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FRIDAY EVENINGS IN STISTED VILLAGE HALL aka THE FAIRHEAD ARMS

30 May	Franchise Pizzas
6 June	Chish & Fips
13 June	CurryLeaf
20 June	WrapStar
27 June	tbc
4 July	Hellente Symposium
11 July	CurryLeaf
18 July	tbc
25 July	Chish & Fips

We thank the kind volunteers who give their time to make these evenings successful and a friendly focal point for villagers to get together and enjoy the pleasant ambience of our welcoming village hall.

Check Facebook for further information.

WEDNESDAY SHOPPER BUS

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

EMAILED MAGAZINE

If you would prefer to receive the magazine by email, please let me know, it would help keep down printing costs.

Eleanor McMillan



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Nichola Courtier

BOOK CLUB: The next meetings will be on Wednesday 18 June to review Caroline Cauchi's 'Mrs Van Gogh' and Wednesday 16 July, book tbc. Meet at 7.30pm in the Montefiore Institute, Tea or coffee £1.00 or bring your own refreshments! New members welcome!

Lynn McCullough

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Stisted Community Shop offers tea and coffee on a Saturday morning. Why not pop by, get your household essentials, fresh baked goods and a sweet treat for the weekend. While you are there, stay for a cuppa and a chat. If you want to order your bread for Saturday, pre-orders taken by 9am on Wednesday for Saturday collection. To order WhatsApp or message the shop on 07729 687398 or email: stistedcommunityshop@gmail.com. The shop is based at the Montefiore Institute, Stisted. Open: Monday 2-4pm, Wednesday 1:30-7pm, Friday 2-4pm, Saturday 9:30-12pm

Julie Gariazzo

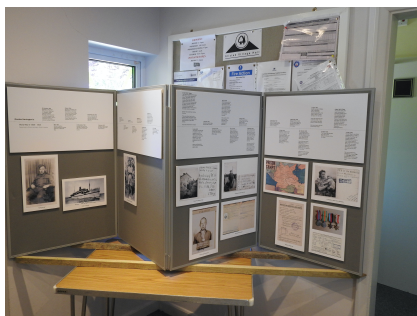
LITTER PICK

Saturday 1 June, all help appreciated!
Equipment provided and the Community Shop will be open for refreshments!

Stisted Parish Council

VE DAY CELEBRATION IN STISTED VILLAGE HALL

Villagers came together to celebrate 80 years since the end of the second World War. Delicious food was supplied, thanks to the amazing cooks! Entertainment was provided and the day was enjoyed by all! Another successful Stisted function!



Thank you to the many villagers who helped with entertainment, decoration, food and displays.

STISTED PARISH COUNCIL - CLERK AND RFO VACANCY

Stisted Parish Council is looking for a Parish Clerk and Responsible Financial Officer (RFO) for a permanent, part-time, home-based role (average 10 hours per week, flexible, 43.5 hours per month). The salary ranges from SCP 12-17 (£14.36 - £15.58 on 2024 rates), depending on experience and qualifications. Laptop provided.

Stisted Village is close to Braintree, approximately 1.5 miles from the A120 and has seven councillors.

The successful candidate will prepare agendas and minutes for Parish Council meetings, manage correspondence, address public enquiries, update the Council website, assist with policies, and handle planning applications. Financial duties include ongoing financial management, budget preparation and end-of-year accounts including audit.

Ideal applicants will have strong interpersonal skills, be organised, proactive, and able to work independently. Experience in local government and a Certificate in Local Council Administration (CiLCA) are desirable but not essential, as training is available. Availability for evening meetings on the first Wednesday of the month starting at 7.30 pm in Stisted is required. For an informal discussion, to request an application form and full job description or to submit your application and CV contact clerk@stisted-pc.gov.uk Application form and full job description are on the website at <https://stisted-pc.gov.uk/vacancies/> There is currently no closing date for applications; interviews will be scheduled as needed according to applications received.

123



123 is a Pop Up unaffiliated Social Tea Group. Come along to the Montefiore Institute Meeting Room on Monday afternoons from 2.00pm - 4.00pm for a warm welcome and a cup of tea or coffee with cake and biscuits. Simply a catchup, conversation and companionship for as long or little as you wish. See you there!

The Village Shop needs



Could you offer a few hours to help out in
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Any questions feel free to contact me.

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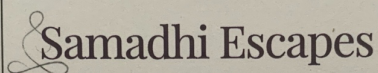
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CANS Update PM12 – Stisted House Sparrow population.

Last year I completed a house sparrow survey for ESSEX Wildlife Trust (EWT). This was carried out early morning over the period of three different weeks and was only in one particular area of the village. The reason for the survey was related to the low number of house sparrows, they have declined over the years since the 70s when they were in high numbers. EWT selected 40 volunteers to carry out this survey and I was one of them.

So how is our village fairing for numbers of house sparrows. Well, I can tell you that they are doing extremely well, and they mainly seem to favour guttering and gaps in soffits where they can squeeze in and nest. Newer constructed houses fair less well as they often have tightly fitted UPVC soffits and less access to lofts etc. Local bird enthusiast Sue Buffey has many pairs of sparrows nesting in her property, The Red House near the Sarcel and Back Lane junction. Sue has been monitoring the numbers of many birds and the sparrows seem to love her property's style. The hedgerows throughout Sarcel also seem to have little colonies of chirpy sparrows. They can be seen, pairing up, calling and feeding young, I would say that there are a hundred or more spread out over the village and for the first time in many years they are now visiting my bird feeders albeit in small numbers and frequency.

There are three different birds that come under the 'sparrow' family name. This is how to identify the differences.

1. The House Sparrow – This bird has a Grey cap
2. The Tree Sparrow – has a Chestnut Brown cap
3. The Hedge Sparrow – is a plain grey and brown bird we call the Dunnock.

I have not seen many tree sparrows around the village but there are plenty of dunnocks. They are mainly ground feeders and rarely seen on my feeders.

So hopefully you will have already seen these birds around and about and with luck they will be nesting near you.

Please see the photos overleaf of our local sparrows.



Male House Sparrow



Female House Sparrow



Dunnock on left. House Sparrows eat a variety of mixed seed. They are a member of the Finch family so they will take Sunflower hearts, millet, oats and suet pellets are also eaten along with the insects and grubs that they find naturally.

I hope that you enjoyed this article and wish you happy bird watching.

Graham Holloway
CANS Wildlife Rep

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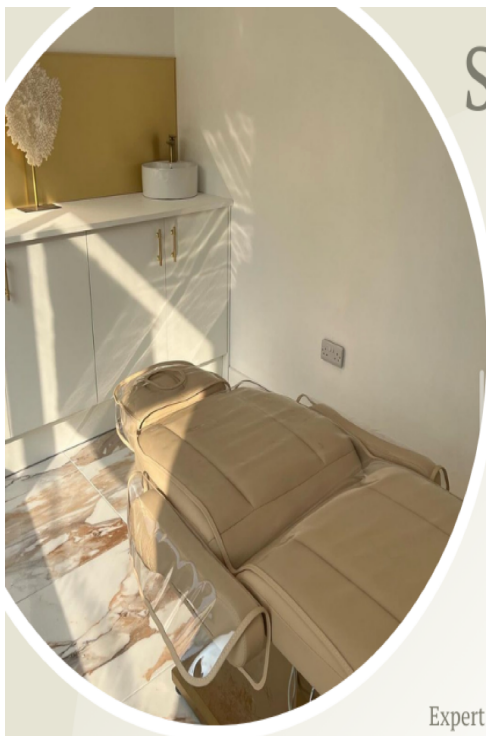


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Please pop over to the clubhouse on Kings Lane or contact us on 01376 346079 Option 1 / email us at membership@braintreegolfclub.co.uk for further details.



