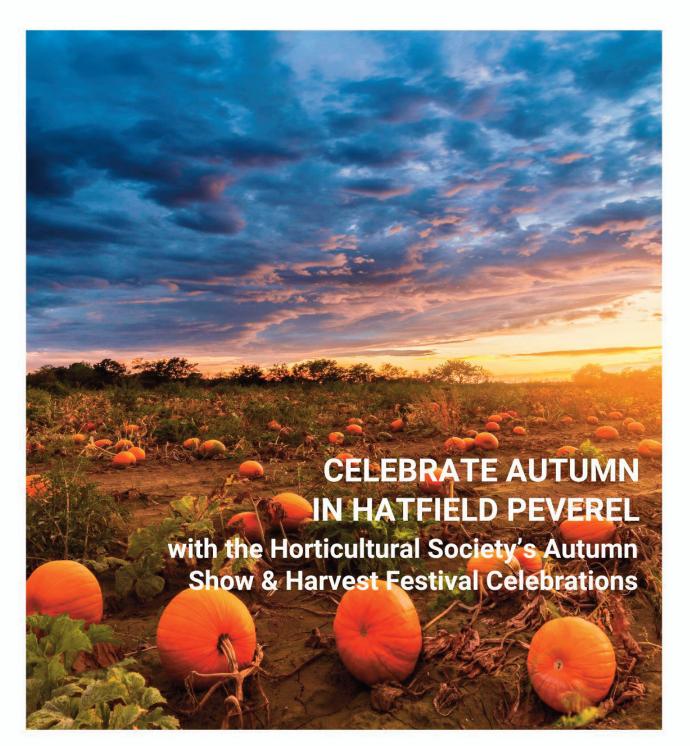
HATFIELD PEVEREL VILLAGE VOICE

NEWS, EVENTS & WHAT'S ON IN HATFIELD PEVEREL



CONTENTS

October Updates	3
The Benefits of Becoming a Parish Councillor.	4
Referendum Result	5
St Andrew's and All Saints	6
Helen Rollason Cancer Charity	7
Traffic Update	7
Maldon Film Club	9
Hatfield Peverel Methodist Church	11
Hadfelda Walkers	12
The Western Front Association, Essex Branch	12
My Personal Trainer, Stefan Tabacu	14
Joshua Reilly-Hurter Dog Walker Esses	15
Hadfelda Ladies Group	17
Peverel Wine Club	18
What's on at the Village Hall	19
Coming soon to HPVH	20

USEFUL INFORMATION

Click below for Parish Council and village information and contacts <u>Hatfield Peverel Parish Council</u> * <u>Parish Council Meetings</u> * <u>Clubs and Societies</u> * <u>Local Information and Contacts</u> *

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The DEADLINE for NOVEMBER 2024 issue of Village Voice is 14th OCTOBER 2024. (Any copy received after this date may not appear in the November issue)

For information on copy specifications email: <u>communications@hatfieldpeverelpc.com</u> If you wish to advertise your business in Village Voice, please get in touch for a media pack and rate card.

* Hatfield Peverel Parish Council – https://www.hatfieldpeverelpc.com/parish-council/

* <u>Parish Council Meetings</u> – https://www.hatfieldpeverelpc.com/parish-council-meetings/

* <u>Clubs and Societies</u> – https://www.hatfieldpeverelpc.com/welcome-to-our-village/village-culture/clubs-and-societies/

* Local Information and Contacts - https://www.hatfieldpeverelpc.com/welcome-to-our-village/community-matters/local-information-and-contacts/

HATFIELD PEVEREL FEOFFEES

DO YOU QUALIFY FOR HELP?

Notice is hereby given that applications are again invited from residents of Hatfield Peverel who might qualify for help from the Feoffees Charity. In view of the Charity's desire to help where there is real need, attention is drawn to the following:

Hatfield Peverel Feoffees cannot apply its funds to:-

- a. The relief of taxes (including Council Tax) or use the monies where Social Benefits would apply.
- b. The giving of recurring grants.
- c. An applicant not in genuine need.

Applications must be sent in writing, to arrive by Tuesday 5th November 2024, to be considered for the annual distribution. Applicants must include:-

a. Their name, age and address and b. The reason for their request.

Applications must be addressed to:-

Hatfield Peverel Feoffees, c/o The Vicarage, Church Road, Hatfield Peverel, Chelmsford, Essex CM3 2LE

Community Agents

Part of the Essex Wellbeing Service

Community Agents provide support to individuals in order to maintain independence living in their own home.We can help anybody over the age of 18 that is in particular need of a home visit in order to source the support needed. Community Agents can assist with:

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

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

Please call EWS direct 0300 303 9988

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





HATFIELD PEVEREL PARISH COUNCIL OCTOBER UPDATES

Thank you

The Parish Council would like to thank Cathy Etheridge for her time as a councillor and wishes her well for the future.

Councillor Vacancies

We have 3 vacancies on the Council, so please get in touch with the Clerk if you'd like to find out more about becoming a Parish Councillor.

Village Noticeboards

If you have any community notices that you would like displayed on the Parish Council's noticeboards, please deliver them to the Parish Council office at the Village Hall where staff will arrange this. Notices that will be displayed must be of benefit or interest to the community. Commercial advertising will not be permitted, and all notices will be displayed at the discretion of the Clerk or Assistant Clerk.

