

WELCOME TO YOUR PARISH MAGAZINE

Lots of news we hope you enjoy. As always, examples of how we pull together as villages. Enjoy meeting on a Saturday morning and savour the delicious coffee offered by volunteers at the Community Shop in Stisted. Donations instead of a charge means healthy donations are made to local charities. The Fairhead Arms is well supported as are the functions held in Bradwell.

STISTED VILLAGE HALL MANAGEMENT COMMITTEE

Season's Greetings and thanks to everyone for their support in 2025.

CHRISTMAS DAY, The Fairhead Arms will be open on Christmas Day from 12.00pm until 2.00pm. The bar will be open and there might be nibbles! Oooh pigs in blankets? Sausage rolls? Fingers crossed.

NEW YEAR'S EVE PARTY, Stisted Village Hall presents The Jays Duo, catering by Azure Woodfired Pizzas, tickets available online:

<https://stistedvillagehall.org.uk/page/events>

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

5 December, bar not open, 12 December Curryleaf, 19 December Azzure Pizzas, 26 December bar not open.

WEDNESDAY SHOPPER BUS

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

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. The price achieved in November was 54.72ppl + VAT. (2ppl for AGA additive if requested.)

Nichola Courtier

BOOK CLUB:

The next meeting will be on 17 December when we will be joined by Stisted Archive helpers for a small Christmas celebration. New members always welcome on 3rd Wednesday of the month at 7.30pm in the Montefiore Institute, £1 subscription.

Lynn McCullough



FROM THE PARISH COUNCIL

Litter Pick: 1 November 2025: A huge thank you to the 20+ members or our community who turned up to help on a wet Saturday morning. We even managed to cover the playing fields this time. Many thanks to Howard Hollands for organising this and previous litter picks.

Using the feedback received, we will be ordering more ‘Litter Pick’ signs and providing laminated maps of the routes to be covered.

Remembrance Silhouettes: Sincere thanks to the Craft Group for attaching their own hand-crafted poppies on some of the silhouettes and also on other parts the village green. They were very striking indeed.

New Waste Collection Arrangements: In accordance with Government legislation, Braintree DC have to change their existing waste collection arrangements.

From the 1 June 2026 the standard waste collection will be:



Blue – Mixed Recycling Red – Paper and Card

Non-Standard & Communal Collections

For those who can't have a standard collection, there are alternatives. These depend on criteria, such as space and access.

This will involve the weekly collection of food, paper and card.

For flats and those who share bins, there will be communal collections. There will be separate arrangements for the weekly collection, via a plastic bag, of 'absorbent hygiene products' (BDC's term not ours).

Type A	Type B	Type C
 Food Waste	 Food Waste	 Food Waste
 Refuse Bin	 Refuse Bin	 Refuse Sack
 Paper & Card Bin	 Paper & Card Boxes	 Paper & Card Boxes
 Mixed Recycling Boxes	 Mixed Recycling Boxes	 Mixed Recycling Boxes

Next Steps: A letter will be sent to each resident during December 2025 advising them of their own collection arrangements. Residents will have the opportunity to assess their own arrangements and apply for a change if needed. A further letter will be sent in May 2026 confirming your arrangements including, a printed calendar.

At the same time the new bins and boxes will be delivered.

The existing community bottle and paper banks etc will remain in place for the time being. Some residents have asked whether or not the bottle banks will go... can't think why?

Stisted Parish Council

Stisted Archive

Wishes everyone in the community, Merry Christmas and Happy New Year



Water Lane with the ford circa 1910(who is that leaning on the bridge?)

STISTED ARCHIVE



MISS STISTED fond memories of a period piece. If you have more 'Miss Stisted' photos to fill the gaps, please send to howardhollands@gmail.com, apologies for any incorrect information.



MISS ANDREA SAUNDERS was chosen Miss Stisted from 17 entrants at Stisted youth centre dinner on Saturday. A friend at Cloughdon's Braintree, she said "everyone else seemed to be going forward for the contest so I joined them. I was very surprised when I won." She lives at Sirdel, Stisted, and her first function will be to open the village fête in July. She was 18 on Wednesday.



Rosalyn Woodley



Susan Sprawling



Liz Vince and Susan McMillan



Rosemary Saunders and Susan McMillan



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event. We have some wonderful crafters and there is always help on hand (No pun intended!) with knitting and



crochet etc.

We recently completed a creepy project which some of you will see at the Stisted pantomime.

For more information please email - anitaburnett@btinternet.com



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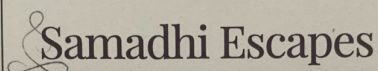
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GH CANS PM14. Graham Holloway - Conservation involvement

Apart from my hobbies of painting, photography and playing guitar, I have been sea and fresh water angling for over 50 years. I would like to tell you of my involvement in sea fish conservation. This article is perhaps only related to Stisted, in that I reside here, but it will provide an insight into my efforts to help nature in general as well as locally as a member of the CANS team.

In 1996 I was privileged to fish in a competition as part of a team representing Essex in the City of London Thames Fishery Research Experiment. This experiment has been running from 1973 to date. After many years of poor water quality in the late 60s & 70s the Thames salmon started to re-appear giving signs that the water had cleaned up significantly. So, the City of London Corporation devised the competition, whereby teams from the Corps, Essex, Kent, City Banking industry and certain schools would catch samples of the fish needed for laboratory examination to identify pollutants, diseases and general fish health and numbers. As many as 200 anglers would fish a stretch of the Thames at Gravesend. Marshals would record the fish species, numbers and sizes. School teams were invited in order to encourage sea angling and give them an appreciation of conservation.

I fished from 1996 to 2007 as a member of the Essex team and we won many trophies. From 2007 my lower back was operated on rendering me unable to safely fish, however in 2023 a new girls school was introduced from the City of London School for Girls and by way of me giving a little bit back to my sport I was asked to coach them.

The girls were amazing. Yes, they were somewhat 'posher' than me lol but proved to be unbelievably keen to get involved. From putting on wriggly rag and lug worm baits or unhooking and holding their slippery catch, they did not want to miss out on any aspect of the sport. This year they won five trophies, something that I am very proud of.

So, over the years the experiment has seen many trends of growth and decline in various species, e.g. flounder, dab, eels, cod and plaice were in good numbers in the 80s but are now in low numbers. Other species have done well, and sea bass have made a strong comeback in the last three years. It is fair to say that legislation was brought in to control

commercial and pleasure anglers catch numbers and size limits were introduced. This is policed by fishery patrol boats and the penalty for taking undersized or over quota of fish can be up to a £1000 fine and a criminal record. You can buy sea bass in supermarkets that are approximately 20cm long as they are farmed whereas a wild sea bass can only be taken over 42cm and pleasure anglers are limited to two each per day.

The experiment provides an opportunity for fish analysis which is carried out by government and privately run laboratories and universities. The fish are humanely euthanised and examined. As you might imagine, plastic is showing up more and more in the digestive tracts of these fish. Other tests involve identifying different types of isotopes in the eye lenses of the fish. This identifies where the fish has travelled to and from and helps locating breeding areas and nurseries for young fish to grow and be protected.

