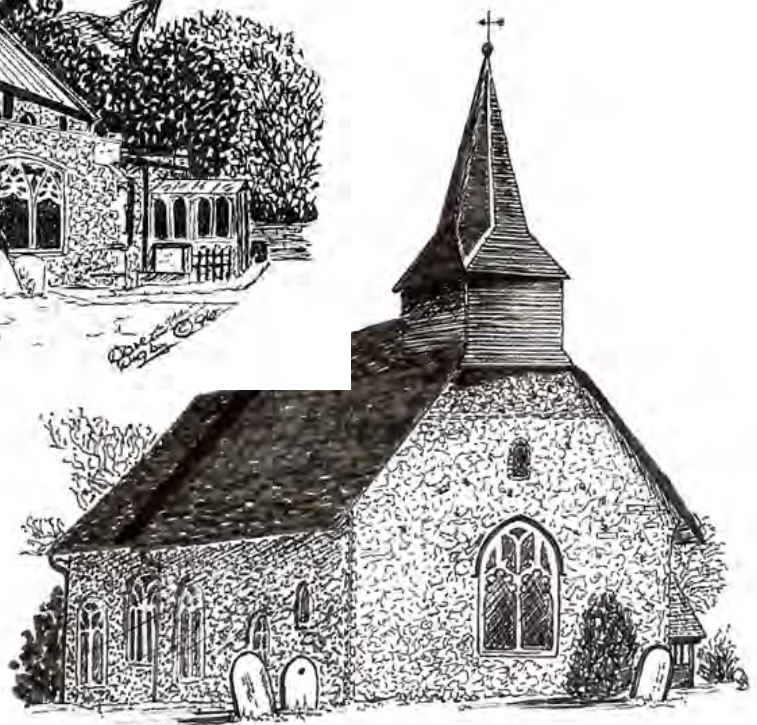
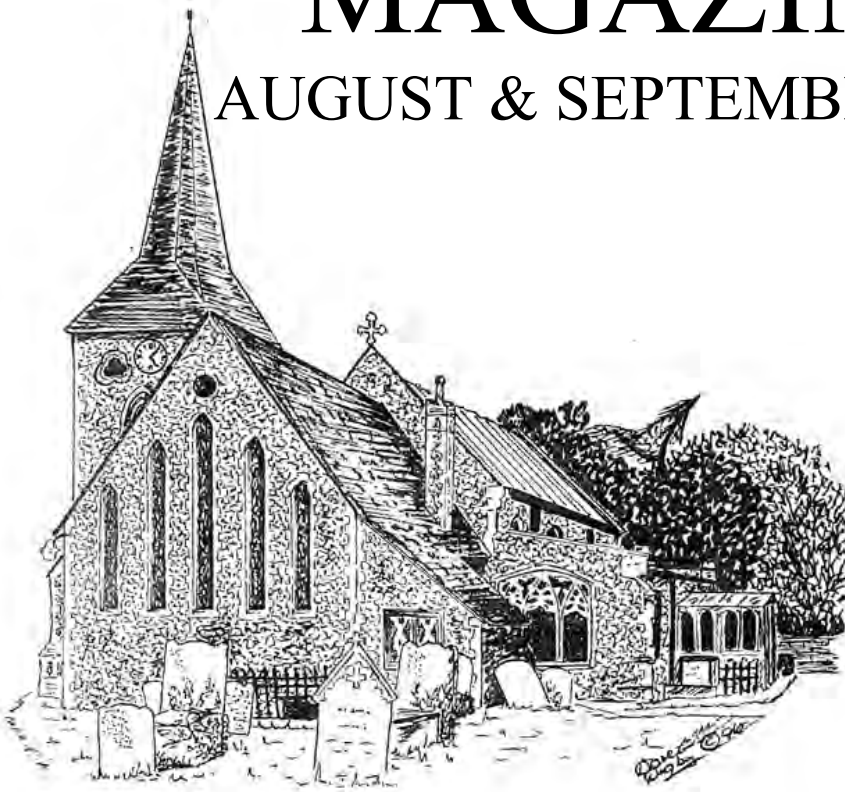


PARISH MAGAZINE

AUGUST & SEPTEMBER 2026



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WELCOME TO YOUR PARISH MAGAZINE

Church news is on page 28

FRIDAY EVENINGS IN STISTED VILLAGE HALL aka THE FAIRHEAD ARMS 6.00pm – 10.00pm

7 August Azzure Pizzas	14 August Pop-up Paella
21 August Chish & Fips	28 August Hellente Symposium
4 September Azzure Pizza	11 September Chish & Fips
18 September Pop-up Paella	25 September Hellente Symposium
2 October Azzure Pizza	9 October Chish & Fips

CRIB CLUB

Our group continues to meet each month with a regular attendance of between 10-15 people from both Stisted and Bradwell. We are a friendly group with a mix of skills and experience in playing the game. Fancy joining us for game of cribbage or would like to learn how to play? Come along on the last Friday of each month 2-4.30pm in the Montefiore Institute. All welcome.

Stella Harrington-Keeton



CANS

The second year of wildflowers planted by CANS at Priors Green are looking good. Bees, butterflies and walkers enjoyed the nature here.

123 CLUB

The club meets each Monday 2-4pm in the Institute for a cuppa and a chat. During these sessions we chat, play games and occasionally we have a local speaker which has led to some interesting and popular afternoons. Recently this has included a talk about Brenda Toys and one about the history of Hall Farm. We continue to support other local groups including Chair Pilates at the village hall, Crib

Club in the institute, the Wednesday bus service to town and Bingo at Bradwell Village Hall.

During June the group enjoyed the outing to Perrywoods in Sudbury where we looked around the shops and had lunch together.

Unfortunately Our River Stort boat trip planned for the end of May, had to be cancelled due to the extreme hot weather. This has now been rebooked for September.

We have lunch out at Weavers planned in August and are currently working on a day trip to Walton in September.

The group welcomes new members and runs on a come along when you can basis. Members are encouraged to share ideas of things to do together, people then pick and choose what they want to take part in. Those that can, offer transport to others that need it. In return the group offers a warm welcome, friendship and people to spend time with, doing things you want to do.

Stella & Helen

Village Fun Day and Arts & Crafts Weekend: a Great Success

The village came together in glorious sunshine for a fantastic weekend of community spirit, entertainment and celebration as the annual Village Fun Day and Arts & Crafts Exhibition proved to be another resounding success.

The day began bright and early as Lou and her team of willing helpers, Dave, Tony, Steve, Keith and Debs, decorated the playing fields with colourful bunting, helping to create the perfect setting for a memorable community event.

Building on the success of last year's gathering, this year's Fun Day offered even more attractions for visitors of all ages. A new addition was the popular gin van, serving locally distilled Essex gin from Stebbing, while the Essex Beekeepers brought along a fascinating display hive, honey and beeswax products, giving visitors a safe opportunity to learn more about the vital work of bees.

Animal lovers were delighted by a visit from Lee and Jane's donkeys, which quickly became one of the day's most popular attractions.

Unfortunately, the unusually hot weather meant that the planned dog

show had to be cancelled, but the decision was made with animal welfare firmly in mind.

Families enjoyed a wide variety of activities throughout the day. Two bouncy castles kept younger visitors happily entertained, while the amateur radio group provided hands-on demonstrations that proved particularly popular with children. The ice cream van also did a roaring trade, offering welcome relief from the summer heat.

The Royal British Legion was represented by Gordon, Essex County President, who shared valuable insights into the Legion's work and helped younger visitors understand the sacrifices made by generations of servicemen and women.

