evans working alongside Amy Sutherwood and both are now offering same day appointments and home visits for our very sick patients, so we are back to full strength. Dr Carla has reduced her working week to 2 days, this does mean that she is booked up a considerable amount of time in advance and this alone can lead to patients forgetting to attend their appointments. Of course with 77 appointments for either a GP or same-day treatment wasted this means that were effectively wasting 75% of a full-time doctor and around 50% of a full-time nurse.

We also had a speaker at the PPG meeting, Trevor Norris, Director from Tendring Community Transport. He is making a case for funding for a hospital hopper bus to run from Walton through Kirby, Thorpe and Weeley to Colchester General. The service would be available to anyone who has an appointment or is visiting a friend or relative at the hospital, the cost is £7 per journey. The service already runs from Clacton and the hope is it could be extended, the buses are already available but funding is needed for the drivers. Trevor has asked us to collate a petition for funding from Essex County Council, next time you are in the surgery add your name to the list if you feel this would be of benefit to the villages.

We have expanded the services for on-line access to patient records in accordance with new guidelines, if you would like access to your medical record ask at reception for a PIN. The PPG plays an important part in helping us shape our services to patients, if you would like to join this friendly team contact [ppg.thorpesurgery@nhs.net](mailto:ppg.thorpesurgery@nhs.net)

Best wishes for June and the rest of the summer, Karen Austen.

---

Branch Surgery: 88 Frinton Road, Kirby Cross, Essex CO13 0HJ

Email: [thorpelesoken.surgery@nhs.net](mailto:thorpelesoken.surgery@nhs.net)  
Website: [www.thorpe-le-sokensurgery.nhs.uk](http://www.thorpe-le-sokensurgery.nhs.uk)

VAT No: 879 1018 03

## ENGAINS W.I.

We hold monthly meetings on the 2<sup>nd</sup> Wednesday of the month in The Village Hall, Little Clacton at 7.30 p.m. We are a lively and jovial bunch and would welcome new members. If you are interested in joining our group please do come along as our guest.

Our speaker for 8<sup>th</sup> June is Sarah Waldock who will be speaking on "Making Cards from Scraps". On 13<sup>th</sup> July we will be welcoming Rebecca Parry from Colchester Zoo. Please telephone Beryl on 01255 436162 for further details.



Frinton Branch  
presents

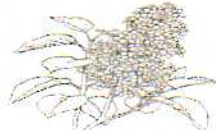
Workers'  
Educational  
Association

a one-day course on

# Essex Gardens and Gardeners

looking at the origins of gardening for pleasure and some well-known  
(and less well-known) Essex gardens, gardeners and plantsmen

**Tutor: Judith Williams BA Hons, DTLLS, Essex historian and  
Tutor in History & English at  
Southend Adult Community College**



on

**Friday 17 June 2016**

**10.30 a.m. - 3.30 p.m.**

(coffee from 10.00 a.m., lunch break 12.30-2.00 p.m.)

**at the Methodist Church Hall**

**Ashlyns Road, Frinton-on-Sea, CO13 9ET**

**Fee: £10.00**

**Book in advance on 01255 676734**

Workers' Educational Association, Registered Office: 4 Luke Street, London EC2A 4XW  
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