The competition and experiment are of great value to the Fishery management team. The competition invites the Mayor of Gravesend, many government dignitaries, Alderman, Lords and Ladies as well as 200 often smelly, often wet and hungry anglers. We all get a hot three course meal as our reward and awards are presented by the dignitaries to the winning team as well as individual high scores, biggest fish, best junior angler, most species by an individual, best school team etc. The dignitaries thank each other for their year's hard work and all leave knowing that they have contributed towards the gathering of knowledge and monitoring of the health of our capital's river and its occupants. Now the Essex and Suffolk coast line has healthy stocks of sea bass, whiting, smoothhound, dog fish, mackerel and many other species. Our waters are getting warmer and certain fish species are arriving earlier and staying later. This can have some detriment to other species. E.g. young sea bass eat fish eggs, shrimp, fry, worms and crabs. There are massive shoals of small sea bass, and they are competing with other smaller species like dabs, flounder and plaice for a longer period of time and in numbers not seen before. A win for some species but at a price for others it would appear.

I hope that you enjoy my article and hope to produce more in the new year.

Photo 1 my hard-earned year badges.

Photo 2 – an example of my catch. A 6lb Sea Bass.



Graham Holloway CANS Wildlife rep.

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THE STISTED WITCHES

The Stisted we know today was a very different place back in the 16th and 17th centuries. The Wiseman family who lived in the manor house (the earlier Stisted Hall closer to the Church), held lands across Stisted and Bocking and the political, religious and economic climate was an ever-changing landscape. Outbreaks of bubonic plague affected towns and rural villages across the land and people were fearful.

Crops failed, and grain shortages, led to the price of grain rising, making it harder for the poor to make ends meet. Tales of witches and witchcraft spread across the length and breadth of England.

At a time when superstitions, folklore and supernatural beliefs were rife, misfortunes were attributed to witchcraft and evil spirits. People of the time would conceal items such as Bellarmine jars which were used as witch bottles at entry points to their homes. The bottles were filled with, fabric, usually heart shaped hair, urine and in some cases iron pins, as iron was perceived as a witch repellent.

During the 16th and 17th century the spread of disease was unknown, how else could anyone explain why their children, loved ones and animals got sick and died for no clear reason!

What would they think of our world in which we regularly face avian flu, bovine TB, blue tongue, swine fever, foot and mouth to name a few or disease that affect us such as cancer, the flu or even Covid. On reflection, maybe it is still witchcraft behind it all!

During the reign of Elizabeth 1, the risk of invasion was ever present and in 1588, the Spanish Armada tried to invade. To ensure that we were ready for any invasion the men of Stisted kept their archery skills up to date. They would regularly place the targets in places like the hedges overlooking Kings Lane just up from Hall Farm.

However, in 1566 disaster struck when a young child from the Coney or Cunny family walked between the Butts and was hit in the eye by an arrow. She died a week later.

However, despite this disaster the Cunny family were not far from controversy. Richard Cunny had his son Richard, baptised in All saints Church in 1581 and the rector at the time Richard Kingston wrote in the church register that Richard Cunny was a 'coinnge man'. Cunning was

a term used for those who were considered white witches and those who could treat others with potions and plants. Very much like the witches who follow Wicca today!

Richard Cunny, a blacksmith, lived and worked in the vicinity of Old Tan today, on the road out of the village which has had several names such as 'Earl Aubrey's Way and Drover's Way and the Street' and now Back Lane. The property was described a 'tenement, messuage, orchard and garden extending to $\frac{3}{4}$ of an acre'. This meant he had a dwelling house, land and outbuildings.

The Conys or Cunnys were perceived locally as 'bad people', and both daughters were mothers of illegitimate children and were described at their trial 'as lewd and naughty packs' and Rector Kimpson, who was a highly superstitious man spoke against the Cunny women at the hearings.

One of most feared occurrences during this period in English history was an attack on the health of a loved one and this perceived threat was most likely to prompt an accuser to take against a suspected witch.

Witches were often imagined having a 'familiar', an evil spirit that usually looked like a demonic version of a small animal such as a cat, rat, dog, mole, ferret, toad or bird. Joan Cunny was said to have several but her main two were Jack and Jyll - Black Frogs.

She apparently drew a circle and conjured up spirits in Cow Fenne field which owned by John Wiseman. The field is now known locally as Coven Brook. The Cow Fenne name used in the 16th century derived from Roger Le Coufenne who alongside his brother William owned the land and the mill. Therefore, it is quite plausible that the name changed to Coven Brook in later years because of its link with the Stisted witches?

Both Joan and Alice Cunny were accused and charged with causing people to die by witchcraft – a crime punishable by death! Margaret was accused and charged with two counts of bewitchment.

The accusation stated:

"Ioane Cunny, living very lewdly, having two lewd Daughters, no better than naughty packs, had two Bastard Children: being both boyes, these two Children were chief witnesses, and gave in great evidence against

their Grandam and Mothers, the eldest being about 10. or 12. years of age. Against this Mother Cunny the elder Boye gave in this evidence which she herself after confessed, that she going to Braintree Market, came to one Harry Finches house, to demand some drink, his wife being busy and a brewing, told her she had no leisure to give her any. Then Ioane Cunnye went away discontented: and at night Finches wife was grievously taken in her head, and the next day in her side, and so continued in most horrible pain for the space of a week and then dyed.” On the 5th July 1589 Joan Cunny and her daughters were all convicted of Witchcraft along with Joan Upney from Barking and Joan Prentice from Sible Hedingham. Joan and Avice were sentenced to hang and Margaret sentenced to one year (and six appearances in the stocks). The three Joans were hanged following their trial, but as Avice had pleaded pregnancy she had a stay of execution until her baby was born.

She was hanged the following year in 1590.

The evidence put forward during Joan Cunnys trial said that: “*In Primis, this examine saith and confesseth, that she hath knowledge and can doo the most detestable Arte of Witchecraft, and that she learned this her knowledge in the same, of one mother Humfrye of Mapleston, who told her that she must neele down upon her knees, and make a*



Circle on the ground, and pray unto Sathan the cheefe of the Devills, the forme of which praier that she then taught her, this examinate hath now forgotten, and that then the Spirits would come unto her, the which she put in practice about twenty yeeres since, in the feelde of John Wiseman of Stysted Gentleman, called Cowfenne feelde, and there making a Circle as she was taught, and kneeling on her knees, said the praier now forgotten, and invoking upon Sathan: Two Sprites did appear unto her within the said Circle, in the similitude and likenes of two black frogges, and there demaunded of her what she would have, beeing readye to doo for her what she would desire, so that she would promise to give them her soule for their travaile, for otherwise: they would do nothing for her. Wher-upon she did promise them her soule, and then they concluded with her so to doo for her, what shee would require, and gave themselves severall names, that is to say, the one Jack, and the other Jyll, by the which names she did alwaies after call them. (She had other principall spirits. The first was Jack. The second was Jyll. The third was Nicholas. The fourth was Ned. Jack killed mankinde. Jyll killed womenkinde. Nicholas killed horses. Ned killed Cattell.) And then taking them up, she caried them home in her lap and put them in a Box and gave them white bread and milke.

And within one moneth after she sent them to milke Hurrelles Beastes, which they did, and they would bring milke for their owne eating and not for her.

And further, she saith that her sprites never changed their colour since they first came unto her, and that they would familiarly talke with her, when she had any thing to say or doo with them in her owne language. And like wise she confesseth that she sent her said spirits to hurt the wife of John Sparrow the elder, of Stysted, which they did, and also that where Maister John Glascock of Stysted, aforesaid: had a great stack of Logges in his yarde, she by her said Spirits did overthrowe them. And further, saith that she hath hurt divers persons within this sixteene or twenty yeeres, but how many she now knoweth not.

Furthermore, she confesseth that she sent her sprites unto William Unglee of Stysted Miller, and because they could not hurt him, she sent them to hurt one Barnabie Griffyn his man, which they did.