Entertainment was provided by an abundance of local talent. The village pop-up choir, talented singers and musicians kept the crowds entertained throughout the day, showcasing the remarkable range of talent within our community. There was even a brief appearance from 'Keith Richards' or perhaps it was simply our very own Beefy, local painter and decorator, in disguise once again!

Refreshments were served throughout the day from the pavilion, where tea, coffee and an impressive selection of homemade cakes (from our local volunteer bakers) proved extremely popular. Visitors also enjoyed barbecued burgers and sausages expertly prepared by Dave, Wayne, Sally and Lou.

A number of local stallholders displayed their skills and products, including beautiful handmade glass artwork, while visitors could also learn more about aromatherapy and the sound bath sessions regularly held in the village hall.

Howard and Usha displayed the village handbells and helped raise money for our local church bells which need restoration.

One of the standout attractions was once again the classic vehicle display. Local owners proudly showcased an impressive collection of classic cars and motorcycles, all beautifully maintained and presented. The vehicles attracted admirers throughout the day and remained one of the event's biggest highlights.

Although the local fire station was unable to attend after being called out to an emergency incident, organisers hope they will be able to join

us next year with one of their appliances and their always-popular fire safety advice.

Traditional family games returned once more, with sack races, egg-and-spoon races and a spirited game of rounders bringing out the competitive side of many participants. The return of rural games also proved a success. Following last year's welly-wanging competition, this year's challenge involved tossing straw bales over a high bar.

Organised and expertly managed by Steve, the event saw competitors reach impressive heights, with a new record of 3.7 metres reportedly being set.

The celebrations continued the following day with the Village Arts & Crafts Exhibition in the village hall. Talented local residents displayed a wonderful variety of work, including paintings, pottery, photography, glass art and crafts, providing a fitting showcase for the creativity that exists within our community.

Special thanks must go to the Parish Council for allowing the use of the playing fields and providing facilities, including much-appreciated Portaloos, complete with lighting this year, a luxury that did not go unnoticed! Also a special thanks goes out to Geoff who ensured all our electrical appliances were safe and who, along with Lynn scrubbed and tidied the pavilion so that we had a home for all those wonderful cakes! Above all, the weekend demonstrated what makes our village such a special place; a strong sense of community, plenty of local talent and a willingness to come together to create something memorable for everyone.

Over both days we managed to raise over £500 which will go towards our church bells.

Plans are already underway to make next year's event even bigger and better.

Tony McGrath

STISTED OIL SYNDICATE: If you are interested in joining, please contact me on stisted.oil.syndicate@gmail.com. July price was 64.80pp1 +5%VAT. The syndicate is open to all residents of Stisted and nearby hamlets.

Nichola Courtier



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COMMUNITY UPGRADE thanks to £2,000 grant

Stisted Community Shop has upgraded its counter thanks to a £2,000 funding boost the shop secured the grant from Braintree Council through the UK government's Rural England Prosperity Fund. The new, purpose-built counter features extra storage and front facing shelving allowing the shop to offer a wide range of essential goods. Justin Wrench, councillor responsible for economic growth at Braintree Council said 'community shops like this are at the heart of our rural villages providing not just essential goods but a vital social hub for residents. I'm delighted that this funding has helped the shop improve its facilities enabling volunteers to expand what they offer and continuing their brilliant work and serving the local community. the community run shop is the only place to buy frequently needed items in the village prioritising produce from the surrounding area where possible.' Lesley Collins, speaking on behalf of the shop said we would like to thank the community in Stisted for supporting us and to all the volunteers who help run the shop and Saturday café, we really couldn't do any of this without you, and finally the trustees of the Montefiore Institute who very kindly let us use their premises, the Hawthorn Trust for its ongoing support and of course Braintree District Council for this

latest grant.
Councillor
Richard van
Dalken and
Councillor Justin
Wrench
presenting the
cheque to
volunteers from
Stisted
Community
Shop.



Support Starts Here

More Than Just Food

At Braintree Area Foodbank, our support goes far beyond providing emergency food. Our Outreach Team is here to help people tackle the challenges that may have led them to need a foodbank in the first place, offering practical support, guidance and a listening ear.

Everyone's situation is different, so our team takes the time to understand what is happening and work alongside each person to find the right support. This might include checking whether someone is receiving all the benefits they are entitled to, helping with budgeting, or making referrals to specialist organisations for help with debt, housing, mental health, addiction, employment, domestic abuse or other issues.

We also work closely with Citizens Advice and many other local charities and services, helping people access the right support as quickly as possible. Our aim is not just to help with today's crisis, but to help people move towards greater stability and independence.

If you, or someone you know, is struggling, please don't wait until things become overwhelming. The earlier someone seeks help, the more options are often available. Our friendly team is here to listen without judgement and help people find the support they need.

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STISTED ARCHIVE School Talk on Brendatoys

Well... what a time Jennie and I had. Jennie Alderton and I were both a little intrepid about this venue as the children were so young, but we needn't have worried.

We were in the library (with air-con) and in came approximately 30 children (five to seven year olds) who sat cross-legged on the floor looking up at us. They were very attentive with obviously lots of eyes on the toys. Jennie was there as an original Brendatoys worker and I talked about the history of Brendatoys, with the help of a loan of Angela Johnson's toys as well as Jennie's toys.

Jennie and I had talked about bothering to take the sample of kapok, but I popped it in with the toys just in case. Within five minutes there came the question 'what are they stuffed with?' Amazing! And yes I did know it came from the kapok tree, luckily, in fact its seeds.

Jennie explained in simple terms how the Archive came into being and how important it was for the village.

The school had suggested the talk to be about half an hour because of their age but one and a half hours later we left with them all standing up shouting thank you and clapping. We both just stood outside the school with arms around each other laughing with relief and happiness. It was a joyous time there.

Silk-screen zebra:



Difficulties? Explaining tea and egg cosies, and sowing machines! They were also amazed that Brenda bought much of earlier fabrics from Braintree market! And we didn't go into the process of the silk-screening printing of her later toys but never-the-less they loved them.

Jennie and I would like to thank Year 2 and Miss N for being so welcoming

and making it a fun time with some very interesting questions. Top toys, the badger and the big silk-screened zebra.

Jennie Alderton and Sue Buffey

STISTED ARCHIVE 123 CLUB TALK ON BRENDATOYS

A change of venue for Jennie and me, with familiar faces surrounding us at the Montefiore Institute, which was reassuring. It included two folk who had also worked at Brendatoys, Linda Thompson and Maureen Smith. I will be asking them about their experience at Brendatoys at a later date for Stisted Archive.

One of Brenda's toys with the Design Council's kite mark.



There was great interest in the toys and their materials and surprise again, with Brenda's early sourcing of materials from Braintree market. Even I remember how good the material stall was in the late 1970s. There was a good description from Linda Thompson on how she

silk-screened the material for the later toys, plus a mention from Maureen Smith about a toy walrus she had made! Jennie pointed out the intricacy of the machine stitching, as many of the later toys had so much detail and there was awe again about the quality, particularly with the silk-screened toys.

The group were very taken with Brenda's story. She had the insight to send her toys to the Design Centre in London very early on where she was presented with their kite mark for her toys, which, gave her a 'passport' to export, especially to the USA. All this happened at a time when women owning their own business was virtually unknown. She had faced prejudice at every turn, but perseverance prevailed, and her talent and humour manifested itself in her toys and she created a buoyant business sending her toys all over the world. A big thank you to the 123 Club for their all their enthusiasm.

