

APRIL 2025 | ISSUE NO. 15

HATFIELD PEVEREL

VILLAGE VOICE



HATFIELDPEVERELPC.COM

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USEFUL INFORMATION

Click below for Parish Council and village information and contacts

[Hatfield Peverel Parish Council](https://www.hatfieldpeverelpc.com/parish-council/) *

[Parish Council Meetings](https://www.hatfieldpeverelpc.com/parish-council-meetings/) *

[Clubs and Societies](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/) *

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If you wish to advertise your business in Village Voice, please get in touch for a media pack and rate card.

This publication is printed on FSC-sourced paper and is fully recyclable.

* [Hatfield Peverel Parish Council](https://www.hatfieldpeverelpc.com/parish-council/) – <https://www.hatfieldpeverelpc.com/parish-council/>

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Front cover: A Hadfelda Walkers trip by Keith Bunton



LIVE TRADITIONAL JAZZ AT ITS BEST!
Wickham Bishops Village Hall, Snows Corner, CM8 3JZ

WICKHAM BISHOPS JAZZ SATURDAYS

MUSICIANS

19 Apr	The Bateman Brothers
17 May	Pete Lay's Gambit Jazzmen
21 June	Harry Strutter's Hot Rhythm Orchestra

3rd Saturday of the month
6.30pm for 7.30pm-10pm

RING PETE ON 07548 775777 or EMAIL wickhambishopsjazzclub@gmail.com
Proceeds to charitable causes



LANGFORD & ULTING ART SHOW

ART IS A CREATIVE ACTIVITY AND TECHNICAL SKILL

Sat 12th & Sun 13 April 2025

Open 10:00am - 5:00pm
Langford & Ulting Village Hall,
Hatfield Road, Langford Maldon, Essex CM8 6DA

Entry fee: £2
Free entry for under 12s

Tea, coffee & homemade cakes available
Plenty of free parking available

HATFIELD PEVEREL PARISH COUNCIL

Welcome

The Parish Council welcomed new councillor Stephen Smith at our March meeting—but we still have two vacancies! If you'd like to help shape Hatfield Peverel's future, and learn more about this role, get in touch with the Parish Clerk.

Tennis Courts Coming Soon!

Exciting news! New double tennis courts will soon be installed on the recreation ground. We'll aim to keep disruption to a minimum and look forward to bringing these additional sport facilities to the community.

Party in the Park – Save the Date!

Join us for **Party in the Park** on **Saturday 5th July**. Stay updated via our social media, website, and here in the Village Voice.

Follow us for news and updates:



@hatfieldpeverelpc



@HatPevPC

The Parish Council's Social Media policy can be viewed on its website:

<https://www.hatfieldpeverelpc.com/parish-council/policies-and-procedures/social-media-policy/>

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 & Community Safety

Call **101** for crime prevention advice or to report a crime that does not need an emergency response. Reporting helps build a clearer picture of local crime. You can also report online: Essex Police

We're working with Essex Police to recruit **two Special Constables** for Hatfield Peverel. Interested? Visit our website for details: <https://www.hatfieldpeverelpc.com/special-constable-recruitment/>

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_and_tracking_planning_applications/592/weekly_lists

Get involved!

The next meetings of the Parish Council will take place on Monday 7th April and Monday 12th May in the Vic Olley Room at the Village Hall. We've also got our annual Community Information Event on Sunday 18th May (see page 4). Public participation is welcome. Check the agendas on our website and village noticeboards.

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

Sarah Gaeta, Parish Clerk; Carly Truman, Assistant Clerk
Parish Council Office, Village Hall, Maldon Road, Hatfield Peverel, CM3 2HP Tel 01245 382865. Email: parishclerk@hatfieldpeverelpc.com or assistantclerk@hatfieldpeverelpc.com



A family event

e-voice.org.uk/hatpevgardens

SPRING SHOW

SATURDAY 5TH APRIL
2-4pm HELD AT VILLAGE HALL,
MALDON ROAD, CM3 2HP

ALL WELCOME
ADMISSION FREE

PLEASE SUPPORT YOUR VILLAGE SHOW
BY ENTERING:-

- COOKERY
- CHILDREN'S CLASSES
- PRESERVES
- FLOWERS
- HANDICRAFTS
- PHOTOGRAPHY
- SPRING BULB COMPETITION

OR JUST BROWSE, ENJOY A CHAT WITH A CUPPA AND HOMEMADE CAKE.

To enter call Keith Bunton 07907 666132 or email entries to k.bunton@btinternet.com

POTATOES WILL BE AVAILABLE FOR THE GROW IN A BAG COMPETITION

Enjoy a cuppa & a cake

Have a go!

Hatfield Peverel's Young Explorers Take on the Duke of Edinburgh Award

In Hatfield Peverel, five dedicated young people are working towards their Bronze Duke of Edinburgh (DofE) Award, taking on challenges that build confidence, resilience, and skills for life.