Crime Concerns

Please remember you can call 101 for crime prevention advice or to report a crime that does not need an emergency response. It is very important to report crime to the Police so that they can build up a 'picture' of what is happening in the area. Alternatively, you can report online: <u>Report a crime | Essex Police</u>

The Parish Council is working in partnership with Essex Police to recruit two Special Constables. If you are interested in applying to be a voluntary Police Officer for the village, please see our website for further information and the answers to frequently asked questions: <u>https://www.hatfieldpeverelpc.com/specialconstable-recruitment/</u>



Planning

Planning decisions are made by Braintree District Council, following consultation with residents, the Parish Council, and other agencies where necessary. For information on what planning applications have been received, granted and refused by Braintree District Council, please see:

https://www.braintree.gov.uk/info/200225/search_an_d_track_planning_applications/592/weekly_lists

Social Media

Please follow the Parish Council on social media for news and updates: Facebook: @hatfieldpeverelpc X: @HatPevPC The Parish Council's Social Media policy can be viewed on its website: https://www.hatfieldpeverelpc.com/parishcouncil/policies-and-procedures/social-media-policy/

Get involved!

The next meetings of the Parish Council will take place on Monday 7th October and Monday 4th November in the Vic Olley Room at the Village Hall. Public participation is welcome, please see the agenda which is published on the Parish Council website and on the noticeboard outside the Parish Council office.

Don't forget you can view all Parish Council news on the website: <u>http://www.hatfieldpeverelpc.com</u>

Sarah Gaeta, Parish Clerk; Carly Truman, Assistant Clerk

Parish Council Office, Village Hall, Maldon Road, Hatfield Peverel, CM3 2HP Tel 01245 382865. Email: <u>parishclerk@hatfieldpeverelpc.com</u> or <u>assistantclerk@hatfieldpeverelpc.com</u>

save the date! Christmas in The Dark Bth December 2024

www.hatfieldpeverelpc.com

The Benefits of Becoming a Parish Councillor in Hatfield Peverel

Becoming a parish councillor in Hatfield Peverel offers a unique opportunity to make a lasting impact on the community. Our village is home to a close-knit and active community that thrives on local involvement. Here are some key benefits to joining the parish council:

1. Shaping the Future of Hatfield Peverel

As a parish councillor, you have the ability to influence decisions that affect the village. Whether it's advocating for better facilities or supporting local environmental projects, you can have a direct say in shaping the future of the community.

2. Supporting Local Services and Amenities

Hatfield Peverel benefits from a range of local amenities, including the village hall, playing fields and parks. Parish councillors work closely with staff to maintain and improve these facilities. As a councillor, you could help ensure that vital services, such as the village hall or the future community park, continue to serve residents' needs. With new families moving into the area, these facilities are more important than ever.

3. Promoting Environmental Initiatives With its rural landscape, parish councillors are in a unique position to champion green



initiatives, from supporting local wildlife and protecting green spaces to promoting eco-friendly practices in the village. Projects like tree planting schemes are part of the council's ongoing efforts to preserve the natural beauty of the area.

4. Developing Stronger Community

Connections Being a councillor fosters a deeper connection to your neighbours. You will engage with local residents, schools, businesses and voluntary groups, helping to bridge gaps and build a more inclusive community. Hatfield Peverel Parish Council often organises public events and consultations, giving you the chance to meet a wide range of people and understand their views on local issues.

5. Gaining New Skills and Experiences The role of a parish councillor can also bring personal development opportunities. You'll develop skills in leadership, public speaking, budgeting and local governance. Working on council projects helps you understand how local government operates, giving you valuable insights that can be applied in other areas of life or future careers.

6. Making a Difference

Above all, being a parish councillor is about making a tangible difference. You are at the forefront of helping to preserve Hatfield Peverel's rich heritage while ensuring that the village remains vibrant and welcoming for future generations. Your involvement in addressing local concerns such will have a lasting impact on the community.

 If you're passionate about Hatfield Peverel and want to play a key role in its future, becoming a parish councillor is a rewarding way to give back to the village and make a positive change.

ESSEX LOCAL NATURE RECOVERY STRATEGY YOUR VIEWS MATTER



More than ever, wildlife and their habitats are under threat for survival. It's time for us to all play our part in assisting nature recovery in our county. The Essex Local Nature Recovery Strategy (LNRS) provides a new vision for our natural spaces, and the draft strategy is open for public consultation for your input and feedback.

Introduced by the Environment Act in 2021, the strategy identifies opportunities for the creation of new habitats, which are most likely to provide the greatest benefit for nature and the wider environment. It has been created with input from landowners, farmers, environmental NGOs, charities, local authorities and members of the public.

The draft LNRS outlines biodiversity priorities for nature recovery in the county as well as a series of proposed actions, known as potential measures, to achieve these.

Your participation is crucial for delivering a robust strategy which collectively we can use to work towards nature recovery, shaping a thriving natural environment for Essex. To take part in the public consultation, please visit https://consultations.essex.gov.uk/c-e/Inrspublic-consultation

Everyone's voice matters

Scan the QR code to take part and provide your feedback and input.

For more information visit www.essexnaturepartnership.co.uk



NEIGHBOURHOOD DEVELOPMENT PLAN

REFERENDUM RESULT

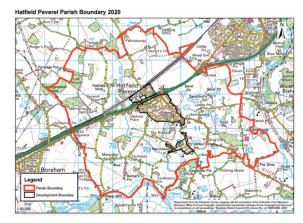
The Neighbourhood Development Plan referendum took place on Thursday 5th September. A total of 566 votes were cast of which 496 voted 'Yes' with 69 against and one vote was void.