Jennie Alderton and Sue Buffey



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BOOK CLUB: Next meeting 16 September, Middlemarch by George Elliot. New members always welcome on 3rd Wednesday of the month at 7.30pm in the Montefiore Institute, bring drinks and nibbles and be ready for lively discussions. £1 subscription.

Lynn McCullough

STISTED ART & CRAFT EXHIBITION 2026

A big thank you to the village for the amazing turnout for our fantastic exhibitors who showed at the Village Hall on Sunday 5 July. It was incredible to see how many talented people live in our little village, with a diverse range of arts and crafts on show. Plenty of cake was sold (big thank you to those who made them). Cake sales were added to the total raised the day before at the Fun Day. Those involved in the Fun Day raised a total of £500 which will be donated towards the Church Bells Fund. Giles Gooden also raised £100 from picture sales which is to be donated to Danaher Dogs Home. We will certainly be returning next year, hopefully lots of new art to see and a few more of you will take part.



STISTED ARCHIVE

‘Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.’ Sherry Anderson

The chances are, that because the nature of volunteering is so complex, and quite often hidden, that we will fail to recognise someone who might have been doing so much for the community, and of course some do not want recognition, so apologies to them in advance!

So, where do we find volunteers in Stisted? Everywhere of course, because just being neighbourly, and looking out for others might overlap with volunteering, and Stisted has that in spades. Quite often, folk are not aware of what activities are on offer for free or at little cost, or where and when they happen as many, with good reason, are not on social media.

At the Annual Parish Assembly, earlier this year, the place where volunteers and volunteering can be properly celebrated, only 10 groups had been identified on the agenda, and I knew there were more, so the next day I posed the question on social media about the range of volunteering activities in our Parish, there was a rush of responses pointing out the many different groups and contexts in which volunteering takes place and is often missed.

It must be said that the many everyday acts of voluntary support for one another, from both neighbour and stranger do not have a name, as they are simple acts of kindness.

Perhaps volunteering should not have a name as it’s simply what we want to do for the benefit of the community, but would it still be recognised?

So, at the last count there are close to 30 examples that formally exist and are listed below. Some are low profile and very much hidden, some high profile and quite visible. Some can be relentlessly demanding such as the role of Parish Councillor which is bound by local government legislation and planning law.

Volunteering often arises out of the passion of one or two and then just grows quite naturally, the Book Club, Stisted Players, Craft and Chat and The Stisted Archive and many others are good examples of this. It’s a great way of making new friends

Some have a long history such as the 123 Club which meets weekly in the famous Meeting Room at the Montefiore Institute, a venue with an illustrious past from its days housing the Working Mens Club in the middle of the 19thC to the early Horticultural Groups and the Womens Institute (sadly now gone after 100 years). Some other notable examples are no longer running, such as Carpet Bowls the Youth Club, The Over 60s, Petanque, and more. But what

about The Horticultural Society, which in its heyday in the 1920s boasted a committee of 40 volunteers!

The exchange of information, engagement and mutual support in the community comes to a great extent from voluntary activity and this has gradually been overtaken by social media which excludes actual human interaction. It's heartening to see new volunteering opportunities from the new groups being formed. Some of the activities identified on our list below are struggling to get enough volunteers to ensure they continue, so for anyone wishing to help, the opportunities are there.

There can also be the problem where volunteering can replace the need for proper paid employment for jobs supporting the community. We should be vigilant about this.

Also we need to remember that volunteering in the community is easier for some than others due to family, work or health pressures. It is not a requirement or an expectation, and we must not make judgements. Folk contribute to society in both local and global contexts according to their priorities and needs. There is no hierarchy of expectations.

In the meantime, thanks to all those who are doing so much for Stisted in their own way. Here is the current list as far as I'm aware!

Stisted Voluntary Activities

All Saints Church	CANS (Climate and Nature in Stisted)
Community Shop & Post Office	Montefiore Institute
Neighbourhood Watch	Parish Magazine
Stisted Primary Academy	Tree Warden
Stisted Archive	Village Hall/Bar/Quiz Nights etc.
Book Club	123 Club
Stisted Players	Crafts and Chat Club
Cribbage	Bell Ringers
Hand Bell Ringers	Parish Council and Working Groups
Footpaths Officer	Stisted Saturday Morning Café
Litterpickers	Braintree Foodbank
Tai Chi	Annual Funday, Summer Fetes
Archive Garden Group	Neighbourhood Plan Group
Community Action Groups	Musicians and singers
Allotments and Community Orchard, Gardens and Wildlife area	

The list grows ...what's still missing? Let's make next year's Parish Assembly a proper celebration of volunteering in all its forms.

Howard Hollands

WEDNESDAY SHOPPER BUS Leaves the Montefiore Institute at 9.30am and returns from Braintree at 12 noon as before.

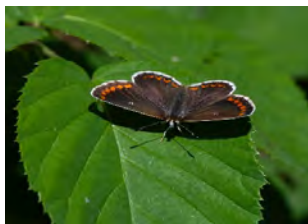
TAI CHI Takes place on Saturday mornings on the playing field, starting at 9.00am.

CANS: KNOW YOUR BROWNS

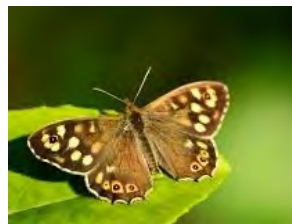
Brown butterflies are a diverse group found mostly in grassland and woodland. Now that there are many banks and verges with long grass mixed with wild flowers, we are seeing more of these brown butterflies than normal.



Essex Skipper



Small Brown Angus



Speckled Wood



Meadow Brown



Grayling



Ringlet



Gatekeeper



Small Wall



Jane Bailey

Braintree Camera Club



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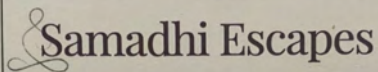
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STISTED CRAFT AND CHAT GROUP

EVERY WEDNESDAY FROM 2.00 AT THE MONTEFIORE INSTITUTE, £2 INCLUDES REFRESHMENTS

Every week the chat is never ending, most of it extremely educational, I for one have learnt lots, and it is often humorous. We have had a very busy couple of months since agreeing to be part of the Art and Craft Exhibition which took place on 5 July in the village hall. We 'set out our stall' and I was reminded of the old jumble sales! See the accompanying photos, but at least this display did encourage people to have a really good look at the crafts and ask loads of questions. All in all this resulted in valuable information imparted which includes a new start time for our meetings and re-visiting some of the crafts we did ages ago so others interested can have a go.

Please feel able to join us, we promise you a warm welcome.

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Rest, Reflection, and the Gift of Summer**

There comes a point in the year when many of us begin to feel ready for a pause. The schools have broken up, routines shift, meetings slow down a little, and the diary - if we are very lucky - starts to look slightly less terrifying. Summer arrives with its own kind of grace. Not always quiet, of course. Anyone who has ever packed for a family holiday knows that 'restful' is not always the first word that springs to mind when you are trying to fit half the contents of your house into the boot of a car.

But even so, summer invites us to breathe.

Whether we are going away, staying at home, seeing family, pottering in the garden, enjoying days out, or simply hoping for a few quiet moments with a cup of tea before someone asks where the sun cream is, this season offers us a chance to stop and take stock. And stopping matters.

We live in a world that often treats busyness as a badge of honour. We ask people how they are, and so often the answer is, "Busy," as though that proves we are doing life properly. Church life can be the same.