Our current shopping list 2025

Food items

- Pasta
- Rice (1kg bag)
- Jam
- Tinned fish
- Tinned Tomatoes
- Sugar (500g bags)



Non food items

- Toilet rolls
- Washing up liquid
- Toothpaste
- Bars of soap
- Hair conditioner

We ask for small packs as larger packs do not fit in our boxes making it difficult for our clients to carry home. Also, we are unable (for hygiene reasons) to split large size or catering packs.

We follow the standards set by the Food Standards Agency. We can only accept donations of unopened and undamaged goods that are still well within their "use by" date (no less than six months if possible). Items which do not meet these requirements cannot be used and your donation may be wasted.



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DEFIBRILLATOR MAKEOVER!



Chairman of Stisted Parish Council Alan Routledge and Councillor Geoff Nurse repaired and repainted the telephone box which houses the defibrillator. A new door was fitted. It is situated by Church Walk. Thank you!



OUR VILLAGE GREEN

The bench was donated by Mr P Miller in 1973 and was refurbished by donations from members of Braintree Golf Club in 2021.

The tree is a cherry, kindly given to the village by The Woodland Trust. It needs plenty of water to carry on thriving.





theWI
INSPIRING WOMEN

Stisted WI's Programme for 2025

The WI meets at Stisted Village hall at 7:30pm on the second Wednesday each month. New members welcome. The first meeting is free. Contact Stistedwi@gmail.com if you want more information.

JUNE 11th Essex Air Ambulance

with Roger Smith
(Competition- bring a toy vehicle)

JULY 9th QUIZ Night

(Competition- bring a puzzle or game)

AUGUST 13th A Summer Day Out

instead of the meeting (Details TBC)

SEPTEMBER 10th: My Life in Poetry

with Janet Fost
(Competition- bring a poem or limerick)

OCTOBER 8th How Sewing Took Over my Life

with Olivia's Curiosities
(Competition- bring a piece of original handcraft)

NOVEMBER 12th Christmas Crafting

with Chiz
(Competition- bring your favourite Christmas present)

DECEMBER 10th Christmas Party (details TBC)



STISTED WI

Our new President, Helen Horton, (front row right) new Secretary, Julie Gariazzo (left) and committee are revamping Stisted WI and securing its future in the village. They welcomed members, new and old and are keen to attract people of all ages to join this friendly group.



Julie gave a fascinating talk What is Aromatherapy? She explained that Aromatherapy is the practice of using essential oils for therapeutic benefit and is a complimentary therapy, working alongside the NHS. Aromatherapy has been used for centuries; found in ancient tombs in Egypt, China and India.

Essential oils are extracts from plants and are very concentrated chemical compounds. For example it takes 40 rose petals to make one drop of essential rose oil! When inhaled, the scent molecules in essential oils travel from the olfactory nerves directly to the brain and especially impact the amygdala, the emotional centre of the brain. They may be breathed in from a diffuser or by massaging or soaking into the skin. Julie gave us mini-inhaler gift packs, enabling us to experience and differentiate the aromas.

Julie offers bespoke aromatherapy treatment, products, combined with reflexology at the aromatherapy room, next to Stisted school. She

prescribes and makes creams, shampoos, body lotions, soaps, bath and diffuser oils with specific essential oils to help to treat conditions, such as anxiety, nausea, depression and insomnia. Helen described the dramatic effect aromatherapy cream prescribed by Julie, for her mother's skin condition, and how relaxing and beneficial she finds Julie's combined aromatherapy and reflexology massage.

After refreshments and catching up with new and old friends, Helen thanked everyone for their many contributions in making the village VE day such a success, in all sorts of ways. The WI was at the forefront in providing plentiful teas, sandwiches, cakes, helping with decorating the hall, flower arrangements, washing up, everyone pulling together, building a thriving community. WI President, Helen, was praised and thanked for her pivotal role in bringing everything together. Originally directing the skit and 1940s dancing, baking loads of cakes, she became the 'call to person' for the entire event. Everyone expressed how wonderful it was to be part of the special VE celebrations with the community of Stisted, thanks to all the detailed planning and work of many.

Past WI President, Dot Sargeant, and Secretary, Jennie Alderton thanked Helen, Julie, and the group for their gifts of roses in recognition of their long service to Stisted WI. And for taking on their roles, encouraging new members and looking forward to the 'new look Stisted WI' for many years to come. We are a friendly group of all ages, meeting at the village hall, at 7.30am on the second Wednesday of the month, all are welcome, first visit free.

Helen Remfry Stistedwi@gmail.com



Madame Alfred Carrière

A vigorous climber, one of the earliest bloomers in my garden. It is a joy to see plants burgeoning, they seem to grow overnight!



The Ecclesiastic Parish of Stisted with

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Facing Change, Rooted in Love.

Change is one of life's great certainties, yet it rarely feels easy. Whether it's something small, like the seasons shifting-or something much deeper-a new job, a loss, a new beginning-it often stirs up a mixture of emotions: hope, anxiety, excitement, grief. As a parish and as individuals, we are constantly navigating the ebb and flow of life. And in recent years, many of us have faced more change than we would have liked.

I've found myself reflecting lately on how we, as people of faith, process change-not just practically, but spiritually. How do we hold fast when things around us feel uncertain or unfamiliar? How do we trust that God is present even in the transitions?

Scripture reminds us repeatedly that while everything else may shift, the love of God remains firm. In Malachi 3:6, God declares, 'I the Lord do not change.' And in Hebrews 13:8, we are reminded that 'Jesus Christ is the same yesterday and today and forever.' This constancy is not just theological-it's deeply personal. It means that the love that formed us, called us, and walks with us doesn't waver, no matter how much the scenery of our lives might.

One of the images that has helped me is that of an anchor. In Hebrews 6:19, we read, 'We have this hope as an anchor for the soul, firm and secure.' In stormy times, we don't need to control the weather-we need an anchor that holds. God's love is that anchor: steady, unshakeable, rooted in grace.

But processing change is not just about clinging on, it's also about opening up. Often, God uses times of transition to grow something new within us. We may not immediately see the purpose, but faith invites us to trust that transformation is at work, even in the quiet or

uncomfortable places. Like a seed buried in soil, something unseen is beginning to grow.

In our parish, we may face changes in leadership, ministry patterns, or community life. In our homes, some are grieving losses, while others are embarking on new chapters. In every part of this, God is with us. And God's love is not only the anchor-it is also the soil in which we are planted, the light that helps us grow, the grace that carries us through. So if you are finding change difficult right now, take heart. It is okay to feel unsure or unsettled. But you are not alone. As a church family, we walk these roads together, supporting one another in prayer and presence. And more importantly, we walk them with a God who never changes and who never lets go.

Whatever change you're facing, may you know deeply and truly: *you are loved, you are held, and you are not alone.*

With every blessing,

Tayrina, Coggeshall & United Parishes Curate

ALL SAINTS' CHURCH, STISTED SERVICES & ACTIVITIES

Services at Stisted Church start at 10.30 a.m. unless stated otherwise.

Refreshments are available after the services.

There will be a service on the 1st and 2nd Sunday of month.

Worshippers are encouraged to join worship at other churches in the Benefice. Details below.