The Returning Officer therefore declared that more than half of those voting voted in favour of the Neighbourhood Plan.

Hatfield Peverel Neighbourhood Development Plan is on Braintree District Council's Agenda for its meeting on Tuesday 24th September, and the Officers recommendation is for BDC to approve the Decision Statement for the Plan to be 'made'.

The reviewed Plan will replace the old version and will be used in determining planning applications within the area covered by the Plan.

The reviewed Plan now includes both new policies and some policies that were originally removed from the 2019 version and is considered to now be more robust for decision making by both the Parish and District Councils.



It has taken the Parish Council and the NDP team many years of hard work to reach this point interacting with many professional parties including Braintree District Council.

To all of those that have contributed either directly or indirectly in the making of our Plan, and to those that voted on its outcome, we would like to say a special thank you.

ST ANDREW'S and ALL SAINTS, ULTING THANK YOU AND FAREWELL TO FATHER STEPHEN



As you may have heard Father Stephen Northfield will be retiring later this year and we now have the dates of final services to be led by Father Stephen as follows:

Sunday 20th October at 5 pm at St Andrews Special Songs of Praise with the Bishop of Colchester giving an address and with the Hadfelda Singers boosting the choir. Refreshments after the service in the hall.

Sunday 27th October at 9 am at All Saints Final communion service followed by refreshments.

Sunday 3rd November at 11 am at St Andrews Final Parish communion followed by refreshments in the hall and presentation of gifts to Father Stephen.

It will be wonderful to fill the churches on these occasions and we do hope you will be able to attend at least one service. Everyone is welcome. It would be really helpful if you could indicate which service(s) you wish to attend by contacting John Strange or John Tomlins, **BUT PLEASE COME ANYWAY!**

Father Stephen has been Vicar of the Parish for nearly 30 years and will be greatly missed and we are collecting contributions for a leaving present. If you would like to donate, do contact one of the Johns (see below).

We would appreciate you spreading the word of these arrangements among friends, neighbours and colleagues as word of mouth is still one of the best ways of ensuring maximum coverage.

If anyone has any queries please ask

John Strange 01245 381004 johnstrange32@btinternet.com Culloden, Ulting Road, Hatfield Peverel, Chelmsford, Essex CM3

John Tomlins 01245 380359 johnandanna.tomlins@btopenworld.com Crouchmans, Ulting, Maldon, Essex CM9 6QS

SERVICES etc. for OCTOBER 2024				
St Andrews (+refreshments after 10.15 services)		All Saints (+refreshments after service on 4th Sunday)		
Saturday 5th September 10 -12 noon COFFEE MORNING in St Andrew's Church Hall				
Sunday6th	10.15am Mattins (Morning Prayer with hymns)	HARVEST FESTIVAL 4pm in aid of Food Bank		
Fuesday 8th	12.30- 2pm SOUP and RO in St Andrew's Church Hall (In aid of Chess)	LLS		
Sunday 13th	8am Holy Communion 10.15 All Age Service	9am Morning Prayer (Common Worship)		
Sunday 20th	10.15 Parish Eucharist (Said) 5pm SONGS OF PRAISE with Bishop Roger	9am Holy Communion (BCP)		
Sunday 27th	10.15 Parish Eucharist	9a.m. Parish Eucharist Last service with Father Stephen [w/ refreshments		
Sunday 3rd November	11a.m. Parish Eucharist Last service with Father Stephen [with refreshments]	9a.m. Said Holy Communion		



Parish Church of St Andrew, Church Road, Hatfield Peverel, Chelmsford, Essex, CM3 2LE All Saints Church, Church Road, Ulting CM9 6QU

at 11.00 am

6

HELEN ROLLASON CANCER CHARITY NEWS AND EVENTS

What have we been up to?

Our first vintage day at Layer Marney Tower over the August bank holiday fell on a glorious sunny day. Hundreds of visitors enjoyed live entertainment, vintage cars, stalls and food as well as visiting the historic buildings and gardens.

September saw people out in the countryside around Hatfield Peverel cycling in our Ride For Ed event and walking or running in our Rural Ramble and Trail Run, all followed by cakes or cream teas.

What's happening in the autumn?

The Helen Rollason Cancer Charity is 25 years old this year. To celebrate this we are holding an evening at the impressive Hatfield Place in Hatfield Peverel on Friday 18th October. It includes a welcome bubbly reception, dinner and dancing into the night. Details and tickets can be found on our <u>website</u>. Why not get a group of friends together and book a table?

Christmas will soon be here, and you could start your shopping early by visiting our Christmas Gift Fair on Sunday 24th November at Chelmsford City Racecourse. There will be hundreds of local artisans with stalls, as well as food and drink vendors.Tickets are now on sale <u>here</u>.

Our Services

If you would like to know more about the services we offer for those living with cancer, you can call us on 01245 382888 or pop in to speak to the support team in the centre on The Street, Hatfield Peverel.

Helen Rollason Cancer Charity				
Dates of upcoming Helen Rollason Cancer Charity events				
Click here for details & tickets to all our events				
18th October	25th anniversary celebration at Hatfield Place			
19th October	Coffee morning at the centre in Hatfield Peverel, 10am to 12pm.			
24th November	Christmas Gift Fair at Chelmsford City Racecourse			
www.helenrollason.org.uk				

TRAFFIC UPDATE

TRAFFIC SIGNALS – A12 Woodend Bridge ("Latneys")

Following representations made by Priti Patel MP on behalf of the Parish Council, we have received an update from National Highways regarding the delays caused to traffic leaving Witham because of the frequent "red" signals at the Latneys overbridge.

