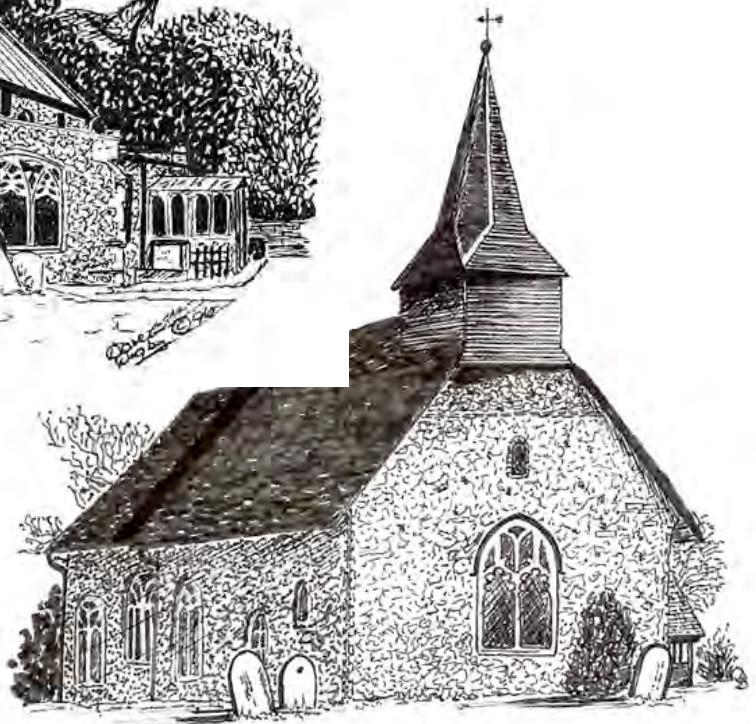


PARISH MAGAZINE

APRIL & MAY 2026



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WELCOME TO YOUR PARISH MAGAZINE

Church news is on page 29.

FRIDAY EVENINGS IN STISTED VILLAGE HALL aka THE FAIRHEAD ARMS 5.00pm – 10.00pm

3 April	Azzure Pizzas	10 April	Pop-Up Paella
17 April	Hellente Symposium	24 April	Curry Leaf
1 May	Azzure Pizzas	8 May	Paella Steve
15 May	Chish & Fips	22 May	Hellente Symposium
29 May	Azzure Pizzas	5 June	Curry Leaf
12 June	Paella Steve	19 June	Hellente Symposium
26 June	Chish & Fips TBC	3 July	Azzure Pizzas

WEDNESDAY SHOPPER BUS

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

CRIB CLUB

It has been a great start for this group which has now met twice this year with 15 people from Stisted and Bradwell showing an interest in taking part. We are a friendly group of people 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? Why not come along on the last Friday of each month 2-4.30 in The Montefiore Institute. All welcome.



Stella Harrington-Keeton

LITTER PICK SATURDAY 21 MARCH

Many thanks to those community spirited parishioners who gave up their time to help with the parish litter pick, on what turned out to be a beautiful Spring morning. Great to see how many villagers take a pride in our lovely village; a shame the travellers who come through don't feel the same way!

Your efforts are very much appreciated. We managed to collect sufficient discarded tyres to open up the Stisted branch of Kwik Fit. Excellent signs to warn drivers of the litter pick in progress. Sadly, there will be more rubbish in the days to come.



COMMUNITY DUST CART

A dust cart from BDC has been arranged for Saturday 25 April on the Church Walk from 10.00 - 12.00. We are hoping to arrange for a major charity to attend to collect any good quality reusable items.

STISTED PARISH COUNCIL

123 Club

The club continues to meet every Monday 2-4pm in the Institute for a cuppa and a chat. We have had an interesting start to the year with a couple of local speakers where we learned about alternative therapies available in the village. We continue to support other local groups including chair Pilates at the Village Hall, Crib Club in the institute and Bingo at Bradwell Village Hall.

Nine of us enjoyed a lovely Sunday lunch together at Weavers, a welcome change to our normal weekend and something we hope to do again.

Pottery painting at Greenstead Green followed by lunch in the tea rooms made for a pleasurable trip out and some impressive art work. We have joined the local community transport scheme again and are planning some trips out over the summer. All ideas welcome.

Some of our group are visiting the archive in the coming days to find out more about our local history. We have a trip planned in April to visit Braintree Museum for a talk on 'Braintree through time'. There is also a boat trip planned at the end of May.

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

Stisted Village Playing Field update

2026 is going to be a busy year with projects coming to fruition with Stisted Playing Field.

A successful grant application to install electricity supply to the pavilion has allowed work to start on this project, during January a meter kiosk was installed, and UK Power Networks completed the connection. Our next step is having EON install the meter and connect the supply, electrical contractors will be fitting the pavilion with power sockets and lighting during the last week of March. Once completed this will make the Pavilion more useable. We are looking into the provision of water and drainage at the pavilion and the possibility of toilet facilities; this will be a costly project and therefore, long term to allow fund raising. The current Junior Multi Play unit has reached the end of its serviceable life and following the ROSPA safety inspection in 2025 it was decided that parts of the structure needed removing to ensure safety. This was carried out and the unit cleaned and painted to make it useable again. Due to the fact this needed replacement a Grant application was made to the National Lottery which was successful and we received £20,000 toward a replacement unit. This has been ordered and we have a provisional date for the installation of 20 April subject to the field drying out sufficiently.

Added to this, we were given the opportunity to apply for a Community Initiatives Fund Grant at the end of last year, This grant application was also successful and has allowed us to place an order for an Inclusive Roundabout. This will be installed at the same time as the new multi play unit. This roundabout is fitted flush to the surrounding safety surface and is equipped to allow wheelchair/disabled access.

The applications were made with the assistance of Ruth Jubb, and the Parish Council Playing Field Working Group extend thanks to her for her help with these. Funding has also been made available for the playing field from the Hawthorn Trust, and we wish to thank them too. The working group is looking at other areas on the field to improve the appearance and add other amenities as and when time and funds allow.