Likewise she confeseth, that she sent her saide sprites , to hurt Maister Kitchin Minister of the saide towne, and also unto one George Coe of the saide towne shoemaker, to hurt him likewise: but they could not, and the cause why they could not, as the saide sprites tolde her, was because they had at their coming a strong faith in God, and had invocated and called upon him, that they could doo them no harme. And further she saith, that Margaret Cunny her Daughter, did fall out with father Hurrill, and gave him cursed speeches, and ther upon, she thinketh she sent her spirits to her. Also she dooth utterlye denye that she sent her saide spirits to Finches wife, Devenishes wife, and Renold Ferror or any of them to hurt them.

And beeing further examined, she confeseth that although her said spirits at some time can have no power to hurt men, yet they may have power to hurt their Cattell. This Joane Cunny, living very lewdly, having two lewd Daughters, no better than naughty packs, had two Bastard Children: beeing both boyes, these two Children were cheefe witnesses, and gave in great evidence against their Grandam and Mothers, the eldest beeing about 10. or 12. yeeres of age.

Against this Mother Cunny the elder Boye gave in this evidence which she herselfe after confessed, that she going to Braintye Market, came to one Harry Finches house, to demaund some drink, his wife being busie and a brewing, tolde her she had no leysure to give her any. Mother Cunnye confessed that she sent her spirit Jill to torment her. The same boy confessed that he was commaunded by his Grandmother to fetch a burden of wood, which he gathered, but another boy stole it from him, and he came home without: and tolde his Grandam: and she commaunded her sprite to prick the same boy in the foote, which was done, and the same boye came to the barre lame and gave evidence against her.

Againe the same boy confessed that his Grandam when he had lost his wood, saide she would have wood enough: and bad him goe into Sir Edward Huddlestons ground beeing high Sheriffe of the Sheere, and to take with him Jack the sprite, and so he did, who went unseene to anybody but to the boy, and when they came to a mighty Oke-tree, the spirit went about it, and presently the Tree blew up by the roots: and no

winde at all stirring at this time: which Master high Sheriffe acknowledged to be blown down in a great calme”.

In today's world where we have a better understanding of why things happen; our rationale side would abhor the way these poor innocent women were treated.

However, witches do continue to exist in our society today and not just in the fantastic and imaginary world of Harry Potter! There are many practitioners of Wicca, these modern-day witches celebrate the natural world. They believe in magic and spells, and they practice them for healing. Many of them celebrate Samhain – an ancient **Celtic Festival** that helped shape the Halloween festivities we see today.

Who knows, witches may still live and practice in our village, so try not upsetting them, you never know what might happen!

Anthony McGrath



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Christmas Shopping List 2025

Tinned Fruit	Packet/cup soups
Shampoo	Shower gel
Tinned rice pudding	Chocolate
Coffee (small jars)	Deodorant
Tinned Ravioli	UHT/Long life milk
Tea bags (40's)	Sponge Puddings
Pasta (500g bags)	Toothbrushes
Jam	Squash (750ml)
Soap (bars)	Rice (1kg bags)
Tinned fish	Biscuits
Packet custard	
Breakfast cereal	
Tinned tomatoes	
Instant Mash	
Tinned cold meat (Spam/chopped ham)	



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CANS for STISTED

A huge thank you to the Hawthorn Trust for awarding CANS £500 to spend on projects for the village. Cllr Richard White recently advised us of the good news. Thank you to Josie and Pat Bones who gave several kilograms of bulbs to plant within the village. We went to work planting over £250.00 worth of bulbs around the village green, village hall and Priors Green. After such a dry summer the land was rock hard



and dry four inches under the topsoil. We hope that the bulbs survive to cheer us up in Spring. Many have commented on the abundance of fruit, acorns and seed heads this year. A seasoned local says that this is due to the trees being under stress, hence mass produce seeds to increase the chance of survival of the species. Oaks, the kings of the countryside, are becoming

vulnerable to the changing climate alongside building developmental pressures and acute oak disease.



We are looking forward to getting into the festive spirit hosting the CANS Winter Wreathmaking Workshop on 30 November. Does it become a Stisted tradition after three years in a row? They have been lovely occasions, bringing people from the village together creating sustainable wreaths before Christmas.

Helen Remfrey

Tw'as the night before Christmas, when all through the house, Not a creature was stirring, not even a mouse.

Clement Clarke Moore, A Visit from St. Nicholas

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



Revd Tayrina Ferguson Curate at Coggeshall And United Parishes

The Best Gift — and You Don't Even Need Batteries!

Advent is a funny old season, isn't it? It sort of sneaks up on us; the shops start playing carols yet the last of the autumn leaves are still clinging on for dear life. One moment we're carving pumpkins, and the next we're knee-deep in tinsel, mince pies, and the annual hunt for that one rogue Christmas decoration that's gone missing again (it'll turn up in March, mark my words).

Amid the bustle of lists, lights, and logistics, Advent quietly whispers a different invitation - to pause, prepare, and look forward not only to Christmas, but to Christ. It's a season that says, 'Wait, there's something worth slowing down for'.

And what we're waiting for is, quite simply, love. Not the romantic, cinematic, snow-falling-on-cue kind of love - but the real, sturdy, never-runs-out kind. God's love. The best gift there is.

The beautiful thing about God's love is that it comes **freely given**. You can't earn it, trade for it, or wrap it up with a bow. It doesn't come with small print, and - perhaps most mercifully - you don't have to assemble it yourself on Christmas morning. It is the gift that keeps on giving, and it doesn't run out just because the fairy lights have been packed away.

But here's the thing: God's love is never foisted on anyone. It's always an **invitation**, not an imposition. Like a hand extended, waiting to be taken. God offers love; we get to choose whether we'll unwrap it. And when we do, we discover that it's not just a gift for us, but one meant to be shared - a love that grows the more it's given away.

As we step into a new year, maybe we could carry that thought with us: to live as people who've received a great gift, and who can't help but pass it on. To forgive, to listen, to encourage, to sprinkle a bit of that divine generosity around, like glitter that refuses to stay in one place.

So, this Advent, amid the wrapping paper, the candles, and the carol services, may we remember the greatest present of all - the presence of God, whose love came to us wrapped not in shiny paper, but in swaddling clothes. And may that love fill our hearts and our new year — no batteries required.

With love and blessings,

Revd Tayrina *Curate at your parish church*

OUR WORSHIP AND ACTIVITIES AT STISTED AND BRADWELL CHURCHES

Saturday 6 December	9.00am-10.30am Getting ready for Christmas! Cleaning at Stisted Church followed by Coffee at 10.30am
Sunday 7 December	10.30am Advent: Prayer and Praise at Stisted Church led by the Church Team
Sunday 14 December	10.30am Morning Prayer led by LLM Brian Meads
Sunday 21 December	9.00am Advent 4 (includes Christingle 'take out' craft bag.) Holy Communion led by Revd Tayrina Ferguson
Wednesday 24 December	CHRISTMAS EVE 4.00pm Carols around the Christmas Tree , followed by mulled wine and refreshments. Supporting the homeless charity CRISIS
Thursday 25 December	10.00 a.m. CHRISTMAS DAY COMMUNION led by Revd Tayrina Ferguson.
Sunday 28 December	10.30am United Benefice Service, Holy Communion at St Peter ad Vincula 4.00 p.m. Blue Christmas Service. A reflective service for those who find the Christmas season difficult.
Sunday 4 January	10.30 a.m. Prayer and Praise at Stisted Church led by the Church Team
Sunday 11 January	10.30am Epiphany 1 Morning Prayer led by LLM Brian Meads
Sunday 18 January	9.00am Epiphany 2 Holy Communion led by Revd Tayrina Ferguson
Sunday 25 January	10.30am Epiphany 3 Café Church with Pray as You Go
Sunday 1 February	10.30am Prayer and Praise led by the Church Team
Sunday 8 February	10.30am Morning Prayer led by LLM Brian Meads
Sunday 15 February	9.00am Holy Communion led by Revd Tayrina Ferguson

We are changing our pattern of worship so that there is a service each week (excepting 5th Sunday of the month) at All Saints' Church, Stisted.