There is always something to plan, prepare, clean, move, print, unlock, pray about, worry over, or rescue from the back of a cupboard.

All of those things matter. The life of the church is built on the faithfulness of people who give their time, energy, gifts, and love in ways that are often unseen. But none of us can pour out forever without also being filled.

Rest is not laziness. Rest is not failure. Rest is not something we have to earn by reaching the end of the to-do list, mainly because the end of the to-do list is a mythical place, probably located somewhere near Narnia!

Rest is holy.

From the very beginning of scripture, rest is woven into the rhythm of creation. God rests, not because God is exhausted, but because rest belongs within the pattern of a good and faithful life. It reminds us that the world does not depend entirely on us, even when our calendars try to suggest otherwise.

Summer gives us space to think again. To notice what has brought us joy and what has quietly worn us down. To give thanks for what has been good. To be honest about what has been hard. To ask what God may be inviting us to carry forward, and what we may need to lay down.

September will come soon enough, as it always does, usually with a clipboard, a new rota, and a slightly alarming number of emails. Life will gather pace again. Church activities will restart. Plans will take shape. There will be much to do, and much to look forward to. But perhaps we will return better if we have first allowed ourselves to rest.

Not simply to collapse, but to be restored.

Not simply to do less, but to remember what matters most.

Not simply to take a break from responsibility, but to return to it with more patience, more joy, and hearts refreshed by God.

So, this summer, may we receive rest as a gift.

May we find time to laugh, pray, wander, read, garden, nap, sit quietly, or do absolutely nothing useful for a while.

May we remember that God is not impressed by exhaustion.

And when September comes, may we come back refreshed, thankful, and ready for whatever God has in store - preferably after one more cup of tea.

Please note I work full time in another role and check my messages once a day

With love and blessings,
Revd Tayrina *Curate at your parish church*

OUR WORSHIP AND ACTIVITIES AT STISTED AND BRADWELL CHURCHES

1 Aug	5 Sept	9.00am-10.30am Cleaning at Stisted followed by coffee in Village Shop at 10.30am
2 Aug	6 Sept	10.30am Prayer & Praise led by Guy, Pat and the church team
9 Aug	13 Sept	10.30am Morning Prayer led by Lay Minister Brian Meads

16 Aug	20 Sept	9.00am Holy Communion led by Revd Tayrina Ferguson. Book your place on the Walking Together group
23 Aug	27 Sept	2.15pm Walking Together group sets off 2.30pm-3.15pm Junior Church for young children and families 3.15pm Refreshments 4.00pm-5.00pm An Act of Worship at Eventide
30 Aug		United Benefice Service of Holy Communion at 10.30am at St Peter ad Vincula, Coggeshall

4th Sunday of the Month @ Stisted Church Walking, Worship, Crafts and Refreshments

WALKING TOGETHER IN STISTED

Sets off at 2.15 p.m.
Prebook your place by
preceding Sunday:
Contact Marisa:
07811 441 810

JUNIOR CHURCH

2.30-3.15 p.m.
Songs
Readings
Crafts and
Prayers

REFRESHMENTS

3.15-4.00 p.m.
Tea/Coffee
Squash/Juice Drinks
Biscuits

EVENING WORSHIP

4.00-5.00 p.m.
A Service of Worship
and Praise



FANCY JOINING ME FOR COFFEE MORNING?



Please join us !

To raise money for a fantastic cause, we will be serving tea & coffee all day along with cakes and savoury treats.

Friday 25th September
from 09.00 to 12.30
p.m. in the South Aisle
at Stisted Church.



Organised in aid of Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

WORLD'S BIGGEST
**COFFEE
MORNING**

Fundraising for
**MACMILLAN
CANCER SUPPORT**
RIGHT THERE WITH YOU



SUPPORTING OUR LOCAL

FOODBANK Stisted Church continues to raise funds for Braintree Foodbank by inviting donations for refreshments after the service. These will be forwarded

to Braintree Foodbank. If you wish to support this local charity with a personal donation, then please use this link below:

<https://braintreearea.foodbank.org.uk/give-help/donate-money/>

Alternatively, **FOOD DONATIONS** may be delivered to Stisted Church and left in the trolley inside the internal doors when the church is open between 10.00am and 3.00pm Friday, Saturday and Sunday.

A list of requirements is on page 18

OPEN CHURCH AT ALL SAINTS' STISTED Between 10.00am and 3.00pm Friday, Saturday, and Sunday. Light a Candle and Say a Prayer, Free Wi-Fi, Refreshments, Baby Changing and Play Area and Toilet facilities available.

COLLECTION BOXES ARE AVAILABLE FOR:

- **Used Batteries**
- **Candle Stubs** – to help make Trench Candles for the Ukraine
- **Old Prescription spectacles** for India via Vision Express
- **Garden Tools** periodically collection for **Tools with a Mission (TWAM)**. For more details go to: <https://www.twam.uk/ipswich>
- **Braintree Foodbank**, donations may be left in the South Porch.



AUTUMN FAIR

Saturday 19 September 2026, noon to 4.00pm

Homemade Cakes & Refreshments

Crafts – and so much more!

Supporting your village church

Grand Draw ticket sales in aid of Farleigh Hospice

Come along to this community event,

meet old friends, make new friends

ALL WELCOME



Physiotherapy

- **Spinal Injuries**
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- **Headaches**
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SOCIAL MEMBERSHIPS NOW AVAILABLE!

Sign up as a Braintree Golf Club social member today and enjoy access to our fully licensed and welcoming clubhouse for a bite to eat and a social drink!

Social membership for Stisted, Bradwell and Pattiswick residents costs just £75 for a full year. This entitles you to up to 20% off food and drink, plus the chance to show off your general knowledge at our popular Tuesday Quiz Night!

Please pop over to the clubhouse on Kings Lane or contact us on 01376 346079 Option 1 / email us at membership@braintreegolfclub.co.uk for further details.



Community Agents



Community Agents is a free to access home visiting service, helping people to live independently in their own home. We can help anybody over the age of 18 that is in particular need of a home visit in order to source the support needed.

Commissioned by



Essex County Council



essexwellbeingsservice.co.uk



BRAINTREE & DISTRICT AMATEUR RADIO SOCIETY

Braintree & District Amateur Radio Society attended the Stisted Village Fun Day on Saturday 4 July to set up a demonstration amateur radio station and also a Morse Code display. The Morse Code display proved very popular with people able to try their hand at

sending their name in code.

The radio station attracted a few interested people, however due to poor atmospheric conditions on the day not many contacts were able to be made. The poor conditions were largely due to solar activity over night on Fri/Sat and several people from Stisted reported that their TV reception had also been affected and were interested to learn of the cause of the problem.

Club meetings are held at Stisted Village Hall on the second and fourth Thursdays of each month starting at 7:30pm, Visitors are most welcome at any of our meetings. Full details of the meeting talks and activities can be found on the club website www.badars.co.uk

Geoff Nurse Secretary Braintree Amateur Radio Society.

PILATES NEWSLETTER

Joint Saviours

Creaky, aching joints become common as we are age – but you don't have to give in to stiffness and pain.

Your body has more than 230 mobile and semi mobile joints, which are lined with a slippery articular cartilage, 'oiled' by synovial fluid and held together by strong ligaments. As we age the synovial fluid becomes thinner and less cushioning while articular cartilage becomes softer, stiffer, and less able to withstand compressive forces, and this is why Pilates can help.

From mid-age onwards joints start to become creaky and aches and pains may set in. Have you ever done a squat and listened to the creaks as you lower your body down to the ground?