Thank You

Cllr Geoff Nurse



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DATES FOR YOUR DIARY

As the summer beckons, we are preparing for two village events aimed at bringing the village together.

On Saturday 4 July we will be holding the village fun day on the village playing fields. We are still finalising the events, but we will have a dog show, stalls, amateur radio, games such as hay tossing, sack races, tug of war, bouncy castle, stalls, and face painting.

If anyone would like to exhibit their classic cars, motor bikes, and farm machinery they would be very welcome or you have any ideas for events or games that you would like to see please let us know!

Then on Sunday 5 July our amazing village artists, crafters, potters, photographers will be coming together to exhibit their work in the village hall. Please come along to support them!

So, block out your diaries and join in our wonderful village events.

Tony McGrath 07944408061

OBITUARY FOR JUNE ROUGHTON

June was born in Saxmundham in Suffolk, before moving to Ford End near Chelmsford with her family. After meeting and marrying her husband Derek they moved to Stisted having purchased 'The Flints', opposite the school. June and Derek lived happily in the village for more than 45 years.

During their time here June worked locally in a number of roles. This included working for Brenda Toys, school caretaker, printing and packing at the sticker factory, being the Avon lady and had several housekeeping roles for people in the village.

For many years June was a cornerstone of the village, being a church warden and trustee, running the Sunday school and Mothers Union. June sang in the choir, did church flowers and spent many hours cleaning the church and shining the brass. Among other things June organised a Christmas tree festival, raising much needed funds for the church.

June worked at the youth club and got fully involved in everything that meant back then. Sponsored walks, endless catering, fetes and fundraisers. No one organised the sideshows and raffle prizes quite like June.

She was a regular babysitter for many young families in the village and often took young people under her wing through her work at the church.

For around 10 years June was President of the WI, she organised many outings, fund raisers, dinner parties and holidays for its members alongside the normal WI programme. June also took on the role of secretary for the petanque club when it started in 1976.

Whatever June turned her hand to thrived in her care.

June would call door to door around the whole village and surrounding hamlets to collect for Poppy Day.

June was a testament to showing up and getting things done. Always the first to welcome new people to Stisted, while being present with an unmatched consistency.

In 2009 June and Derek moved to Long Sutton, to a bungalow that was more suited to older life.

They continued to visit their friends in Stisted, returning for a number of parties, functions and make visits of support to their less able friends. June always kept up with the news from Stisted and had the parish magazine posted to her each month to help her stay in touch. June and Derek loved life in Stisted and always regarded it as their home. In the coming months their ashes will be interred in Stisted church yard.

Stella Harrington-Keeton

STISTED OIL SYNDICATE: If you are interested in joining, please contact me on stisted.oil.syndicate@gmail.com. The syndicate is open to all residents of Stisted and nearby hamlets.

Nichola Courtier

BOOK CLUB:

The next meetings will be on 15 April to discuss Porterhouse Blue. 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. Reading list for 2026 is being prepared. £1 subscription.

Lynn McCullough



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Friday: 2-4.30pm

Saturday: 9am-noon

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STISTED BOOK CLUB has a great story to tell, come along!



Stisted Book Club meets on the third Wednesday of the month at 7.30pm In the Meeting Room, Montefiore Institute. Hosted by Lynn McCulloch and Tony McGrath with Wine and Nibbles! Discussion and CHAT! Cost: £1 (best bargain in Stisted!) Reading, so much and so varied, see below.

Join us! Contact: lynny24@hotmail.co.uk

Books read so far:

Golden Hill *Francis Spurford*

The Island of Missing Trees *Elif Sarah*

Shuggy Bain *Douglas Stewart*

Akenfield *Ronald Blythe*

Taste *Stanley Tucci*

The Essex Serpent *Sarah Perry*

Little Dorrit *Charles Dickens*

The Bluest Eye *Toni Morrison*

And then there were none *Agatha Christie*

I Know Why the Cage Bird Sings *Maya Angelou*

Book Thief *Markus Zusak*

Oranges are not the only fruit *Jeanette Winterson*

Queen of the North *Anne O'Brien*

Beekeeper of Aleppo *Christy Lefteri*

Of Mice and Men *John Steinbeck*

Persuasion *Jane Austen*

Expect Me Tomorrow *Christopher Priest*

Shadow of the Wind *Carlos Zafon*

The Manning Tree Witches *A K Blakemore*

Essex Clay *Andrew Motion*

The Passenger *Ulrich Boschwitz*

Girl A *Abigail Dean*

The Alchemist *Paolo Coelho*

At Hawthorne Time *Melissa Harrison*

To the Lighthouse *Virginia Woolf*

Birdsong *Seb Faulkes*

Hamnet *Maggie O Farrell*

Porterhouse Blue *Tom Sharpe*

To Kill a Mockingbird *Harper Lee*

Private Peaceful *Michael Morpurgo*

Restless Dolly *Mauder Kate Grenville*

Mrs Van Gogh *Caroline Cauchi*

Odd Boy Out *Giles Brandreth*

Warlight *Michael Ondaatje*

The Life Impossible *Matt Haig*

Howard Hollands

CRICKET IN STISTED

Stisted: Great Waltham beat 71 Club by 74 runs.	
GREAT WALTHAM	
J. Warn b Godden	26
P. Warn b Godden	0
Walden c Wallbank b Godden	43
Wilson b Godden	5
M. Blows b Wallbank	44
Novland b Powell	15
P. Young c Burrell b Powell	1
J. Young b Wallbank	9
Harman c Richardson b Powell	1
Clarke b Powell	18
T. Blows not out	0
Extras	17
Total	179
Bowling: Godden 4—82, Powell 4—28.	
71 CLUB	
Cheek run out	18
Sail b Young	29
Burrell c Clarke b Young	20
Wilkin c Harman b Blows	9
Richardson c P. Young b Walden	6
Wallbank run out	8
Powell c J. Young b Walden	10
Godden b Young	0
Bambrick b Young	0
Tremlett not out	2
Extras	3
Total (9 wks.)	105
Bowling: Young 4—35, Blows 1—26, Walden 2—15.	