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 10.00am 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. Foodbank

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.

MACMILLAN COFFEE MORNING 26 SEPTEMBER

WELL DONE EVERYONE! Your support of the Coffee Morning at Stisted Church on 26 September raised a fantastic £573.50 including qualifying Gift Aid contributions. I think this has 'raised the bar' for the most we have collected for Macmillan. Our thanks to everyone who provided a raffle prize and bought tickets which raised £142 of the total raised. Once again, it was wonderful to see our visitors engaged in avid conversation and enjoying refreshments and the wonderful cakes that

had been baked and donated especially for the event. Thank you for supporting this exceptional charity. The funds raised can help the MacMillan Charity to make a huge difference to help those living with cancer. Our donation can help with:

£78 could help run their [Online Community](#) for over three hours, giving people affected by cancer emotional and practical support in a safe, online environment.

£185 could provide emotional support to someone living with cancer for around eight weeks, through ongoing and regular support sessions with one of the [Macmillan Buddies](#).

It is never too late to donate to MacMillan. Clicking on the link below to take you to our dedicated donation page and add to our total! Thank you! <https://cm25.macmillan.org.uk/fundraising/CM25011614>



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

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

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

STISTED WI

We enjoyed a festive evening making Christmas cards under the guidance of Stisted crafter Chislaine Little. Chis explained that the first known Christmas card was sent in 1611 to King James I of England from Michael Maier. It was discovered in the Scottish record office in 1979. The sending of commercially printed Christmas cards originated in 1843 by Sir Henry Cole. He had helped set up the Public Record Office, now known as the Post Office, helped manage the construction of the Albert Hall, to arrange the great exhibition in 1851 and to set up the V&A museum. The illustrator John Horsley was commissioned by Sir Henry; one thousand Christmas cards were produced, twelve of which still survive today. In December 2005 one card was auctioned for almost £9000.

By 1880 the manufacture of Christmas cards was big business, which in turn gave opportunities for artists, printers and engravers. Early cards rarely showed religious or winter themes, instead favouring bells, fairies and fancy designs. The word 'Merry' used on Christmas cards back in the day was a spiritual word meaning blessed.

Chis provided us with a variety of materials and was interested in the different creations by members, who all agreed that it was a very enjoyable evening.



Contact stistedwi@gmail.com for more details.

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.

10 December Christmas Party
(details TBC)

January Ruth Jubb – Danaher Animal Centre

February Frances Harper – Silk Journey

March AGM & Quiz

April Braintree Foodbank – Outreach Volunteer



ANOTHER YEAR FLOWN BY

Last December I left work, I had been at a special needs school for 27 years, a job I loved but circumstances ...

And here I am, on the verge of 2026! I hope you enjoy your magazine, any suggestions happily received. I occasionally get comments about the lack of spaces between paragraphs, that is because space is such a problem and all those spaces would add up to another page of riveting news! I ask your forgiveness.

The weather doesn't feel very 'seasonable', I pruned an untidy clematis and it rewarded me by flowering in October and November, goodness knows what it will do next year. I have planted loads of spring bulbs, covered with mesh cloches to deter the muntjac who enjoy feasting on my plants, roses particularly. Also the cloches deter the dear squirrels who love hiding walnuts in pots. I have potted up several small saplings this year. For all the problem wildlife, it is a small price to pay for living in such a wonderful place, aren't we fortunate?

I wish you all a very Merry Christmas and a Peaceful New Year.

Eleanor McMillan



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



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PILATES NEWSLETTER



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.

VIP Marisa Swain Health & Fitness Online
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Let's go, I hope you and your family are well and had a lovely break over the Christmas holidays and are ready to return to exercising and feeling energised. Please remember, as we move into the New Year, you will be bombarded with 'diets' and 'fitness plans' that people want you to buy into. You do not need to find a 'New You' in the New year, there isn't anything wrong with the original you. Don't get me wrong, the New Year is a wonderful time for setting intentions and maybe one of those is to create more time for your own health and happiness, which

is brilliant, but just remember, that doesn't mean you have to do a month of only eating 1000 calories a day or completely burning yourself out by doing 100 burpees a day either. Yes, to making more time to move your bodies, to being mindful and looking after the only home you have but also find a balance that works well within your lifestyle that makes you happy too.

As we enter 2026, wellness and wellbeing will become a huge part of the fitness industry. I also believe from research articles that rest, recovery, breathwork and stress management care are going to grow too. Having optimal levels of physical activity and maintaining proper nutrition is key to improving your overall emotional wellness. Not only will you sharpen your thinking and learning abilities, you will also enhance your sense of self-esteem and self-control.

Definition: What Is Hypermobility? Hypermobility is a condition where joints move beyond the normal range of motion due to loose or overly stretchy ligaments.

It's often described as being double-jointed, but it's about the connective tissue's elasticity.

Some people are naturally hypermobile without issues, while others may experience symptoms like pain, instability, or fatigue, especially in physical activity.

What Causes Hypermobility?

- Genetics: It often runs in families (e.g. Joint Hypermobility Syndrome or Ehlers-Danlos Syndrome).
- Collagen Structure: Individuals may have a more elastic form of collagen in their connective tissues.
- Developmental Factors: Some people develop hypermobility in childhood, especially dancers, gymnasts, or flexible athletes.

Key Considerations in Fitness Pilates: Fitness Pilates is fantastic for those with hypermobility if done correctly. The focus should shift from flexibility to stability, strength, and control.

DOs for Fitness Pilates with Hypermobility

1. Focus on Control Over Range
 - Move within a safe, controlled range instead of pushing to the end range of motion.
 - Emphasize joint alignment and posture.
2. Build Strength
 - Prioritise muscle strengthening, especially around the joints (e.g., glutes, core, shoulders).
3. Slow, Controlled Movements
 - Reduce momentum to maintain stability and control.
4. Use Props
 - Use blocks, bands, or small balls to support proper form and reduce joint strain.
5. Core Activation Is Key
 - Deep core stability (transverse abdominis, pelvic floor) is essential for protecting joints.
6. Educate on Body Awareness
 - Encourage listening to the body and stopping at mid-range, not full stretch.

DON'Ts for Fitness Pilates with Hypermobility

1. Don't Encourage Deep Stretching

- Overstretching can worsen instability and lead to joint pain or injury.

2. Avoid End-Range Positions

- Stop short of full extension in knees, elbows, or spine, no locking out.
- Don't Rush Through Exercises: Fast-paced movement reduces control and increases injury risk.
- No Competitive Stretching: Avoid comparing flexibility in class, hypermobile clients often 'win' at flexibility, but at a cost to their joints.
- Avoid Long Static Holds: Extended stretching can lead to further laxity in already unstable joints.

Final Thought: Hypermobility is not a weakness, it just requires smarter movement.

Fitness Pilates can be a powerful tool for those with hypermobility when it emphasises stability, awareness, and control.