The PC has been pressing for several years to have these lights always set to "green", unless traffic is waiting to cross from the Latneys side but, other than providing staff to manually operate lights from 7am to 11am Monday to Friday, the operation of the lights continues to cause delays.

We have now been advised by National Highways that the lights have been set to a maximum green/minimum red setting for traffic leaving Witham and vice versa for traffic leaving Latneys. Whilst this does not mean an end to the delays, it is designed to minimise them. In the longer term, National Highways continues to progress a repair design for the bridge – this is a complex process, but the aim is to complete the repair work in financial year 2025/26.

John Cockell, Chair, Traffic Advisory Group, Hatfield Peverel PC

Helen Rollason Cancer Charity Helen Rollason Cancer Charity

CELEBRATING

YEARS OF SUPPORT

Join us to celebrate 25 years of Helen Rollason Cancer Charity

18th October 2024 其

Hatfield Place, Hatfield Peverel

Enjoy an exquisite evening with friends, family or colleagues with a bubbly reception followed by a two course meal and dancing into the night.

Arrival: 7.00-7.30pm start Carriages: 12:00am Tables of 10 or 12 Tickets: £45 until 18th September, £50 thereafter Dress Code: Smart

Includes:

An evening of live performances A welcome drink A delicious two course meal Auction and luxury raffle all in aid of Helen Rollason Cancer Charity

www.helenrollason.org.uk | Email: fundraising@helenrollason.org.uk



Book Your Tickets Here:

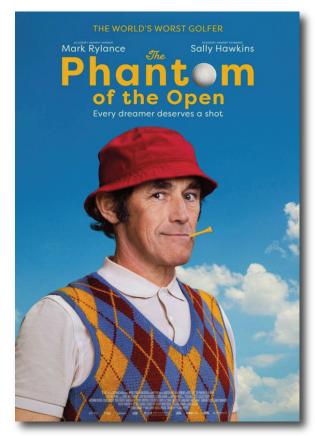




Our 20th season continues in October with the screening of Black Box on Tuesday 8th October and The Phantom of the Open on October 22nd.

Black Box tells the story of Matthieu, a young and talented black box analyst who is on a mission to solve the reason behind the deadly crash of a brand new aircraft. When the case is closed by the authorities Matthieu senses there is something wrong with the evidence. As he listens to the tracks again he starts detecting some seriously disturbing details. Going against the orders of his boss he begins his own rogue investigation in a quest for the truth; a course of action that will threaten far more than just his career. **The Phantom of the Open** is the largely true story of Maurice Flitcroft, a dreamer and unrelenting optimist, who is a crane operator at a shipyard in Barrow–in–Furness. With pluckiness and an unwavering self-belief, Maurice managed to enter the 1976 Open despite never playing a round of golf before. This is an uplifting and moving comedy-drama about pursuing your dreams and shooting for the stars regardless of the hand you have been dealt.





Our films for November are the award-winning One Life starring Anthony Hopkins and Pig starring Nicholas Cage.

Our 20th season continues until 28th May 2025 with films being shown fortnightly on Tuesdays in 2024 and Wednesdays in 2025. The Club meets at Maldon Town Hall, doors open at 7.15pm, wine and soft drinks are available at a charge from 7.30pm and unless notified to the contrary all films will commence at 8pm.

The price of an annual subscription remains at £30 and this entitles members to free admission to all of the season's 19 films, that's less than £1.60 per film! In addition, there are a limited number of places for junior members aged 16-18 in full-time education and training at the reduced cost of £20. As a member, you will be asked to give your reaction to the films you have seen and also help the committee compile the programme for the following season. Membership is open to all and new members will be made very welcome. Members' guests pay just £4 per film!

For further details and an application form please visit our website <u>www.maldonfilmclub.uk</u>, pop into the Maldon Visitor Information Centre (Tuesday – Saturday between 1100 and 4pm) or phone 01621 869340 for membership enquiries. Alternatively, you are welcome to come along as my guest to the first film of the new season, meet members of the committee and pay your annual subscription on the night.

If you have any further questions please do not hesitate to contact me, John Salisbury, on 07905 971608.



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HATFIELD PEVEREL METHODIST CHURCH

We have enjoyed some interesting and interactive topics during our Sunday morning worship recently. We have looked in more detail at the Biblical section of Psalms, learning that it is not **the** Book of Psalms but actually five books with pieces written by a number of people. Of course, one of the best-known is Psalm 23 – The Lord Is My Shepherd. We found out that Psalms follow a pattern, including Address, Distress, Appeal, Deliverance and Testimony. We then tried writing one – our nautical theme Psalm created that morning:

AS A SHIP IS GUIDED BY THE LIGHTHOUSE SO I LONG FOR YOUR LIGHT TO GUIDE MY LIFE, LORD COME INTO MY LIFE AND LIGHT MY WAY. LIKE A SHIP FLOUNDERING IN A STORM, I AM TOSSED IN THE TUMULT AROUND ME. SO MUCH THREATENS TO OVERWHELM ME. I AM LIKE A PERSON DROWNING **RESCUE ME, LORD, LIFT ME FROM THE WAVES** AND PUT ME ON DRY LAND. I SEEK YOUR SAFETY AND COMFORT. WRAP YOUR ARMS AROUND ME LIKE A SAFETY BLANKET. YOU HAVE LIFTED ME FROM THE WAVES AND SAVED ME FROM THE STORM. YOU ARE THE LIFEBOAT IN MY LIFE BRINGING ME TO SAFETY. I WILL PRAISE YOU FOR YOUR SAVING GRACE, FOR YOUR LOVE WHICH LIFTS MY HEAD ABOVE THE WAVES. ALL MY DAYS I WILL PRAISE YOU.