When we cleared my mother's bungalow at Great Waltham we found a number of scrapbooks in an old suitcase under the bed!

They contained press cuttings, relating to 'all things family and Great Waltham'. One had sports reports and photographs where family members had a mention. Football, cricket and petanque.

I was drawn to one cutting giving the scorecard from a Great Waltham CC away match versus Braintree 71 club. Their home ground Stisted Mill. The year – 1969/1970.

This was one of my first senior matches aged about 15. I was probably quite chuffed with my 0no. Not sure if I faced a ball. I cannot claim a wicket either. The bowler was Mick Blows, the local

village policeman and no relation. I do have a few vague memories of the match:

It was a hot Sunday with spectators sitting on the boundary next to the mill stream.

A six hit that hit a young Waltham spectator leaving a large bump on his forehead. Happy to say he was OK.

A concrete playing strip with coconut matting? If yes, is it still in place? The final memory is the post-match drinks. The Mill owner had converted the garage (latterly Dusty Miller's workshop) to a fully functioning bar. At 15 I probably had to settle for a bottle of Vimto or a Corona lemonade!

Trevor Blows.



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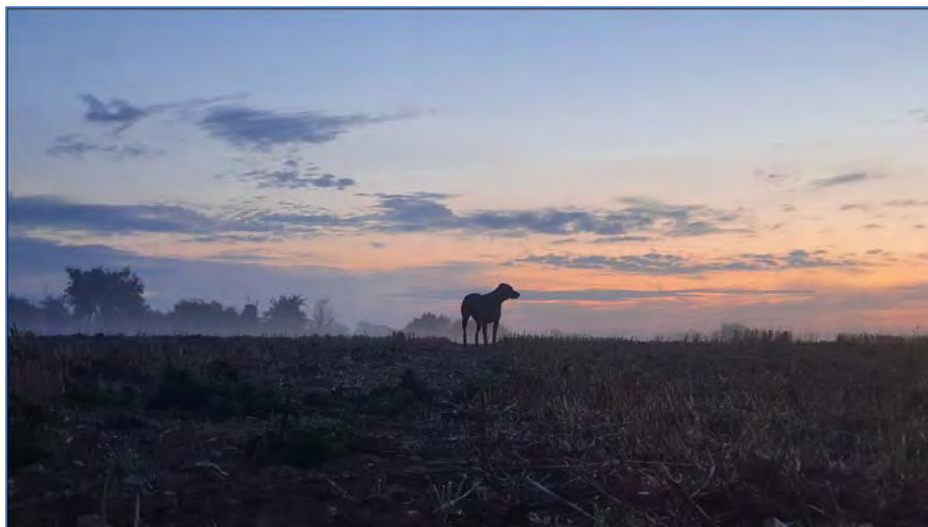
The Grand Opening of the newly created Stisted Archive Garden at the rear of Stisted Village Hall

&

The placing of a Memorial Plaque in the Archive Garden for Ron Parks, dedicated Stisted historian and prolific archive writer on the village he loved

&

The opening of Dave Willingham's Photographic Exhibition 'Stisted Skyscapes' in the Archive Room





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Food items 2026

- Canned sweetcorn
- Canned carrots
- Canned fruit
- Canned/ packet Custard
- Canned Tomatoes



Non food items

- Toilet Roll
- Tampons
- Sanitary Pads (Not liners)
- Baby Wipes
- Shampoo



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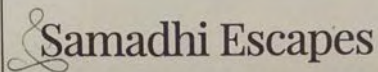
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STISTED CRAFT AND CHAT GROUP

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All the usual has been happening for the Craft and Chat group even though the meeting room at the Montefiore was unavailable while the floor was being made to look like new. What a superb job has been done, it looks amazing.



As a group we often work on certain projects. In the past we have made hundreds of metres of bunting which are used around the village when there is cause for a celebration! Then there are the poppies you will see around the village starting from late October or early November up until Remembrance Sunday. We also made a few post box toppers until the wall behind moved and made the post box impossible to 'wear' a topper.

Our current project is making 'comfort cushions' for charity. These are used by post-surgery patients; they help minimize pain and protect sensitive surgical sites therefore making the healing process smoother and more comfortable. The photograph shows heart shaped cushions mostly used by mastectomy patients, and various sizes of seat belt comfort cushions. Some of these will be going to Broomfield hospital,



we are also in touch with the local cancer care co-ordinator through whom we have contacted groups from Earls Colne and Finchingfield, some from these groups have already received various comfort items.

As always not everyone who comes along to Craft and Chat is required to participate in crafting, some bring along their own project and join in with the chatter.

For more information please email - anitaburnett@btinternet.com



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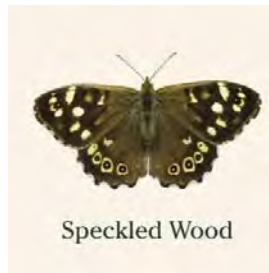
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CANS Climate and Nature For Stisted

What's Better Than Butterflies?.....Butterflies on Spring Blossoms!

During March we have at last been able to enjoy some sunshine. The beautiful white Blackthorn blossom has shone out like a bright light in thickets and hedges all around the village.

Blackthorn blossom apparently is a wonderful source of nectar for quite a few different species of British butterflies, including the Brown Hairstreak, the Orange Tip, the Yellow Brimstone, the Small Tortoiseshell and the Comma. These butterflies breed and feed and take shelter amongst the Blackthorn branches.



The Brown Hairstreak is one of our rarest species but is making an appearance again in the south of England. It is an elusive, small butterfly which spends most of its time feeding on honeydew secreted by aphids, as do the other species mentioned above. The Brown Hairstreak butterflies however, never fly far from where they feed but can occasionally be drawn away from the tree on a warm, sunny day.

Many moths also depend upon the Blackthorn for survival and lay their eggs on the new growth near the top of the trees. The Blackthorn blossom is followed by the May blossom a few weeks later. This is also known as Hawthorn blossom and can be white or pink. This also provides an excellent breeding and feeding ground for many different types of butterflies.