Mobility/Flex Training

Join me over the next few weeks when I am going to be taking a deep dive into building more mobility exercises into our Fitness Pilates classes. Mobility is key to a pain and injury free body. I will also focus on improving posture, strength and flexibility of the muscles that support the back. Mobilising the areas that are stiff and tight and strengthening the weaker areas and this can have a massive impact on the whole of the human kinetic chain. (use of mini balls). The first week of lessons will be focusing on Hip Mobility.

If a certain part of your body has less mobility, you may find yourself overcompensating when using other muscles and joints and that is how you get injured. Improving your mobility teaches your joints how to bear load at vulnerable or extreme positions. We typically sustain injuries when performing a movement that is outside of our body's 'comfort' zone or safe range.

The benefits of mobility training:

- Promotes good posture
- Helps prevent knots and injuries.
- Relieves tension associated with sedentary lifestyles or over-exercising.
- Improves functional fitness performance.

- Increases range of movement, helping us stay active, prevent stiffness, and live a healthy life.
- Reduces joint deterioration
- Prevents aches and pains
- Helps build stronger, more adaptive muscles and joints.

Mobility exercises tend to have a calming feeling and will help you release stress. Mindfulness practice improves both your mental and physical health. and improves our resilience to deal life events

Weighted workouts. You know how much I enjoy teaching with weights/resistance bands, well it is highly recommended, according to the professionals of the health industry. We will continue throughout 2026 to use our hand weights during the first class of each month, starting with February.

Marisa Fitness Pilates Health Coach

STISTED PARISH COUNCIL

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

Notes from the Minutes of Stisted Parish Council meeting held on Wednesday 1 October 2025 at 7.30 p.m. in the Montefiore, Stisted

Present: Cllr Alan Routledge, Cllr Geoff Nurse, Cllr Bob Powers, Cllr Mark Hughes, Cllr Eleanor McMillan, Cllr Carol Shaw, Parish Clerk Grahame Walkingshaw and eight members of the public.

25/97 Co-option of Parish Councillor: Carol Shaw was co-opted onto the Parish Council. Unanimous Vote – agreed by all.

25/98 Public Open Forum (Maximum 15 minutes)

A resident expressed concerns about the road markings on the Street, Stisted and leading to the Back Lane in Stisted. These have been reported to Essex Highways by the resident who had received a standard message from Essex Highways. The resident was actioned to write a letter to MP Priti Patel. Two other residents have sent letters to the MP already on this subject. A resident informed the meeting that in his opinion each member of the household should be entitled to complete an affordable housing survey. Cllr Bob Powers informed the resident that it was standard practice for one survey per household. A

resident enquired when the call for sites for Stisted would be. The resident was informed that it would be in November 2025. A resident asked whether it would be possible to re-do the footpaths map for Stisted. The resident was informed that the footpath map was on the Parish Council website and that access to individual footpaths is shown on the Interactive PROW map on Essex Highways website.

25/100 Visitors Report: BDC Paul Thorogood Report: Essex Highways: The Braintree Local Highways Panel will not be taking on any new schemes for traffic calming, signage, bollards and such like as ECC begins to wind down towards Local Government Reorganisation with new unitary authorities taking over highways matters from the county in April 2028. This means LHP budgets will be used to get existing schemes implemented in that time frame.

The Members Priority Initiative to prioritise pothole repairs and such like will continue but there has been a lag in recent months and I know the pothole on the pavement between Back Lane and The Street still needs to be repaired. I'm still pushing for this to be repaired as part of the scheme and I'm hopeful it will be included in the next six-week tranche. I understand that there have been a couple of accidents involving vehicles at the humpback bridge in Water Lane after roadworks and repairs may have changed sightlines. I think the best solution to this is to get an onsite meeting arranged with the ECC Cabinet member for Highways, Cllr Tom Cunningham, me and a representative from the parish council. If the parish council agrees I will write to Cllr Cunningham to request the meeting and hopefully this can be resolved quickly. (This was agreed by the Parish Council – agreed by all).

25/101 Clerk's Report: The Parish Clerk reported that the precept payment of £10,635.00 had been made by BDC on 25/09/25.

25/102 Finance: To approve payments in accordance with the 2025/2026 Budget

Payments for October 2025 were as follows:

PC Salary	£460.08
HMRC Tax/Paye	£115.00
PC Mileage Expenses	£10.80

RCCE Nature, Recovery & Diversity Course	£35.00
Village Festival	£5.35
Stisted Community Shop	£14.00
Black Barn Computers	£229.00
Horizon 73 Grasscutting	£1158.00 (late payment)
HP Ink Cartridges	£13.49
Zen (Direct Debit)	£8.39
Microsoft Ltd (Direct Debit)	£9.72
Drax Electricity (Direct Debit)	£76.10
A&J Lighting (Direct Debit)	£24.00
A&J Lighting (Direct Debit)	£38.80
Total	<u>£2,197.73</u>

It was proposed to accept the payments for October 2025.

Proposed: Cllr Alan Routledge, Seconded: Cllr Bob Powers, agreed by all.

25/104 Signage for Dog Walking Field in Kings Lane: Cllr Mark Hughes informed the meeting that there was signage on Kings Lane that did not have permission to be there and according to Cllr Bob Powers has not had planning permission to be put up. Cllr Mark Hughes will query this with Essex Highways and will send photos of the signs to the Parish Clerk.

25/105 Affordable Housing: 282 affordable housing surveys had now been put through residents doors. The final date for replies is Friday 10 October 2025. The results will be completed after the final cut-off date.

25/106 Playing Fields and Grants: Contract has been signed by Cllr Mark Hughes and returned to REPF. Cllr Geoff Nurse has made repairs to the multi-trail equipment and he reported that the junior swings may need replacing quickly. He would obtain quotes to repair these swings.

25/107 Purchase of a new laptop for the Parish Clerk: Cllr Geoff Nurse has purchased a reconditioned laptop to replace the broken one, this laptop is from Black Barn and will cost £229.

It was proposed to go ahead with the purchase and for Cllr Geoff Nurse to collect the laptop from Black Barn.

Proposed: Cllr Eleanor McMillan, Seconded: Cllr Bob Powers, agreed by all.

25/108 Training/Events: 107.1 Reports on attended events - None
 Cllrs Alan Routledge and Bob Powers attended the recent BALC meeting and the EALC AGM on behalf of the Parish Council. The BALC meeting was attended by 20 people and Dominic Collins was the guest speaker who informed the meeting about the government re-organisation. The EALC AGM informed members that the long -term future of EALC may be in doubt as they rely on Council funding and grant funding to survive. Due to the government re-organisation – they are unaware of where future funding may come from.

107.2 Nominations for new events, Cllr Carol Shaw nominated for new councillor course. Parish Clerk to action.

25/109 Information Exchange/Items for next agenda

Parish Paths Report Cllr Bob Powers (Footpath Officer): Four structural reports have been made to Essex Highways dating back to October 2024. No work has been completed on any of these reports so far by Essex Highways.

CANS Report – Cllr Geoff Nurse informed the meeting of plans to plant bulbs around the village. The bulbs would be paid for after contacting BDC Tom Walsh and asking about locality budgets to cover the costs. The costs would be £63.50 per sack of bulbs. Cllr Geoff Nurse will contact Cllr Tom Walsh.

Cllr Alan Routledge informed the meeting of recommendations in regards to the ‘call for sites’, recommendations included 2,700 new houses in Halstead, 6,000 in Rayne (Stebbing) with an overall total of 17,500 houses recommend at present.