1 June	10.30am Prayer & Praise led by Pat Bash & Church Team
2 June	9.00am – 10.30am Toddler Group in South Aisle. Contact Jamie 07767367067
7 June	9.00am Church Cleaning followed by coffee at 10.30am
8 June	10.00am Worship and Praise with Holy Communion at St Peter's ad Vincula, Coggeshall. Benefice Service saying farewell to Heike
5 July	9.00am Church Cleaning followed by coffee at 10.30am
6 July	10.30am Prayer & Praise led by Guy Varney & Church Team
7 July	9.00am – 10.30am Toddler Group in South Aisle. Contact Jamie 07767367067 n.b. No Toddler Group in August

13 July	10.30am Worship & Praise with Holy Communion led by Revd Tayrina Ferguson
2 August	9.00am Church Cleaning followed by coffee at 10.30am
3 August	10.30am Prayer & Praise led by Pat Bash & Church Team

BENEFICE SERVICES - www.caup.org.uk

Sunday	Coggeshall	Stisted	Cressing St Barnabas
1st	10.00 Informal Family Service. 10.00 Holy Communion at St Nicholas Chapel	10.30 Prayer and Praise led by the Church Team	10.30 Service of the Word
2nd	10:30 Informal Family Service	10.30 Worship including Holy Communion	10.30 Service of the Word
3rd	10.00 Informal Family Service		10.30 Service of Holy Communion
4th	10.30 Informal Family Service		10.30 Service of the Word
5th	One service in the Benefice at 10:30. To be announced		



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.



OPEN CHURCH AT ALL SAINTS' STISTED

Between 10.00a.m. and 3.00p.m.

**Friday, Saturday, and Sunday
Light a Candle and Say a Prayer,
Free Wi-Fi, Refreshments, Baby**

**Changing and Play Area and Toilet facilities available
Foodbank Donations may be left in the South Porch at any time.**

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**
- **BABY/CHILDRENS CLOTHES FOR UKRAINE**. A new appeal in the community. If you can help, then please deposit in collection point in the South Aisle. Please ensure footwear is paired and bagged. Thank you.

I AM THE SHEPHERD

During the season of Easter we heard from St John's gospel many references reminding us of Jesus being the Good Shepherd.

It occurred to me to wonder what the job description might be if you wished to apply to be a shepherd today. My brief research into this is below and provides a summary of their key duties with a comparison of 'What would Jesus do?'

1. **Herding and Grazing:** Shepherds move sheep to different grazing areas, ensuring they have access to fresh forage and clean water. They guide them to safe areas.

What did Jesus do? We read 'My sheep hear my voice. I know them, and they follow me.'

Throughout his ministry he walked from village to village and encountered many who wished to hear his Word. The Feeding of the 5,000 is one example of how he made two fishes and five loaves feed the multitude of people listening to his word.

2. **Protecting the Flock:** They watch for predators, thieves, and other threats, and may use guard dogs (sheepdogs) to help protect the sheep.

What did Jesus do? When challenged by the Jews in the temple to prove he is the Messiah, Jesus answered “I have told you, and you do not believe. The works that I do in my Father’s name testify to me; but you do not believe, because you do not belong to my sheep.” In other words, non-believing Jews are the predators, and he protects his flock of believers from harm, both physical and spiritual. Also, his flock included his disciples. His care for them is demonstrated by the Jesus calming the storm in order to protect them.

3. **Providing care:** Shepherds observe the flock for signs of illness or distress and may tend to sick or injured sheep. and may administer necessary treatments.

What did Jesus do? The miracles that Jesus performed cured the sick lambs, so they were no longer outcasts. The blind, the deaf, the leper, and those consumed by madness. Those who believed he could heal their loved ones without seeing and touching them would be healed.

4. **Communication and Training:** Training sheep to follow his voice and to recognise him, allowing for easier herding the protection. Often a sheepdog is trained to help him corral the sheep to a safe haven (Sheepdog Trials on Countryside)

What did Jesus do? He would often take his disciples to quiet space and explain the meaning of the parables to them in more detail. He was preparing his disciples as if they were young lambs to grow and mature hearing the word of God through Jesus.

5. **Daily Care:** Shepherds frequently work long hours, often on call 24/7, ensuring the flock’s needs are met at all times.

What did Jesus do? Jesus was on call to those in need at all hours. Jesus' love and sacrifice are highlighted by the parable of the lost sheep, where a shepherd leaves 99 sheep to search for the one that is lost.

In John's Gospel 21.1–19 reading we hear of Jesus' third appearance to his disciples when they are fishing. Eventually, we hear that they caught 153 fishes, and they joined Jesus for a breakfast of cooked fish with Jesus. After the meal Jesus asked Simon Peter the same question three times: "Simon, son of John, do you love me?"

Each time, Simon Peter said "Yes, Lord; you know that I love you." After each declaration of Simon Peter's love for Jesus, Jesus said:

- Feed my lambs
- Tend my sheep
- Feed my sheep

He reminded Simon Peter that when he was younger, he would fasten his own belt and go wherever he wished. But when Simon Peter grows old, he will stretch out his hands and someone else will fasten a belt around him and take him where he does not wish to go! A description of each of us being led astray by temptation.

He finished by saying to Simon Peter, "Follow me."

Will you follow Jesus?

Prayer of St. Francis of Assisi (Prayer for Peace)

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O divine Master, grant that I may not so much seek

to be consoled as to console,

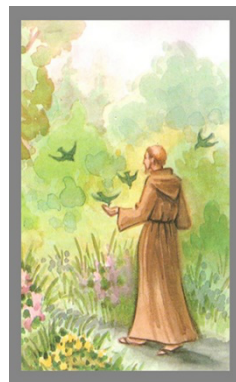
to be understood as to understand,

to be loved as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life. Amen



Pat Bash

STISTED CRAFT AND CHAT GROUP

EVERY WEDNESDAY FROM 1.30 AT THE MONTEFIORE INSTITUTE
£2 INCLUDES REFRESHMENTS

What a busy time we had recently working on a contribution to the church display for VE day. It took us ages to decide what we could do other than a floral arrangement and I hope that most of you saw our miniature Street Party with its pipe cleaner people and tables and seating etc. cobbled together from bits bought for previous craft masterpieces! Food and dishes were made from FIMO or air-drying clay. This is now on loan to Stisted Academy.



All are welcome to join us each Wednesday no crafting necessary, but the chat is always riveting.

More information: anitaburnett@btinternet.com

CANS



Spring is in Full Swing!

Yes, Spring is in full swing, and the UK's butterflies are flying.

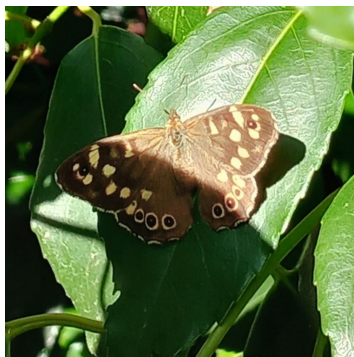
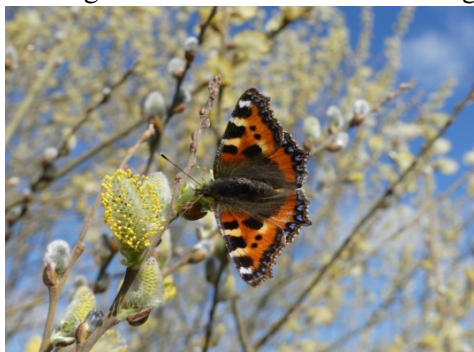
What to look out for this Spring...

Hedgerows around Stisted are attracting Orange tips and Commas to the Blackthorn blossom.



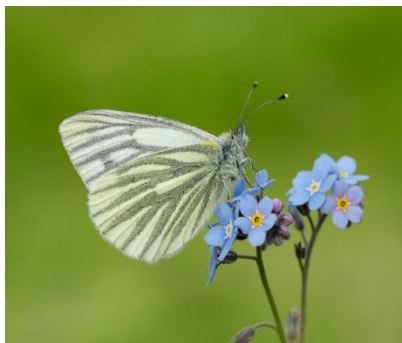
Find a sunny spot where there are brambles, and you might be able to spot a bright orange Comma basking in the sunshine.