If you are walking around the edge of the golf course look out for the Orange Tips, Commas and Small Tortoiseshells. When the bluebells are out in the wood next to the golf course, this a great time to spot the Speckled Wood Butterflies which love to fly around in the dappled sunlight.

Commas can also be found sunning themselves on the leaves.

Happy butterfly spotting and hurray for Springtime!



Comma

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STISTED WOMENS INSTITUTE

February Meeting saw us meet at the village hall to hear Frances Harper give us the 'Story of the Silk Road' with historic slides up to the current day. We heard the history of the former Warner Silk Mill in nearby Braintree, Humphrey Silk Weaving and Walters Silk Mill in Sudbury. The latter being the only surviving hand woven silk mill in the UK, supplying silk for King Charles's coronation, royal residences and stately homes.



We held our AGM at the March Meeting. Posies of daffodils were awarded to Helen Horton, President, Julie Gariazzo, Secretary and Program Secretary Chris Fairchild. Thanks for their hard work in keeping the WI going and providing an interesting year of

meetings and visits. The future of WI was debated and will be discussed further in the next issue.

Helen Remfrey

STISTED WOMEN'S INSTITUTE PROGRAMME

The WI meets at Stisted Village Hall at 7.30pm on the second Wednesday of each month.

New members welcome and the first meeting is free.

Contact Stistedwi@gmail.com for more information.

April Braintree Foodbank - Helen Hopkins

May Stisted Archives - Howard Hollands



THE ECCLESIASTIC PARISH OF STISTED with Bradwell-juxta-Coggeshall and Pattiswick



Easter Services

- 06:00 am, Easter Dawn
Communion, **All Saints,**
Cressing
- 10:00am, Easter Eucharist, **St**
Peter ad Vincula, Coggeshall
- 10:30am, Easter Holy
Communion, **St Barnabas,**
Cressing
- 10:30am, Easter Holy
Communion, **All Saints, Stisted**

Holy Week

Holy Monday, Tuesday & Wednesday - 30, 31 March & 1 April
7:30pm - Compline at St Peter ad Vincula

Maundy Thursday - 2 April
7:30pm - St Peter ad Vincula - Holy Communion
7:30pm - St Barnabas - Supper & Holy Communion

Good Friday - 3 April
11:30am - All Saints, Stisted - Hot Cross Bun Service
2:00pm - St Peter ad Vincula - Stations of the Cross

Easter Sunday - 5 April
6:00am - All Saints, Cressing - Dawn Service
10:00am - St Peter ad Vincula - Easter Eucharist
10:30am - All Saints, Stisted - Easter Communion
10:30am - St Barnabas - Easter Communion



STRONGER TOGETHER

Every now and then, something happens that reminds us that we're not meant to do this Christian life on our own. Church life is a bit like that too. It's easy - very easy - to think in terms of 'our church,' 'our service,' 'our building,' 'our traditions.' And of course, those things matter deeply to us. They are part of the story of our faith and our community.

But the truth is, God has always had a bigger picture in mind. Across our benefice we are several churches, several buildings, several congregations - but we are one body. As St Paul reminds us, "*If one part suffers, every part suffers with it; if one part is honoured, every part rejoices with it.*" In other words, what happens in one church matters to all of us.

Sometimes we can slip, quite naturally, into a slightly territorial way of thinking: who has what, who does which service, which church gets



more people, whose turn it is. It happens everywhere humans gather! But when we hold too tightly to those things, we risk missing the deeper truth of the Gospel. The church was never meant to be a collection of separate islands. It is meant to be a family.

And families are stronger when they work together.

At the moment, as we continue praying and hoping for a new incumbent, our sense of unity matters more than ever. When churches in a benefice support one another, share gifts, and celebrate each other's strengths, something beautiful happens. It becomes a place where ministry flourishes. It becomes a place that new clergy can imagine themselves serving with joy. But more importantly, it becomes a place that reflects what God asks of us.

Because the heart of the Gospel is not 'me' but 'we'

Jesus gathered disciples, not individuals in isolation but a community learning, serving, and growing together. The early church shared what they had, encouraged one another, and discovered that God could do far more through them together than any one person, or one congregation, could do alone.

So perhaps this season is an invitation. An invitation to look beyond our own walls a little more often. To celebrate what is happening in our sister churches. To pray for one another. To lend a hand where it's needed. To remember that none of us carries the mission of the church by ourselves.

After all, when one church thrives, the whole benefice grows stronger. And who knows? When people looking in from the outside see churches supporting one another, laughing together, worshipping together, and sharing the load, they might just glimpse something of the kingdom of God.

Because in the end, the church was never meant to be about 'my church' or 'your church.' It's about God's church.

And we belong to it - together.

With love and blessings,

Revd Tayrina *Curate at your parish church*

**OUR WORSHIP AND ACTIVITIES AT STISTED AND
BRADWELL CHURCHES (overleaf)**

Maundy Thursday 2 April	7.30pm Holy Communion at St Peter ad Vincula 7.30pm Supper and Holy Communion at St Barnabas, Tye Green
Good Friday 3 April	11.30-2.00pm HOT CROSS BUN EVENT in the South Aisle, Stisted Church. ALL ARE WELCOME and Toddler Area open for young families 2.00 p.m. Stations of the Cross at St Peter ad Vincula
EASTER SUNDAY 5 April	10.30am Worship with Holy Communion led by The Venerable Kate Peacock, Archdeacon of Stansted.
Sunday 12 April	10.30am Morning Prayer led by Lay Minister, Brian Meads
Sunday 19 April	09.00am Holy Communion led by Revd Tayrina Ferguson
Sunday, 25 April	4.00pm Evening Prayer led by Pat and the Church Team
Maundy Thursday 2 April	7.30pm Holy Communion at St Peter ad Vincula 7.30pm Supper and Holy Communion at St Barnabas, Tye Green
Saturday 2 May	09.00-10.30am Cleaning at Stisted Church followed by Coffee at 10.30am
Sunday 3 May	10.30am Prayer and Praise led by Pat and the Church Team
Sunday 10 May	10.30am Morning Prayer led by Lay Minister, Brian Meads
Sunday 10 May	Annual Vestry and Parochial General Meetings after the service approximately 11.30am
Sunday 17 May	09.00am Worship including Holy Communion
Sunday 22 May Pentecost	4.00pm Pet Friendly Service led by Pat and the Church Team
Trinity Sunday 31 May	10.30am Holy Communion - United Benefice Service at All Saints', Cressing.