To earn their award, each participant must commit to three separate activities – physical exercise, learning a new skill, and volunteering – over a period of three to six months. Their hard work culminates in an adventurous expedition: a weekend of hiking and camping, testing their teamwork and perseverance in the great outdoors.

The range of activities they've chosen is inspiring. From being a Brownie or Scout young leader to pony racing, football, and synchronised swimming, they are embracing opportunities that develop their abilities and serve the community. Others are learning musical instruments, taking on litter-picking duties, or honing leadership skills.

Every other week, they meet at Hatfield Peverel Village Hall for hands-on training in map reading, first aid, cooking, camp craft, and tent-pitching – essential skills for their upcoming summer expedition. And in an era of constant digital distractions, they'll take on the challenge without mobile phones in sight!

Hatfield Peverel Community Information Event

Our annual **Community Information Event** is back! This is a great opportunity for residents to meet local parish councillors and chat with representatives from the district council in a relaxed setting.

Taking place on **Sunday 18th May from 2-4pm at the Village Hall**, the event is a fantastic way to find out what's happening in our community. Local clubs, societies, and voluntary organisations will have stalls where you can learn about their activities and discover new interests. Whether you want to join a group, start a new hobby, or simply see what's going on, this is the perfect chance to do so.

The councillors will also be on hand to hear your views, concerns, and ideas for our village. It's a friendly and informal way to connect with those shaping our community.

Enjoy **free nibbles** while you browse, and grab a drink from the **café or bar**, which will be open throughout the event.

We look forward to seeing you there!



Our Hatfield Peverel DofE community group has led the way in running the scheme outside traditional school settings, and it's fantastic to hear that other parish councils are now adopting our model. This means even more young people, who may not have access to the programme through their schools, can benefit from the life-changing experience that DofE offers.

We wish our young explorers the best of luck as they continue their journey and we'll bring you more updates in the future – what an adventure it will be!



Hatfield Peverel's Rewilding Initiative Continues



Hatfield Peverel's rewilding efforts are set to continue this year, helping to bring more colour, life, and biodiversity to our village green spaces.

Last year, as part of Plantlife's **No Mow May** campaign, we trialled new measures by leaving some grassy areas to grow longer, allowing native wildflowers to bloom. The response from the community was

overwhelmingly positive, and following a consultation at the end of the year, the parish council has decided to continue this initiative in 2025.

By allowing wildflowers to flourish, we provide essential food for bees, butterflies, and other pollinators while offering shelter for small mammals. If you have a garden, you

Did you know that **97% of flower-rich meadows have disappeared since the 1930s**? The No Mow May movement aims to counteract this loss by encouraging people to let lawns, verges, and green spaces grow wilder – supporting wildlife, improving air quality, and even helping to lock away carbon underground. With over **20 million gardens in the UK**, even the smallest patch of uncut grass can make a real difference!

might consider joining in by letting a section of your lawn grow wild this spring.

Where in the village?

The following areas will be left to grow a little wilder during **No Mow May**, after which they will be cut and maintained:

- Nounsley Priory Farm Road verges
- Strutt Memorial Recreation Ground: area beside MUGA pitch (south end)
- Cemetery – extension area.

Additionally, these areas will remain wild **throughout the summer** and be cut at the end of the season:

- The Green (middle area of large verge)
- Cemetery extension – following No Mow May maintenance, a cross pathway will be mown with the rest of the area left to rewild.
- Allotment site: the verge along the footpath from The Green to Church Road (a small margin by the footpath will be cut).



- Woodham Drive: The verge along the road at both sides of the entrance to Woodham Drive (a small margin will be cut by the footpath).
- Middle verge in Woodham Drive (a small margin will be cut).
- Strutt Memorial Recreation Ground: area beside MUGA pitch (north end); area at rear of Maldon Road cottages; Area at the front of the Village Hall; The verge along the driveway to the Village Hall; The verge at the back of New Road (a small margin will be cut by footpath).
- Nounsley – the middle of both verges by Nounsley Playing Field (a small margin will be cut around the edges).

Rest assured, we will always ensure clear sightlines at junctions for safety. To learn more, visit plantlife.org.uk



GOOD NEWS FOR EASTER

April is here and we are on the run down to Easter. Our Easter Trail is up and we hope that you'll enjoy following the Easter story around the churchyard ending at the Easter Garden by the North Porch of the Church. We know that last year some children were disappointed not to find an Easter egg at the end of the Trail but if they and their parents would like to come to the Messy Workshop being held in the Church Hall on Friday 11th April between 10 and 12 then Easter eggs might suddenly appear! (see our poster on the next page).



Our Easter story started back in March on Ash Wednesday after enjoying pancakes on Shrove Tuesday. During the 40 days of Lent, we have been following a Lent Course based on the film *Chocolat* - not that we have been eating chocolate during the course! That's something we'll keep for

Easter Sunday. We have also been entering into a challenge in aid of the Braintree and Witham Foodbank - 40p per day for 40 days - and we hope to raise a few hundred pounds for the Foodbank which does such important work within our community.