Cllr Alan Routledge informed the meeting that the next Litter Pick would be on 1 November 2025 starting from the village green at 9:00am. He also gave a reminder that the dustcart will be on Church Walk on 25 October 2025 from 10.00am - 12.00 noon.

Cllr Alan Routledge informed the meeting that the next Parish Council meeting has now been put back a week to the Wednesday 12 November 2025 at 7.30 p.m.

Notes from minutes of the meeting held on Wednesday 12 November 2025 at 7.30 p.m. in the Montefiore Institute, Stisted

Affordable Housing: Guest Speaker: Laura Atkinson. Unfortunately, Laura Atkinson (RCCE) had to give her apologies for being unable to attend this meeting.

Affordable Housing Site Preference Survey Report 2025 read out by Cllr Bob Powers: Thank you to everyone who participated in the recent site preference survey. We appreciate the time and effort taken to share your views. Thank you to RCCE's Laura Atkinson and Helen Reedman. 282 forms were delivered - 144 returned with five void. A good response. The full report will be posted on the PC website. Working Group members and Parish Councillors all have copies. We understand that some residents have raised concerns that proximity to certain sites may have influenced responses. We want to assure you that this is one part of the broader decision making process. Our approach will include Local Housing Need from the Housing Needs Survey, BDC housing register and registration at subsequent consultation events. Community input from the Site Selection Survey. Stakeholder engagement such as partner housing association, landowner, highways and other site-specific considerations. financial viability - access to capital grant funding to ensure delivery and social rents in perpetuity. Planning requirements to ensure compliance with local and national guidelines. We will hold consultations to ensure all voices are heard. The final recommendation will balance community sentiment with objective planning criteria to deliver a fair and sustainable outcome for Stisted. Thank you for your continued engagement in shaping the future of our village. The Working Group will report back to the PC meeting in December. **The full report is now on the Parish Council Website for all residents to view.**

Visitors Report (BDC Paul Thorogood)

In lieu of a county council report, BDC Paul Thorogood provided an update on BDC's Local Plan process which is taking up most of his council time at this moment.

The original Local Plan timetable has been amended because of the allocation of the 5,000-homes Kings Dene site at Kelvedon KELV2208 and the 2,500-homes site CRES2101 on the Braintree A120 bypass between the parishes of Cressing and Stisted, and strategic modelling

work is being undertaken to see if the allocations are viable. There is also still a 1,100-homes shortfall in the draft plan, so officers are going through all the sites that were previously considered and not allocated. This delay is due to the need to identify sites which ensure the council has sufficient land allocated to meet the Government's target with a buffer of 10% and also to allow time for the traffic modelling work needed to support the Regulation 18 consultation to be completed. Please be advised that the following meetings are cancelled:

- Extraordinary Meeting of Full Council for the Local Plan – 24 November 2025
- Local Plan Sub-Committee – 2 December 2025.

The Local Plan Sub Committee will next meet at 6.30pm on 11 December 2025 at Causeway House (I am assuming to reconsider sites that were previously not allocated). The agenda will probably be published around 3 December, and I will be checking for any sites in my Braintree Eastern division.

Unless the Government is going to completely ignore strategic road infrastructure needs, it is my opinion that neither CRES2101 or KELV2208 are viable and will ultimately not be allocated to the draft Local Plan with the current number of homes suggested.

Clerk's Report: The Parish Clerk reported that the REPF Grant payment of £9,571.00 was now in the Parish Council Bank Account. (16 October 2025) and that the Parish Council had received the latest Precept payment of £10,635.00. The Parish Clerk informed the meeting that the Litter Pick had been successful with 23 volunteers turning up on the day.

Neighbourhood Plan: The Chairman met with Braintree District Council to look at the Neighbourhood Plan, no alterations were made and it was agreed to move to the next step - Regulation 16. The external examiner will look at the Neighbourhood Plan on 04/01/2026. It will then appear on the BDC website for 28 days before a parish referendum in March 2026.

Shelborne Bridge, Water Lane, Stisted: The meeting with BDC Paul Thorogood was cancelled due to Essex Highways not being able to

have an engineer on site for the meeting. The meeting date will now be 20 November 2025 at 4.00 p.m.

Parish Paths Report Cllr Bob Powers (Footpath Officer): Increase in fly-tipping along PROWs. BDC quick to remove fly-tipping including one recent find that contained asbestos. Cllr Bob Powers read out an email from Essex Highways in regard to work required along footpaths, the email stated that these jobs were in hand and will be allocated to the right departments at a future time. Cllr Bob Powers highlighted that some of the outstanding jobs were reported back in 2023/2024.

CANS Report – Cllr Geoff Nurse informed the meeting that the purchased daffodil bulbs will be planted in the next week – weather dependant.

Grahame Walkinshaw Parish Clerk

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

7 January	4 February	4 March	1 April
6 May	3 June	1 July	2 September
7 October	4 November	2 December	

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 13 October 2025 at Bradwell Village Hall, Church Road, Bradwell
Present: Cllr Adam Deighton (Chair), Cllr Michael Turner, Cllr Craig Evans, Cllr Antony Harding, Cllr Tony Dunn.

In attendance: Mrs Theresa Trotzer Wilson - Clerk & RFO and two members of the public.

25-6/118 WELCOME AND APOLOGIES: Apologies were received and accepted from Cllr Lockey, Cllr Kinder, District Cllr Walsh and County Cllr Ross Playle.

25-6/119 DECLARATION OF INTERESTS: None

25-6/120 PUBLIC PARTICIPATION SESSION: No questions or comments.

25-6/121 COUNTY AND DISTRICT COUNCILLORS: Both County and District Councillors sent their apologies. Cllr Ross Playle gave a report via email on the bench in Church Street, Local Government Reorganisation, Essex Community Initiatives Fund and the Rivenhall Incinerator.

25-6/122 MINUTES OF THE PARISH COUNCIL MEETING HELD ON 8 SEPTEMBER 2025: Councillors received and considered the minutes the Parish Council meeting held on 8 September 2025 and resolved to approve them as a true record.

25-6/123 CLERK'S REPORT: The Clerk gave a report on Links Solar Farm and that as soon as the COD Certificate was received, the council would expect the first payment. A new laptop was purchased by the council, the Rivenhall IWMF application ESS/39/23/BTE/17/01 was received for comment, the Local Plan Sub-committee meeting took place on 6 October to discuss larger sites in the BDC Local Plan. Bradwell sites were not recommended for development. An incident was reported on the public footpath 57 and was reported to Essex Police. The Environmental Agency have provided an update on the IWMF for the recent reports of a visible plume and odour. This can be accessed here <https://consult.environment-agency.gov.uk/east-anglia-c-e/rivenhall-integrated-waste-management-facility>. The Norwich to Tilbury application has been accepted by the Planning Inspectorate. It is now entering the Pre-Examination phase.

25-6/124 PLANNING MATTERS: No new applications received. The council responded to ESS/39/23/BTE/17/01 stating Councillors noted the application for partial discharge of Condition 17 relating to plume management during commissioning and calibration of the Indaver Rivenhall CHP plant. The Council expresses concern that visible plumes have already been observed from within the parish, despite prior commitments that there would be no visible discharge during normal operation. The plume represents a significant visual intrusion in the open rural landscape and is contrary to local expectations established during the planning process. The Council

requests that the Waste Planning Authority ensures strict time limits are placed on any period of visible discharge, requires public reporting of plume monitoring data, and seeks independent verification that the abatement system achieves full compliance as soon as practicable. The Parish Council reserves its position pending clear evidence that the ‘no visible plume’ condition will be fully achieved and maintained.