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 10.



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:

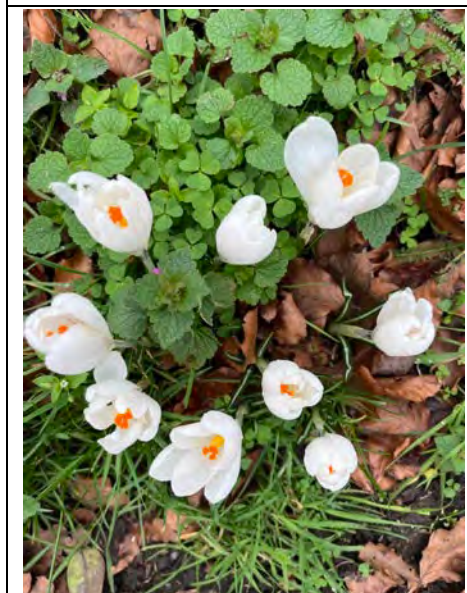
- **Used Batteries**
- **Candle Stubs** – to help make Trench Candles for the Ukraine
- **Old Prescription spectacles** for India via Vision Express
- **Garden Tools** periodically collection **for Tools with a Mission (TWAM)**. For more details go to: <https://www.twam.uk/ipswich>
- **Braintree Foodbank**,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

CLIMATE AND NATURE FOR STISTED

Spring has sprung with the daffodils and crocuses, the warm summer and wet winter appears to have swollen the bulbs for multiple flowering of established clumps this year.

CANS planted spring bulbs outside the village hall, the Village Green and Priors Green with funds from the Hawthorn Trust and proceeds of the wreathmaking workshop.

Helen Remfry, Jane Bailey



Community Agents

Part of the Essex Wellbeing Service

Community Agents provide support to individuals in order to maintain independence living 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.

Community Agents can assist with:

Equipment
Blue Badges & Bus Passes
Benefits
Social Opportunities
Transport
Meals & Shopping
Carers Support

To refer yourself, family member, friend or neighbour to Community Agents.

Please call EWS direct 0300 303 9988

Please note you must have the person you are referring's permission. Lines open Monday to Friday 8am-7pm and Saturday 9am-12pm.



**Essex
Wellbeing Service**





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
www.facebook.com/PTSfitnesspilatesclassesBraintree
marisaswain@btinternet.com

VIP Marisa Swain Health & Fitness Online
Find me on Instagram and Youtube

Find us on:
facebook
PTS Fitness Pilates Classes Braintree

PILATES NEWSLETTER

Hope you had a great March. As I am putting the final touches to April's Newsletter, I can begin with 'spring is finally here'.

I have been teaching online now for over six years. I never would have thought this would have happened, but the lockdown changed our working plans for me, and I imagine for many of you too, for the better. I had to learn hard and fast, and now I successfully deliver a Zoom class a week (Mondays), Carers twice a month and Personal Training. Teaching Group Exercise online has enabled me to become more creative with class content and output. Building an online timetable with a wide variety of innovative classes has been one of the biggest points for you and myself, as being creative and experimental every day is so important.

How Common Is Arthritis?

Arthritis is very common, particularly among older adults. Here are some key facts:

- **Over 10 million people in the UK** live with arthritis or related conditions.

- **Osteoarthritis** affects approximately 9 million people in the UK, mostly those aged 45 and over.
- **Rheumatoid arthritis** affects around 400,000 people in the UK and can occur at any age.

With an ageing population, the prevalence of arthritis is increasing. Fitness Pilates can play a vital role in helping participants manage symptoms, improve mobility, and enhance their quality of life.

Key Tips for Managing Arthritis:

1. **Warm-Up Thoroughly:** A gentle, dynamic warm-up increases circulation and loosens stiff joints.
2. **Strengthen Muscles Around Joints:** Use bodyweight or light resistance to improve stability and support.
3. **Incorporate Stretching:** Gentle stretches help maintain flexibility and relieve tension.
4. **Avoid High-Impact or Rapid Movements:** Refrain from jumping or heavy lifting to prevent joint strain.
5. **Use Props:** Supportive tools like chairs, yoga blocks, or resistance bands can help with balance and accessibility.
6. **Encourage Rest as Needed:** Pause or modify exercises based on comfort.
7. **Monitor Pain Levels:** Move within your pain-free range and stop if discomfort increases.

Types of Arthritis:

1. Osteoarthritis (OA)

- **Description:** The most common type, caused by wear and tear on joint cartilage.
- **Symptoms:** Stiffness, pain, and swelling, typically in weight-bearing joints like knees and hips.

2. Rheumatoid Arthritis (RA)

- **Description:** An autoimmune disease where the immune system attacks joint tissues.
- **Symptoms:** Inflammation, joint deformity, and fatigue, often affecting smaller joints (e.g., fingers, wrists).

3. Psoriatic Arthritis

- **Description:** Linked to psoriasis, causing joint pain, swelling, and skin issues.
- **Symptoms:** Pain in fingers, toes, and spine, with occasional flare-ups.

4. Gout

- **Description:** A form of arthritis caused by uric acid buildup in joints.
- **Symptoms:** Sudden, severe pain, often in the big toe or smaller joints.

5. Ankylosing Spondylitis (AS)

- **Description:** A type of arthritis affecting the spine, leading to stiffness and reduced flexibility.
- **Symptoms:** Chronic back pain and limited spinal movement

I LOVE MY NEUROPLASTICITY

Neuroplasticity is the brain's ability to reorganise itself by creating new neural pathways and strengthening/weakening existing ones.