All our Easter Services at both St Andrew's and All Saints Ulting can be seen on our notice. We have a full week planned starting with Palm Sunday (13th April), and ending with Easter Sunday (20th April). It is the most special time in the Christian year so do come and join us. You will be very welcome!

And now for an important announcement.

We are delighted to tell you that steps are in hand for the appointment of a new Priest in charge of our Parish. Reverend Howard Schnaar will be formally licensed by Bishop Roger, Bishop of Colchester on Monday 19th May in a service starting at 7.30 pm. It would be great to see as many parishioners as possible on that occasion so please put it in your calendars. His wife, Deirdre Schnaar, will also be licensed as Lay Reader. Several of you may have already met Howard and Deirdre who have most kindly been helping us following the retirement of Stephen Northfield. Further details will appear in next month's edition of the Village Voice.

Lastly, an important request:

We are looking for a Treasurer for the church to take over from John Strange who as well as being Churchwarden, has been acting in that capacity for some 13. No formal accounting or bookkeeping qualification is required (John had neither when he started) but some knowledge would be helpful. However, training and support will be provided.

To arrange any special service or other parish request, call John Strange on 01245 381004 or email johnstrange32@btinternet.com or call John Tomlins 01245 380359, email johnandanna.tomlins@btopenworld.com.



Hatfield Peverel Lovibond Almshouses were established in 1820 and they now provide four comfortable one bedroom bungalows, with double glazing, gas central heating, showers and toilets.

The bungalows are available for people who are aged over 60 years, able to look after themselves, are of good character, and living in the area.

A group of trustees monitor the charity and the wellbeing of the residents.

We are looking for another trustee so if you are interested please contact Virginia Strange (01245 381004).

Parish of St Andrew Hatfield Peverel with All Saints Ulting

SERVICES etc. for APRIL 2025

	St Andrews (+refreshments after 10.15 services)	All Saints
Saturday 5th	10 -12 noon COFFEE MORNING in St Andrew's Church Hall	
Sunday 6th	10.15am Matins (Morning Prayer with hymns)	9am Holy Communion (BCP)
Tuesday 8 th	SOUP and ROLLS in St Andrew's Church Hall 12.30- 2pm (In aid of Medecins sans Frontieres)	
Sunday 13th Palm Sunday	8am Holy Communion 10.15 All Age Service	9am Holy Communion (BCP)
Thursday 17th	7.30 Maundy Thursday	
Friday 18th	2-3 Good Friday reflections	2-3 Good Friday reflections
Sunday 20th Easter	10.15 Easter Eucharist	9am Easter Eucharist
Sunday 27th	10.15 Parish Eucharist	9am Parish Eucharist (Common Worship)

Edward Bear: Every Thursday 10am to 11.30 (in term time)– Coffee and Company – in hall - with short worship on alternating weeks

All Saints open for prayer every Wednesday at 9am [with Morning Office]

Contacts: **St Andrew's and All Saints:**

John Strange 01245 381004 07498362854 johnstrange32@btinternet.com

John Tomlins 01245 380359 07712699722 johnandanna.tomlins@btopenworld.com

All Saints, Ulting: Rev'd Derek Clark 01245 380627 07860235778

HADFELDA WALKERS

Despite the ongoing wet weather, our walking group recently took on a challenge inspired by two of our members. One, eager to see snowdrops in bloom, suggested a route where they might be found, while another – holidaying in Chile – recalled a previous walk that could be successful. With that in mind, nine of us set off in two cars, parking at Blue Mills bridge before heading up Ishams Chase. Sure enough, snowdrops lined both sides of the track in full bloom. At the top, we turned left past Glen Chantry, where its magnificent garden display was also at its best. From there, we crossed a rather soggy open field, continued up a forest path, and followed a farmer's track to a metalled road leading to Braxted Bakery. A well-earned refreshment stop followed before we retraced our steps. This may have been our shortest walk but also our longest refreshment break – but we all thoroughly enjoyed it!



We are a friendly group of villagers who meet on the last Thursday of each month for a local walk lasting three to four hours. Occasionally, we use cars to reach a starting point further afield. Our walks typically cover four to five miles at a reasonable pace, with refreshment stops, especially in the summer months. There are no fees, no subscriptions – just good company and fresh air!

Our next walks are on **Thursday 24 April 2025** and **Thursday 29 May 2025**, meeting outside the Village Hall by the recycling site at **10am**.

New members are always welcome to join us in exploring the local area, though we kindly ask that you leave pets at home. For more information, please contact **Graham Bushby on 01245 380472**.