Our verges are now coming into bloom as well as the undergrowth in the bluebell woods. The garlic mustard, cow parsley and ground elder are attracting Small Tortoiseshells and Orange Tips.



My favourite butterfly is the Speckled Wood which can often be found in woodland clearings, basking in the sunshine on nettles, brambles and ground level plants.

The Speckled Wood is not to be confused with the Chequered Skipper that is pictured below.



And there have been so many Orange Tips and Green Veined White butterflies feeding on the yellow rape seed in the fields surrounding the village. Such a lovely sight!

Take a walk in the churchyard or along Lyme Walk where you may catch a glimpse of a Yellow Brimstone in the abundant Ivy.



Along the river banks and golf course where the comfrey and cow parsley will soon be in full bloom and also nettles of course which are loved by The Peacocks and the Red Admirals with their stunning markings. Here these butterflies will lay their eggs. Let's not forget our gardens which provide not only shelter, but a wide variety of flowers which are vital for the survival of these beautiful insects. Flowering plants

such as cornflowers and marigolds, salvias, nasturtiums, heathers, mint, sedums, thyme, rosemary and oregano are just a few plants which have a good source of nectar for our butterflies and other important pollinators.

Leave a saucer of water in your garden in a warm sunny position and mix a teaspoon of sugar into the water. This will provide a further food source for our busy pollinators. Let's all help our butterfly numbers to increase this year. Happy butterfly spotting!

The Big Butterfly Count 2025 is between 18 July and 10 August. CANS reported on their findings last year and will continue this year. Counting butterflies can be described as taking the pulse of nature, the Butterfly conservation depends on you, citizen scientists, to help us assess how much help nature needs. The data from this and other counts will also help us to identify important trends in species that will assist us in planning how to

protect butterflies from extinction, as well as understanding the effect of climate change on wildlife.

We would love to hear from you about findings. You should be able to find this report on the Stisted Village Facebook page, the Stisted Village Wildlife Facebook page and the Stisted Village community WhatsApp group where you can add comments about your own experience. Thank you!

Jane Bailey CANS (Climate and Nature for Stisted)

PILATES NEWSLETTER for June & July

How are you? I hope you had a wonderful May.

NEW MONTH: To see the beginning of each new month as a **first** is a powerful thing. A prompt from life reminding you that you are the author and if this story arc is not bringing you fulfilment, you can shape it as you see fit. A crisp, clean, and excitingly blank fresh page. The next chapter. Full of hope, full of promise, full of more **living**. To see each 1st as a **first**, is to invite in possibility, magic, and most of all, reaffirm permission, power, and possession. Take lead from the earth around you if you are unsure; are we rising, resting regenerating, releasing, harvesting? Breathe into the flow. And off we go. *'Donna Ashworth'*

Would you do me favour please, would you mind clicking on my website, because it is fairly new, the more clicks I get, the higher I will appear in the google search engine. I would greatly appreciate it. Many thanks

<https://marisaswain-fitnesspilates.co.uk/>

Welcome to our **educational series** on common health conditions you may encounter at some point in your life.

This month we are talking Rotator Cuff Injuries.

Understanding Rotator Cuff Injuries: A rotator cuff injury involves damage to the muscles and tendons that surround and stabilise the shoulder joint.

These injuries can range from inflammation (tendinitis) and strains to partial or complete tears.

How Does a Rotator Cuff Injury Occur?

- **Overuse:** Repetitive overhead movements—common in sports like tennis, swimming, or even certain work activities—can lead to gradual wear and tear on the shoulder.
- **Acute Trauma:** A fall, sudden impact, or lifting heavy objects improperly can cause an immediate injury.
- **Degenerative Changes:** As we age, the tendons may weaken over time, making them more susceptible to injury even with minor stress.

Treatment Options

- **Conservative Management:**

- **Rest and Ice:** Help reduce inflammation and alleviate pain.
- **Medications:** non-steroidal anti-inflammatory drugs (NSAIDs) may be recommended.
- **Physiotherapy:** A targeted programme to restore strength and flexibility is often the first line of treatment.

- **Advanced Interventions:**

- **Corticosteroid Injections:** These may be used for persistent pain and inflammation.
- **Surgery:** In cases of severe tears or when conservative treatments fail, surgical repair might be necessary.

Fitness Pilates: Do's and Don'ts for Participants with a Rotator Cuff Injury

Do's:

- **Focus on Controlled Movements:**

Engage in slow, deliberate exercises that emphasise proper form and a gentle range of motion.

- **Modify Exercises:**

Adapt movements to avoid excessive strain on the shoulder. For example, reduce the range of motion during arm movements or use supportive props.

- **Emphasise Scapular Stability:**

Incorporate exercises that strengthen the muscles around the shoulder blade to enhance overall shoulder stability.

- **Engage Your Core and Maintain Proper Posture:**

A strong core supports overall body alignment, which can indirectly ease stress on the shoulder.

- **Warm Up Thoroughly:**

Begin with gentle warm-up exercises to prepare the shoulder and surrounding muscles.

Don'ts:

- **Avoid Heavy Overhead Movements:**

Exercises that force the arms above the head or involve heavy lifting can exacerbate the injury.

- **Don't Push Through Pain:**

Cease any exercise that causes sharp or increasing pain in the shoulder.

- **Steer Clear of Unstable Movements:**

Avoid exercises requiring significant shoulder stabilisation if you're not yet ready; these can overload the injured area.

- **Don't Neglect Proper Alignment:**

Ensure you perform movements with correct posture and alignment to avoid further strain.

Live to 100 – Secrets of the Blue Zones

I watched a programme on Netflix last year called Live to 100. I like to think I live an 80/20 life, like most of us do, but after watching this programme there are a lot more things I can improve upon to my health, such as eating purple sweet potatoes! You must give it a go. People are living to over 100, mobile, happy, drug free! It's absolutely fascinating!

Spring-clean your life! 20 ways to discard the emotional baggage that's holding you back

Learn something new: Life changes can make us feel unsettled, taking away our ability to focus. Starting a new hobby or class is a great way to develop a renewed sense of purpose, leaving more space for creativity in our lives.

Whether it's learning a new language or trying a different sport, it really helps to take you away from that 'mind clutter' you don't want.

Write a journal – but take your time: Most people won't find the time to write in a journal for an hour every day, especially when it's new to them. But you can still get a lot out of the process by doing it for just five minutes each day, until it becomes part of your normal routine. It's also worth using a habit tracker app or speaking to a friend to hold you accountable.

Volunteer for a good cause: It's easy to get lost in your own thoughts and daily stresses. Try making time to volunteer for a charity or cause you feel passionate about, and document your journey. By comparing your thoughts and feelings with your usual daily experiences, it will help you to gain perspective, declutter your mind and open you up to new opportunities.

Practise saying no: People-pleasing often comes from a place of wanting to be accepted by others. Learning to say no and put healthy boundaries in place is essential, whatever the person's reaction. Remind yourself that you can cope with the disappointment of others, so that you only take on tasks you can comfortably accommodate in your life.

Do a digital cleanse: Just because you've been a long-time follower of a social media account, it doesn't mean it's serving your wellbeing. Spring-clean your feed by unfollowing accounts that make you feel jealous, resentful or unhappy, and try to focus on the accounts you do feel a connection with. 'Hate scrolling' might provide a short-term distraction, but it can also be a barrier to engagement, meaning and building genuine connections on and offline.