Neuroplasticity gives us hope - it means we can change! We can change any habit or pattern of belief.

We unconsciously create neural pathways when we indulge in certain behaviours or emotions regularly. These habits become neuro-associations in the brain. We end up doing them without thinking.

But that doesn't mean we're programmed to continue to repeat those behaviours or emotions. When you **stop** a consistent behaviour, those neuro-associations shrink immediately.

When we start changing our thoughts and behaviours, our brain rewires itself to reflect that. It actually grows new connections and new neural tissue to adapt to the changes we make.

You can use neuroplasticity to undo negative thoughts and behaviours or to support positive thoughts and behaviours. It's versatile!

We can change anything we want - even how happy or sad we are - by focusing on and choosing which neural pathways we want to strengthen.

66 days to change a habit: Did you know that it takes an average of 66 days to form a change of habit? I didn't know either, I thought it was 21. But that's the conclusion of a ground breaking investigation carried

out by Cancer Research UK. No wonder it's sometimes so hard to stick to our new intentions

Five ways to build strength

Rest and Repeat: Try lifting a weight such as dumbbells, or even a tin of beans. Start with 8-12 reps of a bicep curl, increasing reps, weights and frequency as strength grows.

Use your body weight body weight: Body weight exercises are great for building muscle mass. Depending on your fitness and comfort level, try sets of push ups, planks and squats, or a lower intensity exercise such as repeatedly standing from a sitting position i.e. sit to stand

Stretch and Tone: Doing Pilates helps to improve core strength, flexibility, and balance. The Pilates movements target multiple muscle groups to promote stretching and toning.

Eat more Protein: Strength training breaks down and rebuild protein in muscles, so it's advisable to eat more protein found in nuts, seeds, dairy, eggs, meat, fish, and green vegetables

I've attached a lovely little workout that covers the subjects in this month's newsletter 'Strength V Fitness Pilates'. Hope you enjoy it. Have a fabulous April and Happy Easter.

Quote of the month: Change your thoughts and you change your world.

Norman Vincent Peale

Love and Best Wishes

Marisa Fitness Pilates Health Coach

STISTED VILLAGE HALL FLOWERS



BRAINTREE & DISTRICT AMATEUR RADIO SOCIETY



Braintree & District Amateur Radio Society held their 50th anniversary celebration at Stisted Village Hall in May 2025. The club members and guests were pleased with the facilities and as they were looking for a new meeting venue decided to apply to the hall committee to see if a regular booking were possible.

In September 2025 the village hall became the regular meeting place for the club, meetings are held on the second and fourth Thursdays of each month from 19:30 to 22:00. The meetings usually have a guest speaker or a practical activity, and visitors are always welcome to come along. Our speakers are not always radio related although the majority are. 9 April is a construction evening, practical assembly of small electronic kits. On 23 April, The History of Wethersfield Airbase by Ross Stewart.

All visitors are welcome to attend these meetings, and we will be pleased to welcome you there

Geoff Nurse G1GNQ
Secretary Braintree Amateur Radio Society.

STISTED PARISH COUNCIL

N.B. Full minutes are available on the Parish Council Website.

Notes from draft minutes of the Stisted Parish Council meeting held on Wednesday 11 March

BDC Paul Thorogood - Stisted Parish Council – Report from County Councillor Reporting period: February–March 2026

Essex County Council - Budget & Council Tax

- 2026/27 budget approved; (county) council tax up 3.95%.
- Funding prioritised for highways, children's services, SEND, and adult social care.

• Concern: rural villages like Stisted often see little visible benefit.

Highways & Transport

- £49m extra invested; Essex received government 'green rating' for highways (based on own submitted report).

- Persistent problems: potholes, drainage, slow repairs on rural roads.
- Members' Highways Initiative available for minor local schemes (last window now closed pre-election).
- Winter maintenance ongoing; resurfacing planned for spring.

Education & SEND

- SEND demand rising; delays in assessments and specialist placements.
- Rural children face long journeys to secondary and specialist schools.

EV Charging Infrastructure

- Programme to expand public chargers underway; rural coverage will lag towns.

Rivenhall Airfield Incinerator

This month's Development Regulation committee cancelled; industrial greenhouse application at Rivenhall Airfield still not considered (no date? Before election?)

Braintree District Council - Waste Collection

- New bin rollout in progress (started in north of district); reports of delays, confusion, and rural delivery issues.

Local Plan – Regulation 18 ends at 5pm on Friday 17 April

- Early consultation stage; concerns over housing growth, infrastructure strain (cancellation of A120 and A12 upgrades), and rural land protection.
- Active participation in Local Plan consultations is essential to protect Stisted interests - www.braintree.gov.uk/ConsultLP

Key Concerns for Stisted Residents:

- Roads still poor despite extra funding.
- SEND provision and school transport remain challenging.
- EV infrastructure may favour towns, leaving villages behind.
- Bin collection rollout causing practical problems.
- Rivenhall incinerator remains unresolved and contentious.
- Local Plan consultation could increase housing and strain infrastructure.

Cllr Paul Thorogood 11 March 26

FINANCE Financial statements approved and payments authorised totalling £2212.12

25/01702/FUL – Rayleigh Orchard, Tumblers Green, Stisted –
conversion of barn to 1 number self-build residential dwelling.

Comments: Granted

25/01553/FUL – Land adjacent Solar Farm at Kentishes Farm, Kentish Farm Road, Stisted – installation of solar farm with battery energy storage and ancillary infrastructure.

Comments: For consideration of the Planning Committee (BDC) on 10 March 2026

25/02731/FUL – Glebe House, Rectory Road, Stisted –
reconstruction of barn and conversion to 1 number dwelling including single storey extension, with associated landscaping, engineering and operational development.

Comments: Granted

26/00241/FUL – The Onley, The Street, Stisted – proposed change of use from a public house (Sui Generis) with associated support/welfare facilities and six served suites (C1) to 5 – number 1 bed dwellings and 2 number bed dwellings (C3) with associated alterations to fenestration.