25-6/125 PLAYING FIELD: Cllrs resolved to purchase the signage sourced by the Clerk for the play area as required by the Play Safety Report from RoSPA. Cllr Kinder was not present at the meeting but provided an update via email stating the playing field is checked daily and there were no issues or concerns to report.

25-6/126 FOOTPATHS: It was noted that the Parish Council is seeking a new Footpaths Officer, following the resignation of the previous officer. To date there have been no expressions of interest and as such the council will keep Footpaths as an agenda item to allow members of the public to report concerns when and as they occur.

25-6/127 VILLAGE INFRASTRUCTURE: Cllr Harding provided a report on the dip in the A120 near Coggeshall. Cllrs agreed that they would like to invite Highways to attend the next meeting to provide an update on the A120 improvements, cameras and as a way to say thank you for the Village Signs. Last meeting the Clerk noted that a grant application was submitted to Braintree District Council as part of to replace all the remaining older style streetlights in Bradwell with LED lights. The clerk has received notification that the Council has been provisionally approved for this grant, but a few further checks are required. Once this is completed and official confirmation is received, work can begin to replace the streetlights as soon as possible.

25-6/128 VILLAGE SIGNS: Cllr Turner provided an update on the replacement of the Village Notice Board and Village Sign. The Village Sign is going to have a plinth added to shed the water away from the base. The Notice Board was discussed, and it was resolved to agree to look at ordering a 2-bay noticeboard for £300 from the Cressing Community Temple Shed. This will be funded from the reserves.

25-6/129 REWILDING AREA: The rewilding area project was discussed, and it was resolved to purchase £35-£40 worth of flower

seeds now on the recommendation of Cllr Dunn. A group of councillors will get together on the 25 October to carry out the necessary work.

25-6/130 NEIGHBOURHOOD PLAN: The Neighbourhood Plan which was submitted to Braintree District Council has come back to Cllr Dunn with the request of an updated Basic Condition Statement. This is required in order to progress further with the Neighbourhood Plan. Quotes were sought for this, and it was resolved to approve the quote from DAC Planning. This will be funded from the reserves.

(Proposed by Cllr Deighton – Seconded by Cllr Evans – Unanimous)

25-6/131 REMEMBRANCE DAY: Cllrs discussed Remembrance Day and concluded that no formal Parish Council involvement would be planned this year.

25-6/132 EXTERNAL AUDIT: The External Auditor's Report and Certificate (AGAR Part 3) for the financial year ending 31 March 2025 were received. The Auditor's comments regarding the reporting of fixed assets were noted.

25-6/133 FINANCE: Financial statements to 30 September 2025 were received and approved, with bank reconciliations and budget reports signed off. Payments totalling £1,131.05 were approved. It was resolved to set up a direct debit to HMRC to take National Insurance Contributions.

25-6/134 INFORMATION EXCHANGE & AGENDA ITEMS FOR THE NEXT MEETING: Highways, Cllrs will look to replace the existing bench and rim the surrounding area in preparation for installation of a new bench.

25-6/135 NEXT PARISH COUNCIL MEETING: The next **Parish Council Meeting** will be held on **Monday 10 November 2025** at 7.30pm in the Village Hall, Bradwell.
The meeting closed at 8.59pm

“Want to keep Christ in Christmas? Feed the hungry, clothe the naked, forgive the guilty, welcome the unwanted, care for the ill, love your enemies, and do unto others as you would have done unto you.”

Steve Maraboli, *Unapologetically You: Reflections on Life and the Human Experience*

BRADWELL WITH PATTISWICK PARISH COUNCIL

A full version of theses Minutes is available on the Bradwell with Pattiswick website www.bradwellwithpattiswick-pc.gov.uk
Minutes of the Parish Council meeting held at 7.30pm on Monday 10 November 2025 at Bradwell Village Hall, Church Road, Bradwell

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

In attendance: Mrs Theresa Trotzer Wilson - Clerk & RFO and nine members of the public.

25-6/136 WELCOME AND APOLOGIES: Apologies were received and accepted from Cllr Antony Harding, Cllr Lesley Kinder, District Cllrs Walsh and Abram and County Cllr Ross Playle.

25-6/137 DECLARATION OF INTERESTS: None

25-6/138 PUBLIC PARTICIPATION SESSION: A resident spoke about their appeal for planning permission to rebuild an agricultural barn at Church Farm, Pattiswick, to replace one lost to fire. The barn is needed for equipment storage and to support their contracting business. The design aims to restore the traditional farmstead look. The appeal will be discussed once formally lodged.

A concern was raised about the deteriorating footpath on Forges Crescent. A photo will be sent to the Clerk, who will contact Eastlight Housing.

Residents of Rectory Meadow wrote to inform the Council that, after a lengthy legal dispute, they have conceded a rite of passage to the proposed development site. They thanked the parish for its support, particularly Cllr Dunn. Cllr Dunn will seek clarification from BDC on the planning conditions and S106 contributions.

25-6/139 COUNTY AND DISTRICT COUNCILLORS: No reports.

25-6/140 MINUTES OF THE PARISH COUNCIL MEETING HELD ON 13 OCTOBER 2025: Councillors received and considered the minutes the Parish Council meeting held on 13 October 2025 and resolved to approve them as a true record.

25-6/141 CLERK'S REPORT: Streetlight grant & complaint: Grant agreement with BDC sent; once approved, work to replace PC-owned lights with LEDs will start (completion by March 2026).

Links Solar Farm: Commissioning and testing ongoing; completion expected by year-end.

Indaver Rivenhall Update: EA continues investigating odour and visible plume reports. Plant operations remain compliant; further preventive measures implemented.

Digital DRT Survey: BDC feasibility study on on-demand shared transport; residents encouraged to complete survey by 26 November 2025 for chance to win £100 (link: www.tiny.cc/DRTSurvey).

Councillor Training: Online EALC sessions available Feb–March 2026; Clerk to confirm interest.

25-6/142 PLANNING MATTERS: No new applications received.

Applications determined: 25/02017/FU - Church Farmhouse Compasses Road Pattiswick Bradwell Essex CM77 8BG Proposed Agricultural Barn **REFUSED** – **30/10/2025** Appeal Lodged.

For Information: 25/02443/ELD - Hunters Gate Hollies Road Bradwell Essex CM77 8DZ Application for Certificate of Lawfulness for an existing use/development - Use of Buildings 1 and 2 for vehicle, caravan, and trailer restoration, including mechanical engineering, bodywork repairs, welding, panel beating, and paint spraying. The storage of vehicles, a lorry, trailers, and caravans within the yard. Body work and mechanical repairs to trailers, lorries, caravans, and cars with the yard. The erection of building 2.

25-6/143 PLAYING FIELD: Cllr Kinder was absent, so no update was given. One of the two ordered signs has been received and will be installed by Cllr Evans. The Clerk will post a notice on Facebook and in the parish magazine explaining the sign's purpose.

25-6/144 FOOTPATHS: No reports received.

25-6/145 VILLAGE INFRASTRUCTURE: Cllr Harding had no updates to report. ECC confirmed it is responsible for the Bridge Hall Road bus shelter.

BDC's Potential Open Space Improvements plan reviewed; bench and noticeboard to be removed and discussed at the next meeting.

25-6/146 VILLAGE SIGNS

Cllr Turner reported on the new noticeboard. The council prefers toughened or laminated glass over plastic and will seek a quote. A brief discussion was held regarding the posts. The board will be made by Cressing Temple Community Shed.