Photos courtesy of Keith Bunton



**St ANDREW'S &
ALL SAINTS CHURCHES**

EASTER TRAIL

St Andrew's churchyard
from 31st March



MESSY EASTER WORKSHOP

St Andrew's Church Hall
Friday 11th April
10am-12pm



Join us for fun activities, worship and food together

John & Anna Tomlins
01245 380359 | 07809 573405
johnandanna.tomlins@btopenworld.com
for details and to say you can come







Hatfield Peverel Flower Club

Floral Workshop

"Afternoon Tea"

Saturday 10th May 10 - 12.30am

Daniela Crick will be running a workshop of a
"giant cupcake" and an arrangement in a tea cup.
at
**Hatfield Peverel Village Hall,
Maldon Road. CM3 2HP**

The cost will be £25 for Flower Club members and £35
for non-members to include materials and refreshments.
A £10 non-returnable deposit will be required.

To book your place please email the Secretary
Helen Peter at helenopeter@yahoo.co.uk





REMEMBERING GALLIPOLI: THE ESSEX REGIMENT'S SACRIFICE

BY JIM KEVANY



110 years ago in April, the Western Front was relatively quiet, with no major offensives under way involving British troops. However, April the 25th 1915 saw the start of the campaign at Gallipoli that ended, for British troops, in January 1916. Gallipoli is a narrow peninsular on the northern side of the Dardanelles, that forms part of modern-day Turkey. The objective was to land troops, seize the Dardanelles and knock Turkey out of the war.

The Gallipoli campaign is strongly associated with Australia and New Zealand, rightly so, but what is often not known is that British and French involvement was greater in terms of numbers committed and casualties.

One of the first units ashore on day-1, was the first Battalion of the Essex Regiment. This was the first of six Essex Regiment battalions to serve on the Peninsular. During the first few days, to the end of April the Battalion lost 54 men killed. All of these have no known grave, and they are remembered on the Helles Memorial. Two of those that fell in April were Pte. Bert Hankin, and Pte. George Keeble, both from Colchester. During the campaign, 975 men of the Regiment were killed or died and are listed on the Helles Memorial or rest in cemeteries in the area.

In 2019 the Branch took a tour to Gallipoli and the photo shows Branch members on "W" Beach, where the Essex Regiment landed that day.

Upcoming Talks

April is one of the month's when the Branch holds its talk at Hornchurch. This month our talk covers the the origins and history of the Royal Flying Corps and its RAF base at Hornchurch in the First World War. We are back at the Village Hall in Hatfield Peverel on **Wednesday 14th May** for a talk by Dr Vivien Newman titled **"Poppy & Cornflower Ladies"**. We all know about the role of the poppy in remembrance, and the French have a similar relationship with the cornflower. This talk will tell of a less-than-harmonious story spanning the globe, following in the footsteps of the Poppy and Cornflower Ladies of the immediate post war years. Our talk starts from 8pm and all are welcome for an entrance donation of £3.50.

The Branch has a monthly newsletter which carries information remembering casualties from Essex, historical articles and forthcoming events or publications that may be of use to anyone with an interest of the First World War. If you would like to receive a copy by email, with attachments, please ask via essexwfa@googlemail.com We ask for no other information and the newsletter is the sole use of the email address.



Easter: A Time for Tradition, Celebration and Chocolate!

Nowadays Easter and chocolate go hand in hand, but what have brightly coloured, chocolate Easter eggs got to do with the Easter story?

Easter is after all a Christian festival celebrating the resurrection of Jesus, who, according to the Bible, rose from the dead three days after his crucifixion. His execution, ordered by Roman leader Pontius Pilate, was seen as a sacrifice for mankind's sins. Christians believe his resurrection offers hope for eternal life, making Easter the most significant event in their calendar.

Easter Sunday falls on the first Sunday after the full moon that follows 21st March. Since the date varies each year, this year it falls on 20th April.

The week before Easter is called **Holy Week** and marks the end of Lent—a 40-day period of fasting and prayer, reflecting the time Jesus spent doing the same before his crucifixion. It begins with **Palm Sunday** which marks Jesus' arrival in Jerusalem, where crowds laid palm branches before him. Churches often give out palm leaf crosses to remember this.

Maundy Thursday signifies the day of the Last Supper, when Jesus shared bread and wine with his disciples, an act reenacted in Christian churches today as Holy Communion.

Good Friday is a solemn day remembering Jesus' crucifixion. Christians reflect on his suffering and sacrifice, given for their sins so that



they may receive forgiveness from God.

Holy week ends with **Easter Sunday**, the celebration of Jesus' resurrection. His tomb was found empty, and he was seen alive by his followers. This day symbolises hope, renewal, the possibility of eternal life and the end of suffering.



How Easter is Celebrated

As well as church services and re-enactments, Easter has become a wider cultural event with many families gathering for a special meal, often roast lamb, which traditionally marked the end of Lenten fasting.

The Easter tradition of hot cross buns date back to the 12th century, the spiced buns featuring a cross to symbolise Jesus' crucifixion. They were originally made to use up ingredients like butter and eggs, which were generally avoided during Lent.

Easter Fun & Traditions

Traditions such as sending Easter cards and organising Easter egg hunts date back to the Victorian era in England. They also popularised Easter games like egg rolling, where children compete to

see whose egg rolls the farthest down a hill.