Ditch self-love for self-compassion: Instagram might encourage self-love,

but certain actions – such as ghosting someone or skipping an event you don't fancy – can appear selfish or hurtful. Self-compassion is about accepting yourself as you are, including your flaws, rather than putting yourself first at all times. Practising self-compassion and kindness can lead to more resilience, better relationships and higher levels of compassion and emotional availability for others.

Adopt the four Ds of time management: When it feels like life is running away from you, regain control by 'doing, deferring, delegating and deleting'. Get your small tasks done quickly, delay anything that doesn't need to be done right away, hand over to others where possible and scratch any extra tasks that don't really need to be done at all.

Meal-prep at weekends: During the week it can be hard to create healthy meals that sustain us, especially when things are busy at home or work. Try making big batches of soups and casseroles while you're watching a film at the weekend. Having homemade ready meals in your freezer for those stressful moments will allow you to focus your time on other important tasks.

Detox your wardrobe, not your body: As life gets busier and we grow older, our bodies often change shape. Rather than hanging on to old clothes "just in case you lose weight", choose to appreciate and accept the body you have right now. Forget the crash diet, just pack up the clothes that no longer fit and drop them at your favourite charity shop or give them away to someone you love. You'll also be making space for new things that better reflect the person you are today.

Break your procrastination habits: Spring-clean that start/stop mentality by spotting your procrastination behaviours and challenging them every day. For example, when you find yourself saying 'I'll just watch this before I start,' make a conscious decision to stop in your tracks before you get distracted. Simply by saying 'I choose to do this,' you'll be helping your brain to overcome the procrastination trap.

Monitor your triggers: When we feel upset or hurt by something someone says, it's a good opportunity to take a look at what we're holding on to and let it go. If you notice yourself being triggered, write down the beliefs you have about yourself in that moment, as well as your thoughts about the situation and the other person. The more familiar you get with your own baggage and triggers, the less power they will have over you.

Write down and reflect on the habits and beliefs that don't serve you well.

Keep a thought diary: Over time we develop habits and beliefs that don't serve us well. If you're not getting the results you want or you are repeating the same patterns, try keeping a thought diary. This will help you to reflect on

some of the situations that are causing you anxiety or unhappiness, reflect on them and examine changes you might be able to make.

Make a decluttering plan: Mess can affect your mood, but it's not always easy to get rid of things or know where to begin. Start by identifying your cluttered hotspots and visualising how you'd like them to look. Break it down into small areas, taking 'before' photos so you can monitor your progress. Once you get going, put everything into designated bags for recycling, rubbish, selling and donating.

Make a record of your work achievements: Sometimes it can be hard to recognise our own successes, especially in a fast-paced workplace. Making a record of your achievements on a regular basis will boost your confidence in the short-term and give the starting blocks you need to negotiate a promotion or pay rise next time the opportunity comes up.

Build a list of your support network: When you're feeling overwhelmed, it can be hard to know where to turn. By creating a 'go-to' list of people for every situation, you'll always have the support you need on hand. For example, you can include people who are good at practical help or giving advice, as well as friends who are great listeners and will give you the space you need to talk about your feelings.

Focus on what you can control: If you're feeling worried or anxious about something, it's easy for your mind to become quickly overwhelmed with negative thoughts. Take a sheet of paper and draw three columns. In the first one write down all the things about your situation that you can control, in the second write down the things you can influence and in the third add the aspects that are out of your control. When you're building a plan, look only at the first column, so that you're focusing on what you have the power to change.

Buy an alarm clock: Prevent bedtime distractions and 'doom scrolling' by investing in an old-fashioned alarm clock for your bedroom. If your phone is charging elsewhere in the house, you won't be tempted to look at work emails or mindlessly watch TikTok at 1am, when you should be resting. It will also prevent you from feeling wired at night, leading to less overwhelm during the day.

Practise gratitude every day: As humans, we are programmed towards negative thinking and generally need five positive thoughts to counteract one negative one. Start each morning by thinking of five things you're grateful for, such as a warm bed or a nice message from a friend. Do the same in the evenings just before you go to sleep.

Rate your stress: It's easy to sleepwalk into a state of overwhelm when

you're working on autopilot. Write down everything you're dealing with and rate the anxiety it's causing you from one to 10. Then work down the list from lowest to highest, putting in place a plan for each situation. Breaking things down into small steps always makes them easier to deal with.

Do an energy audit: What we think of as baggage can often be a habit, situation or environment that is draining us. An energy audit is a simple exercise that helps you to identify the things that are affecting your life. On a page, list your 'drainers' and 'energisers' for people, environments, mindsets, habits and things. Once you're done, you can commit to making tiny adjustments in all the areas you identify.

HOW TO MASTER THE PERFECT BENT-OVER ROW

The bent over row is a back strengthening exercise that can help prevent injury, improve posture and tone muscles.

The set up: Pick up your two weights, or alternatively use a couple of heavy water bottles or cans from the kitchen cupboard. Place feet hip distance apart and, from standing, lean forward from the waist, your knees should be slightly bent and your back straight, and your neck in line with your spine. Extend the arms and grip your weights, with overhand grip/palms facing downwards.

Bend your elbows to pull the weights in towards your sternum as you exhale, then extend arms to the return weight to starting point as you inhale.

Beginners do this 8-10 times and then take 60 seconds rest Intermediates, do this 6-8 times with heavier weights and 90 seconds' rest. Perform up to 3 sets.

What to watch: Shoulders, to avoid overusing the upper trapezius muscles, do not let the shoulders hike up towards your ears. Keep them back and down instead. Back - do not arch or overextend. Keep your trunk as still as possible. Knees - keep your knees slightly bent. Alternatives - Pause at the top of the movement and squeeze shoulder blades together to get the most out of the exercise.

***JUNE Thoughts and Reflection:** Be kind. Be thoughtful. Be loving.*

Remember: you don't know everyone's story.

We can't make assumptions about other people.

We don't know where they came from, what they are struggling with, who they are behind closed doors.

It's for all these reasons - and many more - that we should treat everyone with absolute love and respect.

HAPPY JUNE

Stay strong, breathe and spread the love and positivity

Marisa Swain

STISTED PARISH COUNCIL

Stisted Annual Parish Meeting 2025 – Summary Report

The Stisted Annual Parish Meeting covered a year of active community engagement, development challenges, and continued efforts to work together as a community

Parish Council Overview:

The Chairman reported on a busy year for the Parish Council, including the review of over 30 planning applications, and being notified about proposals for 10,000 new homes in the Braintree District as well as the possibility of gravel pits in the area. The Council supported Affordable Rural Housing following a Housing Needs Survey and responded to consultations on local environmental and infrastructure concerns.

Community events and initiatives - such as the Easter Bunny quiz, Santa's visit, and new gym equipment - were well received. The new 'Freedom of Stisted' award was introduced to honour exceptional service.

Parish Organisation Updates:

- **Church:** Service frequency has reduced due to clergy changes and attendance, though outreach efforts like food banks and recycling continue. Restoration of the chancel ceiling and bell tower are priorities, with significant funds required. The church also holds an Eco Church Bronze award.
- **CANS:** Focused on biodiversity and sustainability, CANS secured funding for a 'Library of Things', arranged planting of 190+ saplings, opposed gravel extraction, and promoted pollinator-friendly spaces with wildflower verges. Events raised over £600 for green projects.
- **Community Shop:** Relaunched in 2024, the shop now offers a Saturday café, more stock, and free Wi-Fi. Future plans to extend opening depend on volunteer availability.
- **Footpaths:** Most path infrastructure has been repaired, though weather damage and fly tipping remain concerns.
- **Montefiore Institute:** Hosting several local groups, the historic building needs refurbishment, and help is sought with grant applications.