These creaks and pains can lead to osteoarthritis. It is not fully understood but is thought to result from an active process in which inflammation and an overzealous healing response result in further loss of cartilage and the formation of bony outgrowths, as a result, joint movements become increasingly painful, stiff, and restricted.

Joints thrive on the same healthy diet as the heart and brain, but supplements can also help to reduce inflammation, pain and swelling

Omega 3 fatty acids, Glucosamine and Chondroitin (I take this daily)

Turmeric, Rosehip, Devils Claw, Ginger Collagen

Did you know? Around 8.5 million in the UK suffer from osteoarthritis with most cases developing in people over 50.

I just found out that August is recognised as Happiness Happens month. An entire month dedicated to talking about your happiness and celebrating it. How cool is that? And how cool is it to finally find that mental place where you feel happiness?

The thing is happiness does happen, but it doesn't happen the way most of us think it does. We believe that happiness is what we're seeking but what we truly want is joy. You see, happiness is temporary. It's due to happenstance. Happiness is circumstantial, fleeting and it evaporates as the environment around us changes.

Feeling happiness is a great thing, but experiencing joy—well that's taking it to a whole new level. Happiness happens but joy lasts. The Greek word for joy is 'chara.' Joy is a feeling of inner gladness. It isn't based on circumstances but instead comes from a deep satisfaction from within. Pure pleasure, peace, and contentment with who you are. Unshakeable confidence and delight in that person and how you feel about them.

Joy doesn't just happen. It takes incredible internal work to get to a place where your satisfaction comes from within you. Joy isn't spontaneous. It's an achievement to realise you're no longer looking for fulfilment from the world. A lasting, incredible achievement.

I hope happiness happens for you but more so, I hope you find 'joy'.

And before I finally sign off, this article is just too good not to share. Love all 10 points, but if I had to pick one then I would say point 9.

Ten Hard Things We Should All Do for Ourselves More Often

1. Start letting go of rigid and unnecessary ideals. When a thought comes to mind, ask yourself if it's helping you grow or holding you back. Take back control! Make the unconscious, conscious, and let go of what isn't serving you. This form of letting go is not giving up. It's surrendering any obsessive emotional attachment to particular people, outcomes, or situations. It means showing up every day in your life with the intention to be your best self, and to do the best you know how, without expecting life to go a certain way. **Have goals, have dreams, take purposeful action, and build great relationships, but detach from what every aspect of your life must absolutely look like to be 'good enough' for you.** Just accept reality and then respond effectively.

Focus on what matters, what moves you forward today, and let go of what does not.

2. Start putting your heart and soul into the little things you do.

There's a big difference between empty fatigue and gratifying exhaustion. Life is too short. Invest daily in meaningful activities. Don't wait around! Too often we wait, because we think we need to "find" something new or different to be passionate about. But that's not true. If you want more passion in your life right now, act accordingly right now! Put your whole heart and soul into the next thing you do. Not into tomorrow's opportunities, but the opportunity right in front of you. Not into tomorrow's tasks, but today's tasks. Not into tomorrow's run, but today's run. Not into tomorrow's conversations, but today's conversations. I'm certain you have plenty in your life right now that's worth your time, energy, and passionate focus. You have people and circumstances in your life that need you as much as you need them. **You have a massive reservoir of passionate potential within you, just waiting. Stop waiting!** There is no tomorrow. Become it, let it become you, and great things will happen FOR you, TO you, and because of you.

3. Start stretching yourself to the edge of your ability. When you're struggling to make progress, that's when you actually are. Let that sink in. It's far wiser to spend an extremely high quality ten minutes stretching yourself, than it is to spend a mediocre hour sitting comfortably in place. You want to be stretched to the edge of your ability at least once a day; it needs to be somewhat difficult and slightly uncomfortable for a little while. But most of us don't want to be uncomfortable, so we run from the possibility of discomfort constantly. The obvious problem with this is that, by running from discomfort, we are constrained to partake in only the activities and opportunities within our comfort zones. And **since our comfort zones are relatively small, we miss out on most of life's greatest and healthiest experiences, and we get stuck in a debilitating cycle with our goals.** We keep doing what we've always done, and thus we keep getting the results we've always gotten. And our true potential falls by the wayside. Choose differently! **Go to environments that expand your mind. Spend time with people who inspire you to stretch yourself. Read books. Grow. Get better. Your life is mostly your choice.**

4. Start giving yourself more grace when things don't go well. It's incredibly easy to overestimate the significance of a single decision, outcome, or event in the heat of the moment. But you must remind yourself to take a deep breath when things don't go your way. Your results in the long run — good or bad — are always the byproduct of many small steps, outcomes, and

events that transpire over time. The truth is we all fail sometimes. The greater truth is that no single failure ever defines us. Learn from your mistakes, grow wiser, and press on. Character and wisdom are sculpted gradually. They come with loss, lessons, and triumphs. They come after doubts, second guesses, and uncertainty. The seeds of your success are planted in your past troubles and failures. Your best stories will come from overcoming your greatest challenges. Your praises will be birthed from your pains. So, keep standing, keep learning, and keep living.

5. Start side-stepping senseless drama. Tune out the cheap shots people take at you along the way. Don't waste words on people who deserve your silence. Sometimes the most powerful thing you can say is nothing at all.

Seriously, **before you waste it on anger, spite or frustration, think of how precious and irreplaceable your time is today.** Give yourself a permanent break from the drama that can be easily avoided — don't engage in it.

Life is just too short to constantly argue and fight. Count your blessings, value the people who matter, and move on from the drama with your head held high.

Remind yourself that calmness is a human superpower. **The ability to not overreact or take things personally keeps your mind clear, your heart at peace, and yourself moving forward.** So take constructive criticism seriously, but not personally. Listen to others and then operate with your own intuition and wisdom as your guide.

6. Start being true to your values and convictions. Rejections don't matter that much in the long run. Accept them and refocus your attention on what **does** matter. What does matter is how you see yourself. So **always make a habit of staying 100% true to your values and convictions, regardless of what others think. Never be ashamed of doing what feels right...**

To help you implement this positive habit, start by listing out 5-10 things that are important to you when it comes to building your character and living your life. For example, Honesty, Reliability, Self-Respect, Self-Discipline, Compassion, and Kindness. Having a short list like this to reference will give you an opportunity to consciously invoke and uphold your handpicked traits and behaviours in place of doing something random simply for the purpose of external validation

7. Start looking for silver linings. The most powerful weapon against stress on the average day is our ability to choose one thought over another. Train your mind to see the good. Studies have shown that doctors who are put in a positive mood before making a diagnosis consistently experience significant boosts to their intellectual abilities than doctors in a neutral state, which allows them to make accurate diagnoses almost 20%

faster. Similar studies of other vocations have shown that optimistic salespeople outsell their pessimistic counterparts by over 50%, and university students primed to feel happy before taking math exams statistically outperform their neutral peers. It turns out that our minds are literally hardwired to perform at their best not when they are negative, or even neutral, but when they are positive.

So think a little less about managing your problems and a little more about managing your mindset. Do your best to keep it positive.

8. Start focusing inward more often. Do your best to focus inward as often as necessary, especially when you need a moment of clarity. And remember that **your time spent focusing inward and finding clarity doesn't just help you — your mind is powerful and your thoughts create ripples in other people's lives. When you bring clarity into your life, you bring the best of yourself into everything you do** — you tend to treat yourself and others better, communicate more constructively, do things for the right reasons, and ultimately improve the world you're living in. This is why daily praying, or simply [reflecting on some positive quotes](#), can actually make a real-world difference in your life. A heightened level of your conscious awareness — mental clarity — elevates you in countless ways. And then interesting things begin happening — good things that are outside of your immediate purview... good things you haven't even thought of yet.