The origins of the **Easter Bunny** are largely unknown but is thought to originate from 16th-century Germany and the pagan goddess Eostre who has an association with hares. The Easter Hare was said to bring sweet treats to well-behaved children, similar to Santa at Christmas. The tradition spread to America in the 18th century and later became widespread in the UK.

Today many towns and villages hold Easter egg hunts, Easter Bonnet parades, and fairs over the bank holiday weekend.



Where to celebrate Easter locally

If you're looking for local events to attend this Easter visit <https://www.visitessex.com/whatson/easter> for some ideas.

Plus from 9th-13th April and again from the 16th-19th April **The Museum of Power** in Maldon is holding its Easter Eggstravaganza! Visit <https://www.museumofpower.org.uk/> for more details.



So Why Chocolate Eggs?

Eggs are an ancient symbol of new life and rebirth. They would historically be given as gifts to mark the spring equinox and reflect the changing seasons. These ideas merged with Christian beliefs and eggs began to represent Jesus' resurrection (his rebirth) and the stone that was rolled away from Jesus' tomb. Plus, Christians historically gave up eggs for Lent, so gifting them on Easter Sunday became a way to celebrate the end of fasting. Originally, people decorated real eggs at Easter, but in the 19th century, chocolatiers in France and Germany began making solid chocolate eggs. In 1873, JS Fry & Sons introduced the first hollow chocolate egg, later popularised by Cadbury. Today, they're the Easter treat of choice!

Hatfield Peverel Resident Running London Marathon for MS-UK

Local physiotherapist Vicky Duerden is taking on the TCS London Marathon on 27th April 2025, a major challenge alongside work and caring for her three young children. Originally set to run in 2024, she had to postpone after fracturing her leg in three places. Following her own advice and having the support of the colleagues at the Courtyard Clinic in Maldon, she is now fully recovered and determined to complete the race this year.

Vicky is raising funds for MS-UK, a Colchester-based charity supporting those with Multiple Sclerosis, a condition affecting 1 in 400 people in the UK. The cause is close to her heart as her mother-in-law has lived with MS for over 30 years.

To support her fundraising, Vicky and her children are hosting a yard sale on **Saturday 5th April** on Church Road, Hatfield Peverel. Just before Christmas, the boys held a 'trial' sale which was a great success and are very excited to do it bigger and better this time. As well as selling cakes, toys, bric-a-brac and a tombola, there will be a raffle with some fantastic prizes up for grabs from local businesses including Mrs. Salisburys, Upstairs Downstairs, Madison Heights, the Lion in Boreham and Maldon Coffee Company. All proceeds raised on the day will go directly to MS-UK.

Donations are greatly appreciated, whether at the sale or via her fundraising page. And if you see her training around the village, be sure to give her some encouragement!

<https://2025tcslondonmarathon.enthuse.com/pf/vicky-duerden>

The Courtyard Clinic's very own physiotherapist



Vicky



is running the
TCS London Marathon 2025
on
Sunday 27th April 2025

Help her to raise vital funds for MS-UK by making a donation.
No matter how big or small, every donation makes a huge difference!



Scan to donate

<https://2025tcslondonmarathon.enthuse.com/pf/vicky-duerden>

And so you run. Do you for those who are no longer with us, for those who can no longer run and for those, who one day, whilst not be able to run any more.

MS-UK is a national charity supporting anyone affected by multiple sclerosis to live happier and healthier lives.

www.ms-uk.org

In aid of **MS-UK**

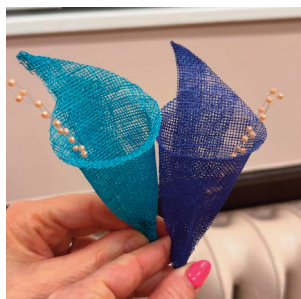
FR Charities REGULATOR Registered charity number 1055751

TERLING WI



Hats Off to a Fabulous February Meeting!

Our February meeting was a real treat as we welcomed Susan Widlake from Mill House Millinery. Susan's journey from a high-flying IT career to the world of haute couture hat-making was as fascinating as it was unexpected! She took us through the intricate art of millinery—where her materials come from, how hats are crafted, and even the all-important skill of how to wear one with confidence.



Of course, no hat talk would be complete without some hands-on fun! We tried on a stunning selection of hats, feeling the difference between the materials, and even got creative ourselves—each making our own little fabric flower to take home. It was a busy, engaging, and truly delightful evening.

Thinking of joining us? Now's the perfect time!

Memberships are open for new and returning members at just £51 for the year—covering 11 meetings from April 2025 to March 2026. That's just £4.60 per meeting for a fantastic

lineup of speakers, activities, and good company. Coming up this month, we'll be hearing from John, a volunteer with the incredible Medical Detection Dogs charity.

We meet every fourth Thursday of the month at Terling Village Hall, and you're welcome to try up to three meetings before signing up (guest fee applies). And don't forget—tea, cake, and friendly faces are always on the menu at Terling WI! Come along, give it a go, and discover what makes our WI so special.