99 You could get Pension Credit

Open the Book

We recently had the privilege of sharing an 'Open the Book' (OtB) session at St Andrew's Junior School. OtB is a Bible Society storytelling project where Bible stories are shared with children in a way that is fun, interactive and memorable. The whole school enjoyed the dramatic slaying of Goliath by the little shepherd boy David. Fortunately, Reverend Barry recovered quickly from his defeat and a good time was had by all!

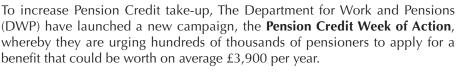
Autumn Show

You may just be in time to enter an item into the Hatfield Peverel and Ulting Horticultural Society Autumn Show. We are especially encouraging entries into Class 304: A recycled item made entirely from pre-used or repurposed materials. HPMC will award prizes for children entering Class 304 in the Autumn Show in 3 categories – up to and including age 6, age 7-11, age 12-14 (ages on date of show)

The Autumn Show is on Saturday 5^{th} October from 2 - 4 pm. Maybe we will see you there?

Sunday worship at the village hall

Do join us on Sunday mornings from 09.15 am in Room 3 of the Village Hall (access through the coffee lounge). You can contact us as follows: Minister: Barry Allen 01621 853423 Mission Lead: Jane Cook 07827 594535 Church email for information and prayer requests: hpmethodistchurch@gmail.com Website (https://e-voice.org.uk/hpmc/)



With as many as 880,000 pensioners currently missing out, the campaign "aims to spread awareness and increase claims for Pension Credit, which from this year will also automatically passport eligible pensioners to receive the Winter Fuel Payment."

The department is joining forces with a range of partners, including charities, broadcasters, and local authorities, to "tackle myths that may prevent people applying, for instance having a small private pension, savings or owning their own home."

Please note the qualifying week in 2024 for Winter Fuel Payments was from 16th to 22nd September. To be eligible for a Winter Fuel Payment for this winter, Pensioners needed to be entitled to Pension Credit for at least one day during those dates. The 21st of December is the last possible date to make a successful backdated claim to receive the Winter Fuel Payment.

Applications for Pension Credit can be made:

On the How to Claim page (https://www.gov.uk/pension-credit/how-to-claim)

Over the phone by calling 0800 99 1234 (Monday to Friday 8am to 6pm)

By printing out and filling in a paper application form

Click here for more information. (https://www.gov.uk/government/news/youcould-get-pension-credit-week-of-action-to-drive-take-up)

One in three people who are entitled to Pension Credit don't claim and, if you're one of them, you could be missing out on extra income per year.

HADFELDA WALKERS HIGH ROADS & LOW ROADS

We are a small group of villagers who meet on the last Thursday of every month for a 3–4-hour duration walk around the local area. Sometimes using cars to take us further afield e.g Terling, Wickham Bishops, Maldon, Heybridge to begin and finish the walks.

Back in August a small group drove to Beeleigh Lock, accessed along the side road by the Museum of Power at Langford. From there we walked on the lower route cross-country, loosely following the River Chelmer into Maldon where we had a short refreshment stop in the warmth of the sun – something now fast disappearing. The return walk was on the higher route, passing houses that enjoy marvellous views over the River Blackwater and Mrs Foyle's home (the bookshop family) at Beeleigh Abbey, and then Beeleigh Mill close by to return to the cars. Our total walk length was just over 4 miles.

Typically, the walks are of 4-5 miles duration at a reasonable pace and a refreshment stop is sometimes scheduled particularly in the summer months. There is no subscription, fees or membership, it's all free.

For walks this year, we have visited Toppinghoe Hall woods for the annual bluebell display, Little Braxted, Wickham Bishops, Papermill Lock and many more local and further afield areas.



Our next walk is Thursday 31st October meeting outside the Village Hall by the recycling site at 10 am.

New members who would like to explore the local area are particularly welcome to join us but please do not bring your family pets. If you would like more information, please contact Graham Bushby on 01245 380472.

THE WESTERN FRONT ASSOCIATION, ESSEX BRANCH RACE TO THE SEA: THE BATTLE FOR YPRES

In October 1914, the war saw the extension of the fighting in what was known as the "Race to the Sea" in northern France and Belgium. In fact, this was a series of actions with German forces unsuccessfully trying to get round the left flank of the French, British and Belgian armies and capture the ports on the English Channel. The outcome was the start of the Western Front trench system that stretched around 475 miles from the Belgian coast to the Swiss borders. This also saw the British take control of Ypres, or "Wipers" as it was known to the British soldiers who had trouble with French pronunciation. This was the start of a long fight for this historic town that was to continue until November 1918, resulting in its destruction, although you would not know that when you see how beautiful it is these days.

October is one of the alternate months when we hold our meeting at The Royal British Legion at Hornchurch. Our next meeting at the Village Hall at Hatfield Peverel will be on Wednesday 13th of November. The talk is about British involvement in South Russia during the First World War. Our speaker, Alan was a curator at the Imperial War Museum and is an expert on the conflicts in the Balkan areas during the war.