9. Start embracing your humanness. 'Human' is the only real label we are born with, yet we forget so easily. **To become attached to a loaded label of overweight, divorced, diseased, rejected, or poor, is to be like the rain, that doesn't know it is also the clouds... or the ice, that forgets it is water.** For we are far more than the shape we're currently in. And we, like the wind, water, and sky, will change forms many times in our lives, while forever remaining beautifully human.

Once we fully embrace our humanness, it's almost funny to see how quickly we outgrow what we once thought we couldn't live without... and then we fall in love with what we didn't even know we wanted. Take this to heart. And don't forget to pause at least once a day to appreciate how far you've come. You've been through a lot, and you've grown a lot too. **Give yourself credit for the steps you've taken, so you can step forward again with grace.**

10. Start taking the next small step, and the next.

Sometimes it's really hard to get going again. **Take one small step every day — one journal entry, one workout, one honest conversation, and so forth — and it will feel good, and you will get stronger.**

As you marshal forward in life, adversity is inescapable. It's much like walking into a turbulent winter storm — like the ones Amundsen and Scott encountered on their race in the South Pole — as you fight to push onward, you not only gain strength, but it tears away from you all but the essential parts of you that cannot be torn. Once you come out of the storm, you see yourself as you really are in raw form, without the baggage that's been holding you back. And that makes all the difference, because it frees you to take the next step, and the next...

<https://www.marcandangel.com/2024/07/07/10-hard-things-to-start-doing-for-yourself/>

Marisa Fitness Pilates Health Coach



FITNESS PILATES CLASSES

Stisted Village Hall Monday 09:30 - 10:15

What is Fitness Pilates?

Fitness Pilates is a group exercise class using the original teachings, principals and exercises of Joseph Pilates delivered in a modern and functional way.

Classes incorporate a range of functional exercises suitable for all abilities, gender and age. So, whether you are super fit, about to embark on a healthy lifestyle regime, or wherever you are on your fitness journey, Fitness Pilates is for YOU!

Please bring your own mat. Any questions feel free to contact me.

Marisa Swain: 07811441810
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STISTED PARISH COUNCIL

N.B. Full minutes are available on the Parish Council Website.
Precis of Minutes of the meeting held on Wednesday 3 June 2026 at 7.30pm in the Montefiore Institute

Present: Chairman Cllr Alan Routledge, Vice Chairman Cllr Bob Powers, Cllr Mark Hughes, Cllr Eleanor McMillan, Cllr Carol Shaw, Cllr Richard White, Cllr Geoff Nurse, ECC Councillor Paul Thorogood, BDC Councillor Nathan Robins and 13 members of the public.

26/38 Welcome and apologies for absence:

Cllr Nathan Robins – welcome on his first visit to a Stisted PC meeting
PC James Draper – apologies received

26/40 Public Open Forum (maximum 15 minutes):

Resident likes Bradwell & Pattiswick minutes, they include public participation, headings in bold, maybe we should have ours the same. It was mentioned that

minutes in the parish magazine are précised for space, full minutes are on the website. **Resident** regarding the parish assembly, it should have been a celebration of parish work in the community, he suggested that the parish council could have a working group, to include members of the public, to organise the assembly, and reports could go on the website. He presented a motion at the assembly and said that he received a threatening letter from the parish council the day before. He submitted a document about the archive in January which he wanted to go on the website, but it was refused by the website. The Chair asked for a copy to be forwarded to him. He will arrange for it to be posted on the PC website.

Resident said transparency and accountability regarding the vote of no confidence; why didn't they call for a parish poll and mention the cost etc. They didn't make it known to the village and he is concerned there is a group of people causing trouble.

Resident asked what requirement is there for her to not discuss?

Resident said should there be more discussion about decisions made by the council?

26/42 Visitors Reports:

Cllr Nathan Robins talked about the new refuse bins arrangements; he mentioned the arrangements for hygiene products. A public discussion regarding dogs et cetera in public open spaces and play areas will be online between 15 May and 16 May.

Cllr Paul Thorogood mentioned the waste lorries and the smells going to the incinerator the A120, had lots of complaints in Bradwell; there isn't any authority who can use powers against moving vehicles, responsibility is down to the vehicle owners. Braintree District Council said keep a record of what, where, when and how, if liquid is leaking

tell the Environmental Agency. The full council meeting announced a pothole emergency fund, three roads up for repair and we were asked to be put forward a suggestion, Water Lane was suggested. Net Zero has been scrapped.

26/43 Clerks Report: Two disabled access toilets have been arranged for the Fun Day, the cost of which will be borne by the PC. Anglian Water is starting too early at the site off Water Lane There should be no movement before 8:00am, Let Cllr Routledge know if earlier. The Local Plan has one amendment. The parish poll will be on Wednesday 10 June between 4:00pm and 9:00pm. Personal vote only, cost to parish £1,500.

26/44 Security: There is a worry about nighttime thieving in the area. No response from the Essex Police Rural Community Team for an engagement session. Resident Ian Bright and Nick Elliott (Neighbourhood watch Co-ordinator) to put together a home security information session for residents. PC will cover any costs. A resident asked if we were a high crime area.

26/45 To approve payments in accordance with the 2026/2027 Budget; payments for June 2026. Proposed Cllr White seconded Cllr McMillan, all agreed.

26/46 Planning:

Minutes of Planning Committee 12 May 2026. Proposed: Cllr Routledge, Seconded Cllr Hughes. Agreed by all councillors that attended that meeting

46/1 26/00958/FUL Boulthwoods Farm, Rayne Hatch, decision, agreed support concerns of the owners of the neighbouring property. Proposed Cllr Routledge, seconded Cllr McMillan, all agreed.

46/2 None

46/3 Rivenhall IWMF, objected. The Onley, considering ACV

26/48 Playing Fields and Grants: Grants all spent. Multiplay well received, roundabout very popular. Minimal maintenance required. Cllr Nurse has a plaque to erect. Grass cutting improved, dog mess is a problem, especially on Playing Field. Reminders to be placed in next parish magazine, social media and on PC website

26/49 Digitising of Parish Records Cllr Hughes. Needs to be completed ASAP. Cllr Hughes offered to liaise with Archive. Proposed Cllr White, seconded Cllr Routledge, all agreed.

26/50 Training Events. 20's Plenty, Cllr Routledge and Cllr Powers attended a forum. Cllr Powers thinks it is an excellent idea. May be difficult to put into effect. Put on next meeting agenda.

26/51 Information Exchange/Items for next agenda: Footpath by Baines has been cleared. Footpath from Tumblers Green to Gulls Meadow needs clearing, Cllr Powers will contact farmer.

Butterfly Scheme with school very successful.

Cllr Nurse no longer wishes to represent CANS.

Next agenda: review policies.

Precis of Minutes of the meeting held on Wednesday 18 June 2026 at 11.00am in the Montefiore Institute

Present: Chairman Cllr Alan Routledge, Vice Chairman Cllr Bob Powers, Cllr Mark Hughes, Cllr Eleanor McMillan, Cllr Carol Shaw, Cllr Richard White, Cllr Geoff Nurse, Richard Hughes

26/57 Responsible Finance Officer: to approve appointment of Councillor Alan Routledge as temporary RFO with effect from 4 June 2026 pending appointment of new parish clerk. Proposed: Cllr Eleanor McMillan, seconded Cllr Mark Hughes, all agreed

26/58 Annual Governance & Accountability Return 2025-26 All items agreed.