NEXT MEETING DATES:

Thursday 24th April

Thursday 22nd May

✉ terlingwi@outlook.com ☎ 07926 649669 📘 @terlingwi



We're finally well into Spring, bringing longer days and warmer weather—perfect for planting and garden maintenance. With plenty to do in the garden and allotment here are the top jobs for this month...

Pruning and Cleanup

- Cut back dead stems from last year's perennials to make way for new growth.
- Prune climbing roses into a fan shape and remove old branches. Shrub roses can be cut back to 20cm above a healthy bud.
- Look for congested clumps of perennials like geraniums, daylilies, and irises. Dividing these will keep them healthy and increase your stock.

Sowing & Planting

- Dahlia tubers can be planted in pots undercover for summer blooms.
- Prepare soil by removing weeds, stones, and roots, then add organic fertilizer.
- Sow flower seeds like cosmos and sweet peas for summer colour and fragrance.
- Hardy annuals such as poppies, sunflowers, and cornflowers can be sown directly in the ground.
- Plant summer bulbs such as gladioli, crocosmia, lilies, and agapanthus outdoors for beautiful summer displays.

Vegetables and Fruits to Plant

- Sow lettuces, tomatoes, salads, and cauliflowers undercover.
- Direct sow peas, carrots, beetroot, cabbages, herbs, leeks, spinach, turnips, spring onions, broad beans, Brussels sprouts, and parsnips.
- Plant early potatoes, onions, garlic, shallots, asparagus, and strawberries.
- Improve soil with compost, manure, or grass clippings.

Small Space Gardening

Focus on hardy plants (magnolias, cherries, clematis montana), flower garden staples (lupins, delphiniums, hollyhocks, foxgloves), and edible plants like herbs and strawberries.

Wildlife Considerations

- Attract bees with pollinating plants like lavender and foxgloves.
- Create a bug hotel with pots, pipes, and natural materials to shelter beneficial insects.

Lawn Care

Start mowing lightly ensuring the grass remains slightly long to retain moisture. Mow every two weeks, increasing frequency in May.


Slug Control

- Protect young plants by growing them indoors before transplanting.
- Choose slug-resistant plants like geraniums, foxgloves, fennel, and anemones.
- Provide natural deterrents such as log piles for predators like frogs and beetles.
- Handpick slugs in the evening and relocate them to compost areas.

By following these simple steps, your garden will thrive throughout the growing season!



Whether you're new to the village or a long time resident, and a keen gardener, why not take on the joy of growing your own vegetables or cultivating some flowers and herbs. If you're considering having an allotment, register your interest at: <https://membermojo.co.uk/hpaa/joinus>.



TopFeet

home visits

Tim Esser
Dip FHP, MCFHP, MAFHP
Registered Foot Health Professional

Providing routine and continued foot health treatments in the comfort of your own home. Treatments include:

- Neurovascular Assessments
 - Routine Foot Care
 - Nail Trimming
- Thickened Nail Reduction
 - Fungal Infection
 - Corn Removal
 - Callus Reduction
 - Verrucas
- Ingrown Toenails
 - Cracked heels
 - Diabetic Foot Care
- Professional & Friendly advice

Get in touch with Tim today to arrange an appointment.

Tel: 07407831277
Email: top.feet@outlook.com

HATFIELD PEVEREL METHODIST CHURCH

As the signs of Spring arrive, we see these as signs of hope as we pray for the restoration of harmony in our world.

At Stitch to Enrich (S2E), we are once again crafting items for **Kinder Essex** (formerly United in Kind) to include in their Easter gift packages for those in need locally. Members are also creating entries for the handicrafts section of the Horticultural Society Village Show which takes place in the Village Hall on Saturday 5th April.

As we prayerfully continue through the period of Lent, we have been considering the topic of forgiveness and gratitude. In the familiar words of the Lord's Prayer, we say 'forgive us our trespasses, as we forgive those who trespass against us'. Perhaps our forgiveness of others should not be used as a measure for the forgiveness we hope to receive. Perhaps we should pray for the forgiveness we need to exceed how we manage to forgive others. It is so easy to hold grudges and disagreements and continue the harm which that causes. The events of Good Friday remind us of the death of Christ our Saviour who took on himself all the wrongs we might commit, allowing us to be forgiven, as if none of our faults and failings had ever happened. We then remember the risen Lord on Easter Sunday as



we rejoice in His resurrection from the dead. Why not join us to celebrate in worship on Sunday, 21st April? Jesus didn't say 'I am finished'. He said, '**It is finished**'. He was just getting started. May we be the miracle that He needs.

Sunday worship at the Village Hall

Do join us on Sunday mornings from 09.15 in Room 3 of the Village Hall (access through the Coffee Lounge).