The Branch produces a free monthly newsletter, sent as an email with attachments, which gives information about Branch activities, articles remembering the fallen from the war with an Essex connection, and general First World War articles that may be of interest. If you would like to receive it, email essexwfa@googlemail.com

We would only use your email address for the purpose of the newsletter, and you can, of course, unsubscribe at any time.

Photos: Top: New Zealand soldiers passing the ruins of the Cloth Hall in Ypres, Belgium, Henry Armytage Sanders, National Library NZ on The Commons. Bottom: Cloth Hall, Ypres present day, by Jim Kevany.





Taking action for nature recovery, today, together - a new vision for our natural spaces

We can all benefit from a bigger, better and more connected approach to nature recovery.

The Essex Local Nature Recovery Strategy has been drafted for public consultation and includes mapping of nature recovery opportunities, biodiversity priorities and key actions.

Everyone's voice matters

Scan the QR code to take part and provide your feedback and input.



Your views can help shape how we protect our county's natural landscapes and habitats for future generations.

The draft strategy is also available to view in libraries across the county: Basildon, Braintree, Brentwood, Canvey Island, Chelmsford, Clacton-on-Sea, Epping, Grays, Harlow, Maldon, Prettygate (Colchester), Rochford, Saffron Walden and Southend-on-Sea (The Forum).

For more information visit: www.essexnaturepartnership.co.uk

PARA MANANA A



STEFAN TABACU

STAYING STRONG & FLEXIBLE

Hello again, everyone!

It's Stefan here, your local mobile personal trainer and physiotherapy student. Last month, I discussed the benefits of staying active as we age. This month, I want to focus on maintaining our strength and flexibility—two key components that help us move better and stay independent as we get older. I'll also share a new exercise that you can easily incorporate into your daily routine.

The Importance of Strength and Flexibility

As we age, maintaining strength and flexibility becomes increasingly important. These two factors are the foundation for balance, stability, and mobility—all of which contribute to a healthier, more active lifestyle. Regular exercise not only helps us stay physically strong, but it also supports mental well-being, keeping us sharper and more energetic.

Here are some benefits of working on strength and flexibility:

- 1. Preventing Falls: Strong muscles and flexible joints reduce the risk of falling, which can be a major concern as we get older.
- 2. Improved Mobility: Staying flexible keeps our joints limber, making it easier to move around and perform daily activities.
- 3. Reduced Stiffness and Pain: Regular movement helps reduce stiffness in the body, alleviating common aches and pains that come with ageing.
- 4. Enhanced Balance: Building strength and flexibility improves overall balance, reducing the risk of injury.

Exercise Tip of the Month: Wall Push-Ups

This month, I'd like to introduce the Wall Push-Up, a simple but effective exercise that targets the upper body and core. It's a great alternative to traditional push-ups, especially if you're looking for something low-impact that's easy on the joints.







- 1. Start Position: Stand facing a wall with your feet shoulder-width apart, about an arm's length away from the wall. Place your hands on the wall at chest height, slightly wider than shoulder-width apart.
- 2. Lowering Phase: Slowly bend your elbows and lean your body toward the wall, keeping your back straight. Make sure to engage your core throughout the movement.
- 3. Pushing Phase: Push through your hands to return to the starting position, making sure your body stays aligned and your movements are controlled.
- 4. Repetitions: Aim for 10-12 repetitions, gradually increasing as you build strength.

Wall push-ups are a fantastic way to strengthen your upper body and improve core stability, all the while being gentle on the joints.

I hope this exercise helps you build both strength and confidence! Remember, small, consistent efforts lead to big results over time. Join us at Strutt Memorial Recreation Ground for our community fitness classes, where we can work together to achieve your fitness goals in a friendly, supportive environment.

Stay active, stay strong, and I'll see you next month with another exercise tip!

Stefan - MyPT 07456717115 Instagram <u>@stmypt</u> FB: <u>@STMyPersonalTrainer/</u>

JOSHUA REILLY-HURTER DOG WALKER ESSEX

Hello! My name is Joshua Reilly-Hurter, and I am thrilled to introduce myself and share my journey with you.

My love for dogs began with one of my earliest memories: bringing home our beautiful border collie, Lasey, from the farm where we got her, with her wearing one of my nappies! From that day on, we spent every possible moment together. Growing up in South Africa, dogs were primarily used for security, so they didn't usually go on walks. But that never stopped Lasey and me from going on countless adventures. Some of my fondest memories are of the time I spent with my dogs growing up. So, why wouldn't I want to work with them?

Fast forward to five years ago, when I rescued my boy Chico, an American Akita. I was his fourth home, which brought some unique challenges. However, with a lot of research, patience, and love, I was able to help Chico settle in. Today, you'd never know I didn't raise him from a puppy. In fact, I often say that Chico rescued me, igniting the passion I have today for working with dogs and leading to the creation of Dog Walker Essex.

At Dog Walker Essex, we are dedicated to providing adventure-filled walks that bring joy and excitement to our furry friends. We have a deep love for dogs and believe that walking should be a highlight of their day. That's why we

don't lead-walk more than three dogs at a time, and we avoid streetwalking altogether. Instead, we go on daily adventures, exploring woodland parks or heading to enclosed areas where dogs can safely roam and play. On especially hot days, we've even organized group swimming sessions to keep the pups cool and happy.