Playing Fields and Grants (Electricity to the Pavilion)

Cllr Geoff Nurse informed the meeting that the working group recommended a three-year fixed plan with EON to supply electricity to the pavilion.

Cllr Geoff Nurse proposed a three-year fixed plan with Eon.

Proposed: Cllr Geoff Nurse, Seconded: Cllr Alan Routledge, agreed by all.

Cllr Geoff Nurse informed the meeting that he had received three quotes for the fixtures and fittings for the pavilion, and the working group had recommended accepting the quote from John Clark Services. Cllr Geoff Nurse proposed that the fixture and fittings work on the pavilion be completed by John Clark Services.

Proposed: Cllr Geoff Nurse, Seconded: Cllr Alan Routledge, agreed by all.

Cllr Geoff Nurse informed the meeting that a CIF Grant of £10,000 had been obtained and recommended purchasing an inclusive roundabout which would cost £13,056 plus VAT. Cllr Geoff Nurse expressed his

thanks to former Parish Clerk, Ruth Jubb who had worked hard in obtaining this grant for the Parish Council.

Cllr Geoff Nurse proposed to purchase an inclusive roundabout.

Proposed: Cllr Geoff Nurse Seconded: Cllr Alan Routledge. Agreed by all.

Confirmation of Dustcart Date: The date for the dustcart has been confirmed as Saturday 25 April from 10.00 a.m. to 12.00 noon at Church Walk, Stisted.

Parish Council Website: It was proposed to have Eyelid Productions Ltd. update and maintain the Parish Council Website at a cost of £30.00 per month (£360.00 annually).

Proposed: Cllr Bob Powers Seconded: Cllr Eleanor McMillan. Agreed by all

To confirm date and time of next meeting: Wednesday 8 April 2026 at 7.30 p.m.

MEETINGS PROPOSED DATES FOR 2026 all meetings held in the Montefiore Institute on Wednesdays at 7.30pm.

8 April	6 May	3 June	1 July
2 September	7 October	4 November	2 December

BRADWELL NEWS

Keep up to date with Bradwell Village Hall Events via Email/SMS:



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

BRADWELL WITH PATTISWICK PARISH COINCIL. A full version of the 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 9 February 2026 at Bradwell Village Hall, Church Road, Bradwell

Present: Cllr Glenn Lockey (Chair), Cllr Adam Deighton (Vice-Chair), Cllr Craig Evans, Cllr Antony Harding, Cllr Lesley Kinder, Cllr Michael Turner and Cllr Tony Dunn.

In attendance: Mrs. Theresa Trotzer Wilson - Clerk & RFO, County Cllr Ross Playle, Three members of the public.

25-6/189 WELCOME AND APOLOGIES – No apologies received.

25-6/190 DECLARATIONS OF INTEREST – No interests declared.

25-6/191 PUBLIC PARTICIPATION – A resident raised concerns about the proposed greenhouse development, including the visible plume and reported ammonia emissions. The Parish Council will seek clarification from INDAVER regarding commissioning, handover, and the plume. Concerns were also raised about water tankers drawing from a local hydrant; the Clerk will contact INDAVER to confirm the situation.

A second resident introduced herself as the Conservative candidate for the forthcoming Coggeshall Ward by-election.

25-6/192 COUNTY & DISTRICT COUNCILLORS – Cllr Ross Playle reported on Local Government Reorganisation proposals, the proposed 3.5% ECC council tax increase (with BDC expected to freeze its share), and a recent SEND inspection. Residents were reminded to report highways issues. A £1,000 locality budget was confirmed.

25-6/193 MINUTES – Minutes of 12 January 2026 approved and signed.

25-6/194 CLERK'S REPORT – Updates included planning responses, withdrawal of a non-material amendment, defibrillator battery/pads ordered, ICO direct debit updated, POSI 2026 submissions, grass cutting quotes requested, a £1,000 Locality Fund grant awarded for play equipment cleaning, Unity Trust interest rate and fees updated, RCCE free event on 23/02/26, new recycling bin deliveries starting, and Hollies Road closure for Anglian Water works.

25-6/195 COUNCILLOR REPORTS – Council Rent to Village Hall to be increased from April 2026.

25-6/196 PLANNING –

New Applications: Two applications received: a non-material amendment for Rivenhall IWMF (ESS/39/23/BTE/NMA20) and low-carbon greenhouses with associated works at Rivenhall Airfield (ESS/28/25/BTE). Clerk to submit responses.

Determined Applications: Several conditions discharged for Rivenhall IWMF and local sites; applications generally permitted or partially discharged.

For Information: Three applications pending, including ecology survey, window replacement at The Compasses Inn, and site investigation/remediation at Rectory Farm. Clerk and Cllr Dunn to invite Essex Highways to a future meeting regarding Rectory Meadow access.

25-6/197 PLAYING FIELD – No matters reported; Cllr Evans waiting on response from Caloo regarding replacement part.

25-6/198 FOOTPATHS – Clerk to report collapsed bridge on footpath 24 and blocked path due to broken handrail on footpath 33.

25-6/199 VILLAGE NOTICEBOARD – No new update.

25-6/200 INTERNAL AUDITOR – Accepted quote for internal auditor 25/26.

25-6/201 FINANCE – Financial statements approved and payments authorised totalling £848.26

25-6/202 ITEMS FOR NEXT AGENDA – Defibrillator Training, Neighbourhood Plan to consultation, Churchyard information board updated.

Minutes of the Parish Council meeting held at 7.30pm on Monday 9 March 2026 at Bradwell Village Hall, Church Road, Bradwell

Present: Cllr Glenn Lockey (Chair), Cllr Adam Deighton (Vice-Chair), Cllr Craig Evans, Cllr Antony Harding, Cllr Michael Turner and Cllr Tony Dunn. In attendance: Mrs. Theresa Trotzer Wilson - Clerk & RFO, Three members of the public.