- **Neighbourhood Plan:** Awaiting final feedback from Braintree District Council before moving to a referendum.
- **Parish Magazine:** Distributed bi-monthly as a free magazine, with upcoming options for digital delivery.
- **Primary School:** Continues to thrive with 104 pupils and robust wellbeing initiatives. The school is part of the Canonium Learning Trust and is preparing for an upcoming SIAMS inspection.
- **Tree Warden:** Village and playing field trees are generally in good health. Routine inspections and better awareness of permissions for tree work were recommended.
- **Historical Archives:** A productive year included exhibitions, digital cataloguing, and contributions to local commemorative projects.
- **Village Hall:** Significant improvements were made, including solar panels, new bar shutters, and upgraded lighting. The hall remains a central venue for community life and now opens Friday evening for the bar and some entertainment.

Meeting Close: No other matters were raised by residents. The next Annual Parish Assembly is scheduled for **6 May 2026**.

Stisted Parish Council – Annual Meeting Report

Held: May 2025 | Venue: Stisted Village Hall. Attended by Councillors and 16 members of public

The Annual Meeting of Stisted Parish Council saw the election of Cllr Alan Routledge as Chair and Cllr Robert Powers as Vice Chair. Both were unanimously elected and have completed the formal declarations.

Key Items Discussed and Agreed:

- **Public Matters Raised:**

Residents requested restoration of the wooden village sign, removal of an unauthorised banner facing the village green, and attention to an overgrown hedge affecting road visibility. All items were added to the Council's action log and will be followed up accordingly.

- **Planning & Development:**

No new applications were received for this meeting. A previously submitted application for a Greenkeeper storage unit has now been approved.

- **Annual Administration:**

Council meetings will continue on the first Wednesday of each month (excluding August). Committee and working group structures remain unchanged, and both the Footpaths Officer and Tree Warden were re-elected.

- **Financial Matters:**

Financial regulations were reviewed and updated, insurance renewed to include new equipment, and the Asset Register approved. Mr R Hughes was reappointed as the Council's Internal Auditor. All regular subscriptions and monthly commitments were confirmed.

- **Review of Policies**

Various policies had been reviewed and updated by the Clerk. It was RESOLVED to accept these and to publish on the council website

- **Audit & Governance:**

Accounts for year end to 31 March 2025 were reviewed and signed. The Council approved its 2024 - 25 Annual Governance & Accountability Return (AGAR), including the governance and accounting statements, following a successful internal audit.

RESOLUTION taken to approve the AGAR and submit to external auditor. The formal period for public inspection of the accounts will begin on **3rd June 2025**.

- **Community Initiatives:**

A new **Playing Field Working Group** is to be formed, and a Terms of Reference will be drafted to guide its purpose and projects. The **Affordable Housing Working Group** will now include four members of the public: Ms Shaw, Mr Watkins, Ms Hollands, and Mr Hughes. Their first update to council is expected in June.

- **Other Updates:**

Items scheduled for future discussion include the condition of the Village Green tree, the recruitment of a new Clerk, and a community tool-sharing initiative, the 'Library of Things'.

The Council closed the meeting at 9:20 p.m. The next Parish Council Meeting will take place on **Wednesday 4th June 2025 at 7:30 p.m.** in the Montefiore Institute.

Further detail of these draft minutes is available on the Parish Council website www.stisted-pc.gov.uk

Stisted Parish Council – Meeting Synopsis (April 2025)

Apologies: Received from Cllrs Abram, Thorogood, and Routledge.

Declarations of Interest: Cllrs Hughes and McMillan for Parish Magazine and Village Hall.

Key Public Matters and County Councillor Matters Raised:

- Concerns over tree clearance at Glebe House.
- Footpath obstruction at 25 Sarcel – Cllr Powers to investigate.
- Verge marker reflector alignment to be checked.
- Plans for mayoral election in Essex after devolution when Essex will split to five unitary authorities
- Roadworks starting to lower the speed limit on A120 to 50 mph

Resolutions and Actions:

1. Affordable Housing Support

- Terms of Reference circulated with first task to choose a preferred site for the housing.
- Resolution Passed: Parish Council supports the Housing Needs Survey and will form a working group to identify preferred sites.
- Clerk to request removal of misleading information from Hastoe's website.
- Volunteer nominations for the group due by 30 April.

2. Previous Minutes

- **Resolution** Passed: March meeting minutes approved as a true record.

3. Planning Applications

- Resolution Passed: Support given to:
 - Greenkeepers' storage building at Braintree Golf Club.
 - Rebuild of barn at Glebe House.

4. Finance

- **Resolution** Passed: Approved bank reconciliation (£16,448.55), Payments including Clerk salary, broadband, and memberships approved (£790.80 total).
- Year-end accounts progressing; internal audit scheduled.

5. Parish Magazine

- **Resolution** Passed: £400 to be contributed from Stisted PC budget towards magazine shortfall.

6. Community & Recreation

- Library of Things grant received – discussions ongoing.
- Final Multiplay repairs scheduled; Cllr Nurse to handle future inspections if qualified.
- Hare coursing awareness posters to be published.
- Easter Egg Hunt organized with community input.
- Suggestions made for a third annual village litter pick.

7. Administrative

- Comments box near defib kiosk to be clearly signed and painted.
- Meeting timing to remain in the evening to accommodate working residents.
- Synopses of minutes acceptable for bi-monthly Parish Magazine publication.

Meeting Closed: 21:20

BRADWELL WITH PATTISWICK PARISH COUNCIL

A full version of theses Minutes are available on the Bradwell with Pattiswick website www.e-voice.org.uk/bradwell/

Minutes of the Parish Council meeting held after the Annual Parish Council Meeting on Monday 12 May 2025 at Bradwell Village Hall, Church Road, Bradwell

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

In attendance: Mrs Theresa Trotzer Wilson, Clerk & RFO, Cllr Playle, County Councillor for Witham Northern and twelve members of the public.

25-6/038 WELCOME AND APOLOGIES

Apologies were received and accepted from Cllr Kinder.

25-6/039 DECLARATION OF INTERESTS

There were no declarations of interest.

25-6/040 PUBLIC PARTICIPATION

Concerns were raised about increased traffic on the A120 and Haul Road due to new planning applications from Essex County Council (ECC), along with proposed changes to the Integrated Waste Management Facility (IWMF).

Residents were encouraged to submit individual responses to the planning applications, and the Parish Council confirmed it would also respond.

Cllr Playle noted the response deadline had been extended to 27 May and requested a separate Liaison Committee meeting to discuss Haul Road, while also expressing, along with others, that ECC should not make further decisions regarding the IWMF applications.

25-6/041 COUNTY AND DISTRICT COUNCILLORS

Cllr Playle gave updates on the following: **Haul Road, Potholes, Devolution and Locality Budget for ECC.**

25-6/042 MINUTES OF THE PARISH COUNCIL MEETING HELD ON 7 APRIL 2025

Councillors received, considered, and approved the minutes of the Parish Council meeting held on 7 April 2025.

25-6/043 FINANCIAL REPORTS

i. Councillors received and approved the financial statements to 31 April 2025.

ii. Councillors approved payments for April 2025.