If you're walking your dog at home, here are some tips to help make the experience as enjoyable as possible:

Use the right gear: A comfortable harness can be better for strong pullers, reducing strain on the neck.

Start slow: Gradually build up your walks to help dogs of all ages build endurance.

Stick to a routine: Establish a consistent walking schedule. Dogs thrive on routine and will look forward to their daily walks.

Keep safety in mind: Always keep your dog on a leash unless in a designated off-leash area. Be mindful of traffic, other dogs, and potential hazards.

Watch the weather: Avoid extreme temperatures - walk in the morning or evening to prevent overheating. Hot pavements can burn their paw pads, so test the surface with your hand before proceeding and consider protective gear for short-haired breeds in the cold.

Set the right pace: Match your walking speed with your dog's pace. Some dogs love to explore slowly, while others prefer a brisk walk.



DOG WALKER ESSEX



Incorporate training: Reinforce commands like "sit", "stay" and "heel" during your walks to keep your dog focused.

Bring essentials: Don't forget poop bags, water, and a portable bowl or doggy water bottle, especially on long walks.

Check their paws: After each walk, inspect for cuts, thorns, or any damage. And look out for ticks if you've been walking in woodland or long grass areas.

Encourage exploration: Allow your dog time to sniff and explore. Sniffing is mentally stimulating and can tire them out just as much as physical exercise.

Positive reinforcement Reward your dog with treats or praise for good behaviour during the walk. This will make them feel more encouraged and obedient.

Stay calm If your dog becomes anxious or overly excited, remain calm and try to redirect their attention. Your dog senses your emotions and will respond to your calm demeanour.

By following these tips, you'll ensure that walks are a pleasant and healthy activity for both you and your dog. Above all, allow yourself to switch off from your day, be in the present and just enjoy your time with your pup.

To get in touch with Dog Walkers Essex, visit our website at <u>https://dogwalker.pet/</u> or join our Facebook page <u>@DogWalkersEssex</u> or call 07761 833996



HADFELDA (LADIES GROUP) AUTUMN REFLECTIONS



It's difficult to believe September's already at an end, where has the year gone? With the evenings starting to draw in and the leaves changing colour, there is a distinctive autumn feel to the days. With 2025 around the corner, the Hadfelda committee is busy organizing speakers and demonstrations for next year and we have lots of interesting and fun ideas.

The members' afternoon in August has become a bit of a tradition. On this occasion we were entertained with talks about starting and running a garden centre, growing up in South Africa and how to furnish your house in 1911.

Our first speaker told us how she and her husband started their business growing vegetables. Apparently, the best vegetables to grow for the quickest return are cucumbers! They then went on to grow thousands of primroses, geraniums and Poinsettias, along with other plants. Although now retired, as a testament to their previous occupation, their garden is a picture!

South Africa in the 1950's was very different to the country we know today. Our next speaker spent many years living and working there and attending the local school. She was delighted recently to discover that her old school building was still there.

Apparently in 1911 you didn't just furnish your house, you were advised to follow various criteria including colour schemes, what to put in each room and the relevant cost, all described in great detail. Probably easier today but a lot more expensive!

Another tradition is the Harvest lunch in September, which is always a very popular event with our members. More about that in November's issue.

Our meeting on 23rd October is a talk about the RNLI entitled 'The Blackwater Estuary and Lifeboat Stories' this is an open meeting so please bring all your friends. St. Andrew's Church Hall at 2pm.

We are a friendly, fun group and are always happy to welcome visitors. Most of our members would agree that the best part of the meetings is the tea and biscuits and having a chat with old and new friends. If you'd like to give us a try but find the thought of coming on your own daunting, give me a ring! Marel 01245 380827

	45th Anniversary Year	THANK YOU
HATT	TELD PEVEREL FLOWER CLUB Programme for 2024/25	Top HELPINO
4th Sept		DO YOU HAVE A FEW HOURS TO SPARE?
2nd Octo 6th Nove 4th Dece	mber - Pat South: Christmas Sparkle"	DO YOU HAVE A WILLINGNESS TO HELP OTHERS AND WOULD LIKE TO PUT
	N.B. No meeting in January	SOMETHING BACK INTO YOUR COMMUNITY?
5th Febr 5th Marc 2nd Apri 7th May 4th June 2nd July Hatf	 h - Elaine Boobier: "My Life in Flowers" I - Crystal Dyball: "Junk and Jumble"" Lee Berrill: "Remember When" Terry Babbage: "My Indian Experience " 	Braintree Community Transport are looking for volunteers either in your own car or in one of our 12 seater minibuses. No set commitment - hours to suit yourself. Out of pocket expenses are reimbursed and pensions/benefits are not affected. Minibus volunteering Car volunteering
	Guests welcome Non-members £7 For further details telephone: Jane Eastall on 01245 466364 r to Join the email group to receive updates tact: Helen Peter on helenopeter@yahoo.co.uk www.hatfieldpeverelflowerclub.co.uk	t#k@theconmuity moig To find out more please call 01376 557883 or email community.transport@braintree.gov.uk

PEVEREL WINE CLUB IN PEVEREL STEHT EIN HOFBRÄUHAUS...