25-6/204 WELCOME AND APOLOGIES – Apologies were received from Cllr Kinder.

25-6/205 DECLARATIONS OF INTEREST – Cllr Harding declared an interest in item 25-6/221ii.

25-6/206 PUBLIC PARTICIPATION – No questions asked.

25-6/207 COUNTY & DISTRICT COUNCILLORS – None present.

25-6/208 MINUTES – Minutes of 9 February 2026 approved and signed.

25-6/209 CLERK'S REPORT – Updates included planning responses, liaison group meetings, reported public rights of way issues, responses from INDAVER from last meeting, Highways road closures, Farleigh Hospice Walk of Life on 10 May 2026 and Land South of Coggeshall Road and using private access.

25-6/210 COUNCILLOR REPORTS – Cllr Dunn ordered flower seeds with remainder of INDAVER grant. Neighbourhood Plan update received.

25-6/211 PLANNING – New Applications: One application received: 26/00178/VAR - Variation of Condition 2 of approved application 23/01614/FUL. Change to design, sitting and mix of the proposed development at Hanwick Farm on Hollies Road. No Comments from Parish Council. **Determined Applications:** None.

For Information: Four applications for discharge of conditions at Land South of Coggeshall Road, Bradwell with three discharged and one pending consideration. One application for Certificate of Lawfulness at the Compasses Inn.

25-6/212 NATIONAL PLANNING POLICY FRAMEWORK – Resolved for Clerk to submit response to Government's consultation using template response from the RCCE in relation to question 18.

25-6/213 BDC LOCAL PLAN – Deferred until next PC meeting.

25-6/214 BDC AMENITY HIRE VEHICLE – Updated hire charges were noted however the parish council resolved to not provide the service this year.

25-6/215 PLAYING FIELD – Monthly verbal report received and no actions required. Invoice from EH Countryside for cleaning equipment and labour at Playing Fields was not yet received but it was resolved to approve the invoice conditionally as long as it remains under the £1000 grant budget available from Locality.

25-6/216 FOOTPATHS – No updates or concerns raised.

25-6/217 VILLAGE NOTICEBOARD – Update received – progress is being made.

25-6/218 MICROSOFT 365 – Parish Council resolved to move from Family subscription to Business Standard using Whitebarn IT services to assist with migration and license.

25-6/219 FINANCE – Financial statements approved and payments authorised totalling £830.38. *Cllr Harding left the meeting*

25-6/220 ITEMS FOR NEXT AGENDA – Noticeboard Working Party, apologies received from Cllr Evans.

25-6/221 GRASS CUTTING SPECIFICATION – Resolved to move to Confidential Session. Councillors considered tenders received for Grass cutting contract 2026-2029 and resolved to award contract to EH Countryside for a 3-year contract.

25-6/222 NEXT MEETING – Monday 13 April 2026 at 7:30pm, Bradwell Village Hall. **Meeting Closed 20:27**

ANNUAL PARISH MEETING – 11 May 2026

Residents are warmly invited to attend the Annual Parish Meeting, which will take place on **Monday 11 May 2026 at 7:00pm at Bradwell Village Hall.**

This meeting is an opportunity for everyone in the parish to come together, hear about what has been happening over the past year, and learn more about local projects, services, and plans for the future. It is also more importantly your chance to raise any issues, share ideas, and have your say on matters that affect the community.

Representatives from the parish council and local organisations will be present, and we welcome contributions from residents on topics of interest or concern. Whether you are a long-standing resident or new to the village, we encourage you to come along, get involved, and help shape the future of our parish.

Further details, including the agenda, will be published in advance on the parish council website at www.bradwellwithpattiswick-pc.gov.uk and on noticeboards. We look forward to seeing you there.

Parish Council Meeting Dates 2026 – March 2027		
13 April 2026	11 May 2026	8 June 2026
13 July 2026	<i>No August Meeting</i>	14 September 2026
12 October 2026	9 November 2026	12 December 2026
11 January 2027	8 February 2027	8 March 2027



PILATES

IN BRADWELL VILLAGE HALL

CLASSES TO SUIT ALL ABILITIES,
AGES & GENDERS

WEDNESDAY 6 - 6.45 pm

£7 per session

For more info call **Karen**: 07906247535

Another news packed magazine. It is heartening to know that the two villages visit each other, we both have a lot to offer. If you have news or an article you would like published, please send to me. The next date for copy will be 20 May. Spring is truly sprung, gardens are burgeoning, bulbs blooming, hellebores have been the best for years and of course, the weeds are bursting through! Mulch, mulch and more mulch!

Muntjac are more into munch than mulch, very cheeky creatures. How they like a young rose to nibble.

Happy Easter to you all.

Eleanor McMillan



BRADWELL VILLAGE HALL

Upcoming events



Plus! Save the date for our
80s Summer Party:
Saturday July 25th



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!

BRADWELL VILLAGE FUN DOG SHOW

SATURDAY 30 MAY

REGISTRATION FROM 11.30am

JUDGING 1.00pm

STALLS/RAFFLE/BAR

BBQ

FOR ANY ENQUIRIES CALL LESLEY

07766562705

Or

if you would like to bring a stall, please call to book



Outside Bradwell Village Hall we have our Swapping Box full to heaving with books for adults and children and even a few jigsaws! Why not help us by popping along and having a look you may find something for the Easter Holidays!

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

CRAFT CHAT GROUP

We welcome residents from Bradwell

The craft group meets in The Montefiore Institute, Stisted on Wednesdays at 1.30pm.

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

<https://www.achurchnearyou.com/church/6627/>**Facebook@allsaintsstisted**

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Mobile 07716 990599

Best Contact E-mail:

stistedvillagehall@googlemail.com**Parochial Church Council Treasurer & Administrator**

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ADVERTISING: Our parish magazine (six issues a year) is delivered to every household in the villages of Stisted, Bradwell and Pattiswick.

We welcome advertising, the income helps to cover production costs.

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stistedneighbourhoodwatch@gmail.com

Nick Eliot 07598 785142

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