25-6/044 PLANNING MATTERS

i. **25/00565/FUL**, Church Farm House, Compasses Road, Pattiswick Bradwell, Essex CM77 8BG Proposed Agricultural Barn - Comments by 13 May 2025

Parish Council response: Concern with the scale and size of the proposal.

ii. **ESS/23/25/BTE** Planning Application for variations of conditions accompanied by an Environmental Statement Land at Rivenhall Airfield, Coggeshall Road, Braintree, CO5 9DF - Continuation of development of the Integrated Waste Management Facility (IWMF) permitted by ESS/39/23/BTE without compliance with conditions - Comments extended to 27 May 2025

Parish Council response: Object to Conditions 17, 3, 27, 29, 36, 38, 39, 40, 41, 35. Comment and concerns with further clarification required on conditions 15, 19, 21, 23, 26, 51, 52, 54, 56, 61, 68.

iii. ESS/24/25/BTE, Outline Planning Application accompanied by an Environmental Statement - Outline Planning Permission with all matters reserved (except for access) for the construction of a Carbon Capture, Usage and Storage Plant and Heat Offtake ('CCUS-HO') and associated stack, external pipelines, electrical cables, and landscaping works. Land at Rivenhall Airfield, Coggeshall Road, Braintree, CO5 9DF - Comments extended to 27 May 2025

Parish Council Response: While the Council supports carbon capture in principle, it raised significant concerns, including **Highways**

Impact: Potential increase in HGV traffic and cumulative impact on local roads; request for full traffic assessment and enforcement of routing agreements. **Air Quality and Emissions:** Concerns over a second stack; potential breach of Condition 56 limiting stacks on site; request for clarification and long-term air quality monitoring.

Lack of Coordination: Urges planning authority to assess this application alongside related proposals (S.96a and S.73) to fully understand combined impacts. The Council does not support approval at this stage and requests clarity on stack permissions, traffic impacts, and environmental protections before any decision is made.

iv. ESS/39/23/BTE/NMA13, Non-Material Amendment Application Land at Rivenhall Airfield, Coggeshall Road, Braintree, CO5 9DF Non-Material Amendment to the Description of Development of planning permission ESS/39/23/BTE to remove reference to materials processed within the IWMF, together with the re-wording of Condition 29 to include reference to materials processed within the IWMF. ESS/39/23/BTE is an amended planning permission for the Rivenhall Integrated Waste Management Facility (IWMF) – Comments extended to 27 May 2025

Parish Council Response: Concerns were raised regarding Monitoring & Enforcement, Signage, Driver Inductions, Transparency and Engagement. The Council requests stronger monitoring, pre-

commencement signage, and community transparency before discharge of Clause 3.10.3 is approved.

- v. No Comment to Hedgehog Grove Solar Farm Consultation.
- vi. **ESS/28/25/BTE**, Outline Planning Application accompanied by an Environmental Statement. Land forming part of Rivenhall airfield, Bradwell Quarry, Coggeshall Road (A120), Braintree. Erection of low carbon greenhouses, alterations to the existing Rivenhall hangar to support a vertical farm, associated solar renewable energy generation and supporting enabling and infrastructure works.
Comments by 1 June 2025

Parish Council Response: General support of low carbon greenhouses, vertical farming and potential benefits in sustainability, carbon reduction and local employment but concerns raised regarding visual impact, solar provision, biodiversity, traffic and drainage

- vii. **ESS/31/25/BTE**, Removal/Variation of condition - Bradwell Quarry, Church Road, Bradwell, Essex, CM77 8EP - Continuation of development permitted by ESS/12/20/BTE without compliance with conditions 2, 12, 17, 32, 33, 39, 47, 53, 60 and 62 to allow changes to: the internal haul road; contractors' compound; water and silt management; areas of biodiversity; and restoration and aftercare schemes. ESS/12/20/BTE was planning permission for 'Extraction of 6.5 million tonnes of sand and gravel (from Site A7 as identified in the Essex Minerals Local Plan 2014) including the retention of the existing access onto the A120, the processing plant (including sand and gravel washing plant), office and weighbridge, ready mix concrete plant, bagging unit, DSM plant, water and silt management systems. In addition, extension of the internal haul road into Site A7 and access for private and support vehicles to the Site A7 contractors' compound via Woodhouse Lane and Cuthedge Lane. Restoration of Site A7 to agriculture and biodiversity (species rich grassland and wetland).' Comments by 31 May 2025

Parish Council Response: The Parish Council raised concerns regarding the nature of the application being submitted 'without compliance' rather than as a clear variation of conditions. Key areas of concern included lack of clarity, infrastructure changes, water management,

restoration strategy and requested further detail and a revised biodiversity strategy.

25-6/045 PLAYINGFIELD

Cllr Kinder was not present to report. The RoSPA inspection would take place in May.

25-6/046 FOOTPATHS

There was nothing to report from the Footpaths' Officer.

25-6/047 VILLAGE INFRASTRUCTURE

Cllr Harding reported potholes outside the recycling centre between the tarmac road and the concreted hardstand. It was also reported that the construction on Links Road is on track.

25-6/048 LINKS SOLAR FARM

Previous Clerk had attempted to get in touch numerous times with the correspondent at the Links Solar Farm but as of yet has not heard any response or update. New Clerk will continue to chase and seek clarification.

25-6/049 PARISH MAGAZINE

A one-off payment of £400 to support the magazine was agreed as the magazine will now be free and delivered to all residents.

25-6/050 THE HAUL ROAD

A letter detailing the concerns with Haul Road and its suitability was sent to the managing director of the IWMF. The response was that they would attend the June Parish Council Meeting.

25-6/051 VILLAGE SIGNS

The outgoing Clerk had advised that the contact she had no longer undertook this work. The new Clerk suggested approaching a Man Shed to see if they would be willing to undertake repairs to the Village Sign as part of a project. Cllr Turner stated he would get in touch with the Halstead Man Shed.

25-6/052 LITTER PICK

Cllr Turner reported on the Spring Litter Pick, noting a disappointing turnout. Councillors agreed to explore better promotion methods ahead of the October Litter pick.

25-6/053 RECTORY MEADOW

Nothing to report and no longer an ongoing agenda item.

25-6/054 CCTV AT CHURCH ROAD

Additional camera to be installed looking over the banks. It was clarified that the cameras are trail cameras, and all reporting of fly-tipping will still need to be manually reported to Braintree District Council.

25-6/055 COUNCIL PHONE

It was resolved for the Clerk to purchase a giffgaff sim to provide the council with a dedicated contact number for official business.

25-6/056 HONORARY FREEMAN OF THE PARISH

It was resolved to grant Cllr Tony Dunn the title of Honorary Freeman of the Parish under the provisions of Section 249(5) of the Local Government Act 1972 and that this would be presented at the July Parish Council meeting.

25-6/057 INFORMATION EXCHANGE/ITEMS FOR THE NEXT AGENDA

Future agenda items include Village Signs, Planning Applications, PSPO, Neighbourhood Watch Committee, Haul Road, Banking and Signatories, Approving the AGAR.

25-6/058 NEXT PARISH COUNCIL MEETING

The next parish council meeting is due to take place on Monday 9 June 2025 at 7.30pm in the Village Hall, Bradwell.

The meeting closed at 10:41pm.

A full version of theses Minutes are available on the Bradwell with Pattiswick website www.e-voice.org.uk/bradwell/

Minutes of the Annual Parish Council meeting held after the Annual Parish Meeting which commenced at 7:30pm on Monday 12 May 2025 at Bradwell Village Hall, Church Road, Bradwell

Present: Cllr Tony Dunn, Cllr Glenn Lockey, Cllr Adam Deighton, Cllr Craig Evans, Cllr Antony Harding, Cllr Michael Turner

In attendance: Mrs Theresa Trotzer Wilson, Clerk & RFO, Cllr Playle, County Councillor for Witham Northern and twelve members of the public.

25-26/020 ELECTION OF THE CHAIR

Cllr Tony Dunn as the outgoing chair gave a report for of the Council's ongoing projects. Glenn Lockey was elected as Chairman for the 2025/26 Council Year.

25-26/021 CHAIR'S DECLARATION OF OFFICE

Cllr Lockey signed the Declaration of Office.