You can contact us as follows:

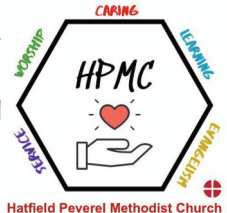
Minister: Barry Allen 01621 853423

Mission Lead: Jane Cook 07827 594535

Church email for information and prayer requests:



hpmethodistchurch@gmail.com





Bereavement Help Point

Hatfield Peverel

Drop in group for anyone bereaved

We offer a relaxed and friendly environment where you can meet new people, share experiences and access help and support, while enjoying a chat over a cup of tea or coffee.

Date: 1st and 3rd Monday of each month
Time: 1.30pm to 3.00pm
**Location: Community Cafe,
 Hatfield Peverel Village Hall, Maldon Road,
 Hatfield Peverel, CM3 2HP**

For more info visit www.farleighhospice.org/bereavement
 or call 01245 457308



It is because you care that we can
www.farleighhospice.org   
 Registered Charity No. 284670

45th Anniversary Year

HATFIELD PEVEREL FLOWER CLUB

Programme for Spring/Summer 2025

5th February	Angelika Mead: "A Wild Kitchen"
5th March	Elaine Boobier: "My Life in Flowers" Competition "Spring"
2nd April	Crystal Dyball: "Junk and Jumble" Competition "Single Garden Flower"
7th May	Lee Berrill: "Remember When"
4th June	Terry Babbage: "My Indian Experience" Competition "A Household Container"
2nd July	Deb Hart: "Willow in the Landscape" A talk and demonstration

N.B. No meeting in August

Hatfield Peverel Village Hall, Maldon Road, CM3 2HP
 7.30 for 8pm
 Refreshments and Raffle
 Guests welcome Non-members £7

For further details telephone:
 Jane Eastall on 01245 466364
 or to join the email group to receive updates
 contact: Helen Peter on helenopeter@yahoo.co.uk

www.hatfieldpeverelflowerclub.co.uk

SPRING & SUMMER HERE WE COME!

This summer, we have a fantastic lineup of events, offering something for everyone - whether you're a keen cyclist, a lover of vintage charm, or simply enjoy exploring beautiful gardens.

Come and see what we do

To showcase our services, we are holding an **Open Day** at our centre on The Street, Hatfield Peverel on **Friday 4th April** from 10am to 2pm. As well as tea, coffee and cakes, we will have taster mini treatments for you to try such as reflexology, and there will be a raffle. Everyone is welcome. Perhaps you know someone living with cancer who might benefit from our complimentary services? Come and have a look around and see what we offer. Parking at the centre is limited but there is parking nearby (for a limited time) in Hadfelda Square.

Summer Events

Now entering its 11th fantastic year, our **Ride For Helen** cycle event takes place on Sunday 11th May. From families to experienced cyclists, there is something for everyone. The routes range from 6 miles to 100 miles through the beautiful Essex countryside. To join us, sign up here www.helenrollason.org.uk/event/ride-for-helen-essex-2025/

Hatfield Peverel Open Gardens

Do you live in Hatfield Peverel?

Could you open your garden to help us raise valuable funds for the charity? We are looking for more gardens, and they do not have to be 'Chelsea Flower Show' standard.

Open Gardens is on Saturday 24th May. Our centre will be open on the day to collect maps of the gardens, and we will have tea, cakes and a plant sale.

Register for the event or book tickets here

www.helenrollason.org.uk/event/hatfield-peverel-open-gardens/



Step back in time at our **Vintage Days this summer** where you'll find stalls, live entertainment, music, vintage cars, and a variety of delicious food options.

- **Sunday 13th July** – Cressing Temple Barns
- **Sunday 24th August** – Layer Marney Tower

HELEN ROLLASON CANCER CHARITY

UPCOMING EVENT SCHEDULE

04 APR	Open Day at our Centre The Street, Hatfield Peverel, 10am-2pm	24 MAY	Hatfield Peverel Open Gardens Various gardens in Hatfield Peverel
10 MAY	Donation Day at our Centre The Street, Hatfield Peverel, 9am-12pm	13 JUL	Vintage and Makers Day Cressing Temple Barns
11 MAY	Ride For Helen starting at The Crix, Hatfield Peverel	24 AUG	Marvellous Vintage Day Out Layer Marney Tower

BUY TICKET NOW ➔ www.helenrollason.org.uk/events/ 01245 382888

RIDE FOR HELEN 2025

SUNDAY 11TH MAY

Join us for a breathtaking ride starting and ending at The Crix in Hatfield Peverel.
Choose your distance!

Support people living with cancer as you pedal through the stunning countryside of Essex and Hertfordshire.

SCAN ME

6 Miles, Ed's 15 Miles, 30 Miles, 50 Miles, 65 Miles, 100 Miles

BOOK YOUR PLACE AT www.helenrollason.org.uk

Helen Rollason Cancer Charity

Registered with FUNDRAISING REGULATOR

Further details and tickets for these and other events are available at www.helenrollason.org.uk/events/ If you would like to know more about the support we provide, you can also call us on 01245 382888.

HATFIELD PEVEREL & ULTING HORTICULTURAL SOCIETY

The Society's 2025 schedule of events is shown below. These events are open to both members and non-members. Membership cards and year books are available from Upsons Farm Shop. Annual membership is just £3 (£2 for seniors).