25-6/147 SLCC MEMBERSHIP: Council agreed to pay £95 for shared membership with Langford & Ulting Parish Council, pending their agreement.

25-6/148 DRAFT BUDGET 2026/27: Initial discussion held; draft budget including reserves to be reviewed at December meeting.

25-6/149 RESERVES POLICY: Draft policy adopted; earmarked reserves to be reconfirmed at the next meeting.

25-6/150 FINANCE: Financial statements to 31 October 2025 were received and approved, with bank reconciliations and budget reports signed off. Payments totalling £3,124.24 were approved.

25-6/151 INFORMATION EXCHANGE & AGENDA ITEMS:

Budget 2026/27 and Noticeboard update

25-6/152 NEXT PARISH COUNCIL MEETINGS

Parish Council meetings are held on the **second Monday of the month** except for August when there is no meeting. Meetings start at 7.30pm in Bradwell Village Hall.

8 December 2025, 12 January 2026, 9 February 2026

BRADWELL PLAYING FIELDS – NO DOGS SIGNAGE

No Dogs (except guide and assistance dogs) in Playground Area

Residents may have noticed a new ‘No Dogs (except guide and assistance dogs)’ sign on the multiplay equipment at the Playing Fields in Bradwell. This notice applies only to the immediate playground area around the play equipment, not to the wider playing fields. The Parish Council continues to welcome responsible dog walkers who clean up after their pets and make good use of the open space.

Because the playground is not fenced off, we understand the area can appear ambiguous. However, the sign has been installed in response to a recommendation from RoSPA in the latest Play Safety Report, which advises that dogs should not enter designated play areas for safety and hygiene reasons.

SEASON'S GREETINGS FROM BRADWELL WITH PATTISWICK PARISH COUNCIL

The Parish Council would like to wish all residents a very Merry Christmas and a happy, healthy New Year.

Thank you to everyone who has contributed to our community over the past year, whether by attending meetings, helping with local events, or simply being a friendly neighbour. Your involvement makes our parish a wonderful place to live.

We look forward to working together in the coming year to continue improving and enjoying our village and its facilities.

From all of us at Bradwell with Pattiswick Parish Council — best wishes for a joyful festive season and a prosperous New Year!

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



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



The Bradwell Village Hall **Christmas Fayre**

★ **Sunday 14th December**
3:00 - 6:00 pm ★

Buy unique gifts from a range
of local stalls

Raffle | Tombola | Bar open ★
Refreshments | Festive tunes!



Plus...meet
FATHER CHRISTMAS!
Every child gets a
free gift

★ *Ho ho ho!* ★



VOLUNTEER FOOTPATH OFFICER NEEDED

BRADWELL WITH PATTISWICK PARISH COUNCIL

FOOTPATH OFFICER NEEDED

Can you walk the public footpaths in our parish and report back monthly to the parish council?

- Fallen trees/Blocked footpaths
- Overgrown Hedges
- Broken stiles and gates



Interested?

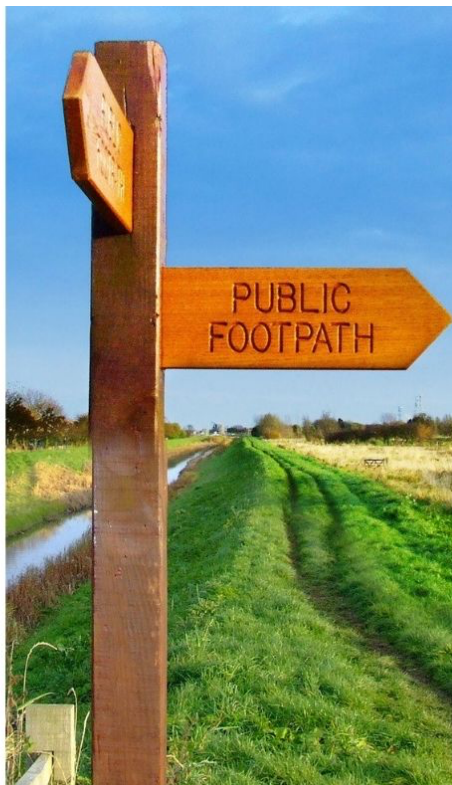
Attend our next monthly meeting or

Email: clerk@bradwellwithpattiswick-pc.gov.uk

Tel: 07934 214971

Further details available on our website:

www.bradwellwithpattiswick-pc.gov.uk



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



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

BRADWELL VILLAGE HALL

Forthcoming Events-

Bingo: 12 December and 9 January

Social Nights: 28 November and 30 January

Christmas Fayre: 14 December at 3pm. We are looking for stall holders, no charge just a donation to raffle.

Please note the Village Hall will be open on Christmas Eve and New Years Eve.

Bradwell Village Hall

CAN YOU HELP?

**WE ARE STILL LOOKING FOR DONATIONS
TO OUR CHRISTMAS FAYRE FOR THE RAFFLE AND
TOMBOLA**

WITH JUST A FEW DAYS LEFT

Any new items or unwanted gifts small or large

Call Karen 07977 565625

Drop off to 6 Church Road,



BRADWELL VILLAGE HALL

Halloween fell on the last Friday of the month and coincided with Social Night, the hall was decorated accordingly and the bar was open. Mick Keepence and Heidi Wilkins prepared 'pulled pork' in baps with apple sauce and salad and there were sweets for the children as they went around the village trick and treating. For those who dressed up well done!

Bingo continues with cash prizes, and a jackpot win at the end of the evening, the last session it was £140. Great to see so many join us from the surrounding villages.

We are now into December and with it is a busy month of events, we have just had our Wreath Making afternoon, a first for us and we hope everyone enjoyed it, especially with a glass of bubbly!

LOOK OUT FOR THE NEXT EVENTS:

Social Night Friday 28 November and 30 January from 7.30pm

Bingo Friday 12 December and 9 January, doors open 7pm

Christmas Fayre Sunday 14 December 3pm-6pm Wear your festive jumpers!

Christmas Eve join us for drinks and festive cheer 7pm - 10pm

New Years Eve Black and White themed, add a bit of sparkle to the evening. The hall will be open from 8pm-1am with music, bring your own nibbles and celebrate the New Year - bring on the party!

The first Quiz Night of the New Year will be in January details to follow.

From all the Trustees and committee members we wish you all a very Merry Christmas and a Happy New Year and look forward to seeing you and your families in the village hall, your support is so important.



But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people."
Luke 10

Henry Wadsworth Longfellow

1807 – 1882

I heard the bells on Christmas Day

Their old, familiar carols play,

And wild and sweet

The words repeat

Of peace on earth, good-will to men!

And thought how, as the day had come,

The belfries of all Christendom

Had rolled along

The unbroken song

Of peace on earth, good-will to men!

Till ringing, singing on its way,

The world revolved from night to day,

A voice, a chime,

A chant sublime

Of peace on earth, good-will to men!

Then from each black, accursed mouth

The cannon thundered in the South,

And with the sound

The carols drowned

Of peace on earth, good-will to men!

It was as if an earthquake rent

The hearth-stones of a continent,

And made forlorn

The households born

Of peace on earth, good-will to men!

And in despair I bowed my head;

“There is no peace on earth,” I said;

“For hate is strong,

And mocks the song
Of peace on earth, good-will to men!”

Then pealed the bells more loud and deep:
“God is not dead, nor doth He sleep;
The Wrong shall fail,
The Right prevail,
With peace on earth, good-will to men.”