Our September meeting was a well-attended and thoroughly enjoyable Septemberfest, featuring a delightful spread of German food and wine. We savoured traditional pea soup with frankfurters, a variety of German breads and rolls served with Bavarian ham, pepper salami, smoked cheese, and Cambozola, all accompanied by the obligatory gherkins. For dessert, we indulged in Apfelstrudel or Stachelbeercreme (German gooseberry fool). These delicious treats were complemented by a selection of German wines, some provided by the Club and others brought in by members, all of which were tasted, discussed, and scored at each table. The hall was alive with the sights of dirndl skirts, Mieder-laced bodices, lederhosen, Bavarian braces, flaxen plaits, and little hats adorned with big feathers!

Henryk and his brother Franco provided some singalong background music from the Munich bierkellers and trained us all in the serious business of German drinking etiquette so that by the end of the evening we were all Eins, zwei, drei, g'suffa-ing like native Bavarians! Vee then updated us on German wine in the 21st century: new laws passed in 2021 give a new focus to the best terroirs growing the most appropriate grapes, and a shift towards drier wines generally, unlike the previous classifications of the 1970s which graded wine according to its sweetness with no indication of quality. Our overall findings from the many bottles tasted during the evening was that German wines are certainly a lot less sweet than they used to be, but that to get a memorable bottle, you need to be pay at least £9 -£10! The top 2 wines of the evening were voted to be a red Ernst Loosen Pinot Noir from the Rheinpfalz (Majestic £14.99/£11.99 Mix 6) and a white Walt Riesling also from the Rheinpfalz (Adnam's £11.99).

We now look forward to a slightly more serious evening in October, the time for our Annual General Meeting, where we review the events of the past year and look forward to deciding the programme for 2025.



As always, the aim is to get through the official business as speedily as possible to allow maximum time for the Six of the Best Tasting. This is where we revisit 6 of the wines voted the most enjoyable during the past year before voting for that prestigious award the Peverel Wine of the Year (only slightly less sought-after than International Wine Challenge Gold or Decanter Platinum!)

Topically, for our November meeting on 13 November, we shall be enjoying a tasting of wines from the USA, by which time the results of the American Presidential Election will be known, although we shall not be allowing politics to dominate the serious business of wine tasting!

If you'd like to join us in October or November - or indeed any other meeting - for a light-hearted and inexpensive evening out, you would always be very welcome. Please give Vee a ring beforehand on 01245 355723 however, to ensure there is enough food and drink for all. (We normally meet on the second Wednesday of each month but with some exceptions). Our website peverelwineclub@hotmail.co.uk is currently being reviewed, but I can happily send a copy of the exciting you 2024 programme if email me at peverelwineclub@hotmail.co.uk.

Peverel Wine Club: Vee Green, Secretary (01245 355723)



HATFIELD PEVEREL VILLAGE HALL WHAT'S ON AT THE VILLAGE HALL?

Hatfield Peverel Village Hall is a fantastic asset to our local community. As well as regular clubs the hall is host to a collection of theatre performances, bands, musicals, and special events throughout the year.

We are hosts to a weekly programme of clubs and activities:



To see more on the clubs running from the hall, go to our clubs page at <u>https://hatpevvhall.org/clubs-at-hpvh</u> and get the contact information there to join in.

Stay in touch by signing up to our mailing list (click the link on the website home page or scan the QR code above).

Upcoming events:

2nd October - Hatfield Peverel Flower Club

4th October - Bingo

5th October - Hatfield Peverel and Ulting Horticultural Society Autumn Show.

9th October - Peverel Wine Club

18th October - Bingo

26th October - Dan Hadield as Gary Barlow

and we're in the throes of planning for our Christmas in the Park event, so save the date of 8th December 2024 and if you're interested in having a stall, the notice above gives all the details.

For any special events, it's advisable to get your tickets as soon as they go on sale as they do often sell out quickly. Tickets for music and theatre at the hall are available from <u>http://tinyurl.com/HPVH-Tickets</u>. For all events at the hall, go to the events page on our website at <u>www.hatpevvhall.org</u>



Our Coffee Lounge is open every day Monday to Saturday, 9am - 4pm and Sundays 10am - 4pm. We also have Coffee Club every Thursday 9am - 11am where you're welcome to come along and enjoy a coffe and a chat.

Each Wednesday, our Chairman of the Council, Mark Weale hosts the EMC - the Every Members Club - from 1pm to 3pm, we open our doors at The Village Hall to offer a warm and inviting atmosphere for folks to socialise, laugh, and make memories. Need a break from the daily grind? Come on over for a cup of coffee or tea and maybe indulge in some delicious sandwiches or special lunches – it's all covered with a small £3 charge. There's usually a quiz or bingo to enjoy and it's a great way to make some new connections, or meet up with old friends.

And, of course, the Village Hall is where we hold our monthly Parish Council meetings in the Vic Olley Room. Members of the public are welcome to attend. The next Parish Council meeting is on Monday 7th October, 7.30pm

Looking for a space to hold an event?

The Village Hall has a wide range of flexible spaces and facilities that are available to book: the main hall with a traditional wooden floor, a great Stage with modern lighting, two meeting rooms, a fully fitted commercial Kitchen, Bar & Lounge and much more. If you'd like to find out more information on hiring any of the spaces, visit <u>https://hatpevvhall.org/rooms-at-a-glance</u> and get in touch via the website.

Take a look at the back page for the next performances coming up at the Village Hall. All details you might need are on our website (<u>www.HatPevVHall.org</u>), on the village hall noticeboards and on Facebook at <u>www.facebook.com/hatfieldpeverelvillagehall</u> or call the Box office & room bookings number on 0300 102 0473





www.hatfieldpeverelpc.com