26/59 Communications – Website: To appoint a working group to update and oversee the parish council website until appointment of a new clerk or locum, it was agreed that Ruth Jubb would head a working party of her, Cllr Alan Routledge, Cllr Geoff Nurse and Cllr Eleanor McMillan. Ruth has previous experience of caring for the website. Eyelid will be advised.

26/60 Date and time of next meeting: The meeting closed at 11.25am in order to start a private session.

Precis of draft minutes of the meeting held on Wednesday 8 July at 7.30pm in the Montefiore Institute

Present: Chairman Cllr Alan Routledge, Vice Chairman Cllr Bob Powers, Cllr Mark Hughes, Cllr Eleanor McMillan, Cllr Richard White, Cllr Geoff Nurse, Cllr P Thorogood and five members of the public

26/61 Welcome and apologies for absence:

Apologies from Cllr Carol Shaw & Cllr Nathan Robbins

26/64 Approve minutes of the meeting on 3 June, proposed Cllr McMillan, seconded Cllr Hughes, all agreed. Approve minutes of the meeting on 18 June, proposed Cllr Powers, seconded Cllr White, all agreed

26/65 District and County Councillors Reports: Cllr Thorogood reported on problems with low water pressure, due to demand of incinerator. Full report attached on website.

26/66 Clerk's Report: Invoice for parish poll £1,479.00. AGAR has been sent and acknowledged. Nick Elliott no longer our neighbourhood watch representative as he has been promoted. Minute books have been scanned. A letter of thanks will be sent to Tony McGrath and Dina for their hard work arranging the successful Fun Day and Art Exhibition.

26/67 Finance:

26/67/1 RFO happy with the 30 June bank reconciliation, agreed by Cllr White.

26/67/2 Payments and transfers approved as per schedule, proposed Cllr White, seconded Cllr Nurse, all agreed. (Noted regarding street lighting, one light in street stays on constantly)

26/67/3 Quarterly Budget Review noted and variances highlighted. Proposed Cllr Hughes, seconded Cllr Powers, all agreed

26/67/4 Review of Fixed Asset Register, councillors were asked to check and email chairman with any comments

26/68 Planning:

26/68/1 Applications for discussion

26/01329/LBC – 29 The Street, removal of existing lime rendering to gable and rear, replace with traditional material: No comment, proposed Cllr Nurse, seconded Cllr Hughes, all agreed

26/01449/TPOCON – The Old Rectory, Water Lane, request cutting back to ground level of sycamores with sooty bark, permission not required as the trees are dead.

26/68/3 Decisions since last meeting: Kentish Farm solar farm agreed. Boultonwoods Farm development, refused.

26/69 BDC Local Plan Regulation 18 Submission: Joint Parish Response re: A120

The parish council will write to local MPs; the chairman will add a paragraph to the generic letter. Proposed Cllr Powers, seconded Cllr Nurse, all agreed

26/70 Policies reviewed.

26/70/1 No changes needed, renewed until June 2027, they will be on website. Proposed Cllr Routledge, seconded Cllr White, all agreed

26/70/2 Cllr Hughes has two drinks fridges which may be useful for the pavilion. The pavilion needs urgent repairs before the winter. Funds from BDC grant may be used, approximately £400.00

26/70/3 Cllr Nurse applied for a £250 grant to purchase tables and chairs for the Repair Café, thanks to Cllr Robbins. Cllr Nurse hopes to start café in September. Love Essex may also help with grant.

26/71 Playing Field and Open Spaces:

26/71/1 All grant money has been spent and thanks were given to Cllr Thorogood for his help.

26/71/2 The pavilion was well used on the Fun Day. Quote needed for cost of repairs. Proposed Cllr Nurse, seconded Cllr Hughes

26/71/3 RoSPA report picked up a couple of things, otherwise all good.

26/72 Donation of £100 to Braintree Foodbank and Outreach.

26/73 Tree Warden, it was decided not to appoint one as planning is usually involved. It was suggested CANS might like to be involved with tree health?

26/74 Website Update: Ruth Jubb has been very helpful updating the website. MoP suggested a working party to discuss what should be on the website.

26/75 20 is Plenty, a working party will be formed, Cllr Powers with work with Cllr Shaw to start.

Cllr White left the meeting at 8.30pm

26/77 Information Exchange and items for next agenda: Cllr Powers on recurring problem with brambles coming through at 25 Sarcel. Problems with footpath behind Baines, Cllr McMillan will chase

landowner. Cllr Nurse will talk to golf club about the hedge behind the pavilion. Litter Pick, Dust Cart and grass cutting contract.

The meeting closed at 8.41pm

Future meetings:

2 September	7 October	4 November	2 December
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BRADWELL NEWS

Bradwell with Pattiswick Parish Council – A full version of theses Minutes is available on the Bradwell with Pattiswick website

www.bradwellwithpattiswick-pc.gov.uk

Minutes of the Parish Council meeting held at 7.30pm on Monday 13 July 2026 at Bradwell Village Hall, Church Road, Bradwell

Present: Cllr Adam Deighton, Cllr Antony Harding, Cllr Michael Turner, Cllr Craig Evans and Cllr Tony Dunn, Cllr Lesley Kinder.

In attendance: Mrs Theresa Trotzer Wilson - Clerk & RFO, Cllr Paul Thorogood – Essex County Councillor, three members of the public.

26-7/062 WELCOME AND APOLOGIES – Apologies were received and accepted from Cllr Glenn Lockey and District Cllr Nathan Robins.

26-7/063 DECLARATION OF INTERESTS – None declared.

26-7/064 PUBLIC PARTICIPATION – A resident raised safety concerns regarding unauthorised cones and barriers currently obstructing Hollies Road and creating a hazard for turning motorists.

26-7/065 COUNTY AND DISTRICT CLLR REPORTS – County Councillor Paul Thorogood reported that Braintree’s new waste service is performing well despite initial missed collections, and the Draft Local Plan is undergoing further infrastructure assessments ahead of September. Regarding Essex County Council, the new administration has abolished several highways schemes and withdrawn support for the Climate Action Commission. Additionally, the Rivenhall Waste Facility operator received a formal warning over previous breaches, Anglian Water is addressing water pressure issues affecting local sites, preferred mineral extraction sites will be announced this summer, and ECC is pursuing a costly Judicial Review against government reorganisation. No District Councillors were present.

26-7/067 CLERKS REPORT - The streetlighting transition is complete, reducing future electricity tariffs and securing a refund for past overpayments. Essex Highways has ticketed a playing field footpath defect and is chasing unsafe overgrowth at the A120 Swan bus stop, while the Clerk is contacting the landlord's agent to clarify repair costs for severe car park potholes affecting allotment access. Additionally, the Prosperity Fund grant plaque has been received, National Grid webinars regarding their Community Fund are being attended ahead of autumn workshops, and National Grid/National Highways will carry out overnight resurfacing works on the A120 Eastbound on 25–26 July.

26-7/068 REPORTS FROM COMMITTEES AND COUNCILLORS

Following concerns over HGVs parking on the haul road early in the morning, a three-month trial will commence on 3 August 2026 allowing vehicles to enter the site at any time to access welfare facilities and prevent local disruption. Additionally, Cllrs Turner and Deighton attended the Indaver opening event.