25-26/022 ELECTION OF THE VICE-CHAIR

Cllr Deighton was elected as Vice-Chairman for the 2025/26 Council Year.

25-26/023 VICE-CHAIR'S DELEGATION OF OFFICE

Cllr Deighton signed the Declaration of Office.

25-26/024 APOLOGIES FOR ABSENCE

An apology for absence was received from Cllr Kinder.

26-26/025 DECLARATION OF INTERESTS

There were no declarations of interests.

25-26/026 PUBLIC PARTICIPATION

No matters were raised.

25-26/027 MINUTES OF THE PREVIOUS MEETING

Councillors received, considered, and approved the minutes of the Parish Council meeting held on 13 May 2024.

25-26/028 REGISTER OF MEMBERS INTERESTS

All members confirmed they had no further updates to their register of interests.

25-26/029 CONSENT FORMS

Members signed their consent forms confirming they were content to receive documents and other information electronically.

25-26/030 REVIEW OF BANK MANDATE AND SIGNATORIES

Current bank signatories are Cllrs Dunn, Lockey and Turner. This will be reviewed again at the June meeting to discuss banking arrangements moving forward.

25-26/031 ANNUAL GOVERNANCE AND ACCOUNTABILITY REPORT & FINANCE

- i. The Internal Audit was completed on 12 May and will be approved along the full AGAR at the June Meeting.
- ii. Councillors received and approved the year end bank reconciliation figures to 31 March 2025.

- iii. The Budget year end carried forward figure was confirmed.
- iv. Model Finance Regulations were reviewed and accepted.
- v. Model Standing Orders were updated, reviewed and accepted.
- vi. Councillors resolved to adopt Braintree District Council's Code of Conduct.
- vii. Councillors reviewed and approved the Fixed Asset Register as of 31 March 2025.

25-26/032 COMMITTEES

It was resolved to establish an Employment Committee comprising of Cllrs Lockey, Turner and Evans. Terms of Reference will be reviewed at the June Meeting.

25-26/033 PLAY FIELD OFFICER

Due to Cllr Kinder's absence the confirmation of who was to continue as the Playing Field Officer was deferred to the June Meeting.

25-26/034 VILLAGE HALL REPRESENTATIVE

Cllr Turner would continue to be the Village Hall Representative

25-26/035 EMERGENCY PLANNING OFFICER

Cllr Evans would continue to be the Emergency Planning Officer

25-26/036 FOOTPATHS' OFFICER

It was resolved to accept the Footpath Officer, who is a member of the public will continue to carry out their role and report any concerns at meetings.

25-26/037 REPRESENTATIVES

- a. Rural Community Council – **Cllr Turner**
- b. Braintree Association of Local Councils – No longer required.
- c. Integrated Waste Management Site Liaison Group – **Cllrs Turner and Deighton**
- d. Bradwell Quarry Liaison Committee – **Cllr Harding**
- e. A120 Braintree Community Engagement Forum – No longer required.
- f. Highways (Local Highways Panel and Highways Agency) – **Cllr Harding**
- g. Transport – **Cllr Harding**
- h. Holy Trinity Church – **Cllr Evans**
- i. Parish Magazine – **Cllr Turner**

Meeting closed at 8:09pm.

ANNUAL PARISH ASSEMBLY Highlights held Monday 12 May 2025 at Bradwell Village Hall. Full Minutes are available on the website: www.e-voice.org.uk/Bradwell

Attended by: Cllr Tony Dunn, Cllr Glenn Lockey, Cllr Adam Deighton, Cllr Antony Harding, Cllr Craig Evans, Cllr Michael Turner and Theresa Trotzer Wilson (Parish Clerk)

Also Present: County Cllr Ross Playle (Essex County Council), PC James Draper (Essex Police), Kelly Bleasdale (Essex Dementia Society) and twelve members of the public.

The Chairman welcomed all attendees and thanked the outgoing Clerk for her service. Reports were received from the Essex Dementia Society, Essex Police, and local clubs. PC James Draper reported a drop in crime and provided updates on road safety, ANPR cameras, and the Common Place Essex tool.

Cllr Dunn gave a detailed update on the Neighbourhood Plan, including resident engagement, consultation results, and its progress to Regulation 15. The Plan is now planning policy for the Parish and fully grant-funded.

Local residents were encouraged to support Village Hall events and volunteer where possible. No issues were raised by parishioners, and the meeting closed at 19:45.

HIGHWAYS UPDATES

Further information regarding the closures below and future closures are available online at www.one.network

A120: The A120 will be closed overnight 20:00-06:00 from 30 April to 12 July for improvement/upgrading.

LINKS ROAD: Closed from 28 April to 4 July for mains replacement by Anglian Water.

CHURCH ROAD: Closed from 17 July to 21 July for utility repair and maintenance works by Anglian Water.

CCTV at the recycling centre Church Road, Bradwell

Braintree District Council has now installed CCTV at the recycling centre in Church Road, Bradwell. Residents will be aware that there

have been a number of incidents of fly-tipping in this location during the past year and it is hoped that, with the CCTV being closely monitored, this will now stop.

Signs have been placed along the road advising that CCTV is now in operation, and residents should be mindful when using the recycling bins to ensure that items are placed **inside the bins and not around the bins**, which could also be considered as fly-tipping.

Please note: There will be another Litter Pick on Saturday 13 September.



PILATES

IN BRADWELL VILLAGE HALL

CLASSES WOULD SUIT ALL
ABILITIES, AGES & GENDERS

WEDNESDAY 6 - 6.45 pm

£5 per session

For more info call Karen: 07906247535 Spaces are limited

BRADWELL FUN DOG SHOW
Save the date, more details on Facebook.
Saturday 31 May

Bradwell Village Hall

Pub/Social the last Friday of the
month from 7.30pm

darts, cards, dominoes, games,
chat & TV/music



Future Dates for the diary:
The last Friday of the month.

Everyone Welcome
Bar Pricing very reasonable!



CRAFT FAYRE SATURDAY 6 JULY FROM 10.30

We are looking for stall holders to come along on the day, just £5 per table, you must book in advance to secure a space.

Please get in touch by calling Yvonne 01376 561607

We have had a busy time at the hall during March and April and as we approach the end of May it continues!

From our regular Bingo Nights (second Friday of each month) with a Jackpot at the end of the evening, bring your own nibbles the bar will be open. Together with our regular Social Nights (last Friday of the month) great place to chill before the weekend, drinks, games, darts and music all from 7.30 families welcome.

Since we have had the large TV, we have tried to show as many sporting events as possible from Rugby, Grand National, FA Cup final and on 6 July it will be the British Grand Prix, the bar will be open for an exciting afternoon.

One of our highlights of the year so far is the Easter Egg Hunt, as usual a great turn out, lovely to see families enjoy the occasion. Hard work for the volunteers but so worth it!

We celebrated VE Day on 8 May with a well-supported evening with free BBQ, our Chairman Michael Turner had set up the beacon and at

the appropriate time we listened to a very moving reading to remember those that died and never to forget. A toast was made, and the beacon lit, it felt special that for a small village we gathered together. A donation collected during the evening made £120 which has been forwarded to the Royal British Legion.

Looking forward we have a Craft Fair on the morning of 6 July in the hall, any stall holders who would like to attend please call Yvonne 0794134141

Quiz Night is on 15 August, doors open 7.00pm teams of six, £2pp
Don't forget to take a look in the Book Box outside the Hall, loads of books help yourself when passing!

Hoping for your continued support and as always looking for willing volunteers.

Trustees of Bradwell Village Hall

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. See page 36

For further information, please contact:

anitaburnett@btinternet.com

SERVICES ADVERTISED

As per last edition

Advertisements welcome, please see inside back cover.