26-7/069 PLANNING –

New Applications: None

Applications Determined:

- **26/00810/VAR** – Variation of Condition 4 (Investigation & risk management) & 5 (Remediation & Unexpected contamination) of approved application 20/01897/OUT granted 16.04.21 for: Outline application with all matters reserved, except access and scale, for demolition of existing commercial buildings and erection of 3 two-story dwellinghouses. Variation would allow Re-wording of conditions 4 and 5 of 20/01897/OUT to allow for site clearance and demolition prior to the submission of details pertaining to contamination and site remediation being submitted to the Local Planning Authority. Rectory Farm, Rectory Meadow, CM77 8EX
APPLICATION PERMITTED WITH S106.
- **26/00807/FUL** – Construction of 5 no. dwellings together with associated infrastructure and landscaping. Land South of Bridge Hall Barn, Hollies Road APPLICATION REFUSED
- **26/00063/DAC** – Discharge of condition 4 (Investigation & Risk

Management) & 5(Remediation) of 20/01789/OUT. Rectory Farm, Rectory Meadow, CM77 8EX

PARTIAL DISCHARGE

For Information:

- **26/01542/DAC** – Discharge condition 5 (Levels) & 22 (Construction Traffic Management Plan) of 24/01837/VAR. Land Adjacent Hardwick Farm, Hollies Road.

PENDING CONSIDERATION

26-7/070 RECYCLING CENTRE - CCTV – Following discussions on increased fly-tipping at the Recycling Centre, Braintree District Council's Street Scene Protection Officer stated that multiple, consistent reports of the issue are required before cameras can be installed.

26-7/071 FORGE CRESCENT PARKING – Eastlight Community Homes confirmed they have declined a request to install parking at Forges Crescent, following a review by senior management who decided to protect the area's green spaces.

26-7/072 CHURCHYARD GRAVE – The Council is awaiting the outcome of the Diocesan Faculty process regarding the collapsing Sage family brick tomb. The churchyard remains open, and the Parish Council maintains its usual responsibility for grass cutting while monitoring the situation for September.

26-7/073 TREE SAFETY AND RISK MANAGEMENT – The Council noted its tree safety liabilities for the playing fields and common land, whilst trees within Holy Trinity Churchyard remain the church's responsibility. It was resolved to establish a periodic inspection schedule, obtain a professional arborist quote to survey the playing field Walnut Tree, and approve £234.00 (+VAT) for Cllr Harding to attend a basic tree inspection course.

26-7/074 PLAYING FIELD – The monthly verbal inspection reported no necessary actions, and all minor repairs identified in the RoSPA Report, including tightening nuts and bolts, were successfully carried out following the last meeting.

26-7/075 FOOTPATHS – Bridge on Footpath 34 still defective. Reported again.

26-7/076 20MPH SAFER STREETS INITIATIVE– Councillors discussed the 20mph initiative for Bradwell, and Cllr Deighton is liaising with County Cllr Thorogood to investigate the scheme further.

26-7/077 NEIGHBOURHOOD WATCH REVIEW– Councillors discussed the scheme and suggested placing signage at various village entrances, with the Clerk tasked to enquire about obtaining six signs.

26-7/078 FINANCE - Financial statements for June 2026 were approved. The RoSPA Play Safety Inspection payment was ratified for £128.40. Income from Unity Trust, Ceres Property and Blackwater Aggregates was received. Monthly payments totalling £1616.17, including staff wages, HRMC, streetlighting, training and grass cutting, were authorised.

26-7/079 NEXT AGENDA ITEMS – Access to Playing Fields, Churchyard Grave, Haul Road Feedback, Trees – Trimming fruit trees and Walnut Tree Inspection.

26-7/080 NEXT PC MEETING – Monday 14 September at 7.30pm in Bradwell Village Hall. **Meeting Closed 20:57**

Meeting Dates	14 September 2026	12 October 2026
9 November 2026	14 December 2026	11 January 2027



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<https://bradwell.org.uk/subscribe>

Outside Bradwell Village Hall we have our Swapping Box full of heaving with books for adults and children and even a few jigsaws!

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BRADWELL VILLAGE HALL Forthcoming Events-

BINGO NIGHTS always the second Friday of the month –

CASH PRIZES, Bar open from 7pm, bring your own nibbles.

SOCIAL NIGHTS - last Friday of the month – Bar open from 7.30pm, a great night to get together with the local. Look out for our special nights coming up!

ESSEX DEMENTIA CARE Meetings are held in Bradwell Village Hall, Monday 11.00 - 3.30, Wednesday & Thursday 11.00 - 4.00, please telephone 01245 363789 to book a place.

Kelly Bleasdale

World Cup Report:

Despite the inconvenient kick off times, especially the delayed match against Mexico, the turn out for live coverage of ALL the England matches during the World Cup was excellent. Sadly, the loss to Argentina saw England fall at the final hurdle watched by a very vocal group of Bradwellians. Thank you to all who were able to attend the matches, and special mention to Chloe, Tony and Liz who arrived at games bearing free hot food to eager fans, and Mary, who kept the bar stocked up during the tournament. The Sweepstake winner will be decided between Peter (Spain) and Tony (Argentina) on Sunday 19 July. P.S. Well done Michael for being there for all matches and the Grand Prix setting up the hall and running the Bar, you always go the extra mile. It's appreciated by us all on the committee.



Michael Turner

OUTREACH & FOODBANK

On page 9 and page 19, you will see the work done by Braintree Foodbank and Outreach. It makes us think about those less fortunate in our communities and offers ways to help. Maybe there is someone in your community who might need a little help? For instance, help in the garden or a social visit? Any small gesture might be the difference between happiness or misery.

We can learn a lot from the parable of the Good Samaritan.

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11am registration

Show starts at 1pm

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**Ice cream van | BBQ
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For queries please contact Lesley Kinder on 07766 562705

BRADWELL VILLAGE HALL

Upcoming events



Plus! Save the date for our
SILENT DISCO
Saturday November 7th



CRAFT CHAT GROUP

We welcome residents from Bradwell

The craft group meets in The Montefiore Institute, Stisted on
Wednesdays at 2.00pm.

For further information, please contact: anitaburnett@btinternet.com

Who's who**Vicar of Coggeshall & United Parishes**tayrina@caup.org.uk

Tel: 01376 806074

Coggeshall Church Contact

Office.stpeters@caup.org.uk**Parochial Church Council Secretary**

Hayley Waine

stistedpccsecretary@gmail.com**Digital addresses**

All Saints' Church Stisted

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Best Contact E-mail:

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Patricia Bash

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07710 598636

Stisted Archivestistedarchive@gmail.com**Tower Captain**

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Contact: 8143@essex.police.uk

Neighbourhood Watch

stistedneighbourhoodwatch@gmail.com

clerk@bradwellwithpattiswick-pc.gov.uk

Chairman

Vice Chairman

Councillor

Councillor

Councillor

Councillor

Councillor

Parish Clerk & RFO

Website

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Chairman

Vice Chairman & Footpaths Officer

Councillor

Councillor

Councillor

Councillor

Councillor

Parish Clerk & RFO

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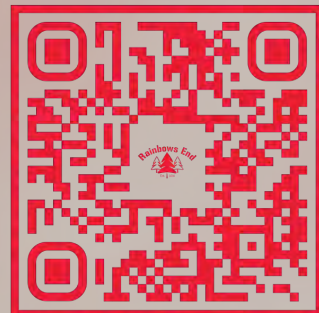
***We look forward to welcoming
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