SCHEDULE OF EVENTS FOR 2025

- 5th Apr Society Spring Show
- 10th May Annual Plant Sale – Nounsley Road
- 3rd Jul 'The Secret Life of a Wood' with Roger Hance
- 25th Sept 'Hanningfield Nature Reserve' with Bill Godsae
- 4th Oct Society Autumn Show
- 27th Nov AGM Christmas Speaker Evening

All events take place at The Village Hall unless otherwise indicated

Visit <https://e-voice.org.uk/hatpevgardens/> for more information

APRIL GARDEN TIPS

Prune: Spring flowering shrubs, pinch out fuchsias for bushier plants, climbing and rambling roses

Sow: hardy annuals such as pot marigolds, sweet peas, sunflowers.

Plant: Second and main crop potatoes, outdoor tomatoes and chillis in pots, herbs in containers.

Propagate: Suckers from shrubs and trees. Take basal cuttings from perennials such as delphiniums, campanulas and lupins.

HADFELDA (LADIES GROUP)

Afternoon Talks & Tales

At our February meeting, Charles Cope gave his fascinating talk "More Stories about Burma". Now known as Myanmar, Burma was a very different place in the 1920s & '30s and Charles kept us enthralled with tales about his father who worked there for many years. He was involved with forestry and one of his tasks was to look after the health of the elephants. He spent his time in some very remote areas where the only means of communication was by letter. Since these could take many weeks, even months, to reach their destination, by the time the family received any news it was well out of date. Charles read extracts from his father's letters which gave a fascinating insight into the way of life at that time. When the war started, his father 'joined up' to fight the invading Imperial Japanese Army. Thanks to a few lucky escapes he survived without any serious injuries.



If you fancy brightening up your house, our meeting on 23rd April (which is St. George's day) is just the thing! Clare, who ran a garden centre for many years, will demonstrate how to make a hanging basket. Not to be missed! On 28th May we will visit some different countries when we hear about '**Travels with the Foreign Office**' and June 25th is our **Summer Afternoon Tea**.

Do join us at St. Andrew's Church Hall at 2pm on the 4th Wednesday of the month.

We charge £5 for visitors which include tea, biscuits and a raffle ticket. For more information, call Marel on 01245 380827.

NEXT MEETING DATES;

23rd April
28th May
25th June



Photo: "108. Burma village market." © 2019 Regents of the University of Michigan

In the digital collection Harry Alverson Franck Photographs. <https://quod.lib.umich.edu/s/clfranck/x-9156/francks0108>. University of Michigan Library Digital Collections. Accessed March 13, 2025.

VE Day 80

Where will you celebrate?

The 8th May 1945 was a day no one who lived through it would ever forget. After nearly six years of war, which had cost millions of lives, torn families apart, and left cities in ruins, the news finally came: Germany had surrendered. The relief was enormous.

People poured into the streets to celebrate, with parties, singing, and dancing breaking out across towns and cities. For many, it felt like a new beginning – an end to the fear and hardship they had endured for so long.

But while VE Day marked victory in Europe, for many the celebrations were bitter-sweet. People mourned their lost friends and loved ones, while others were still engaged in combat, as the war in East Asia continued. The conflict in the Pacific continued until Japan surrendered in August 1945. And even after the fighting stopped, the effects of the war—on families, communities, and the world—were felt for years to come.



Perhaps your street is holding a Street Party to celebrate VE Day 80 or you'd like to attend a beacon lighting. To find out what's on in neighbouring Parish or Town Councils visit <https://ve80.com/> and search for "Essex". Alternatively visit Essex County Council's site at <https://www.essex.gov.uk/news/2024/commemorating-80th-anniversary-d-day-across-essex#> for events taking place in surrounding areas.

Photos: IWM public domain: Ve Day Celebrations in London, 8 May 1945 HU41808 & EA65884



Country celebrations

While VE Day itself is the 8th of May, to support this year's momentous 80th anniversary the bank holiday **Monday 5th May** has been officially dedicated to community celebrations!

There will be a series of events, starting with a military procession from Whitehall to Buckingham Palace on 5th May and as part of the anniversary, bank holiday street parties and barbecues will be organised by the Together Coalition, including a street party on the surviving warship HMS Belfast.

An installation of 30,000 ceramic poppies will be displayed in the Tower of London, which was bombed during the Blitz.

In commemoration of the newflash announcement of the evening of 7th May 1945 that the following day would be VE Day, the Parliament Choir will host an anniversary concert in Westminster Hall at the Palace of Westminster. On VE Day itself, a service will take place at Westminster Abbey and more than 10,000 members of the public will attend a concert at Horseguards Parade.

Landmarks and beacons will be lit up to mark the occasion, and the Cenotaph will be draped in Union flags for the first time since it was unveiled by King George IV in 1920.

JOSHUA REILLY-HURTER - DOG WALKER ESSEX

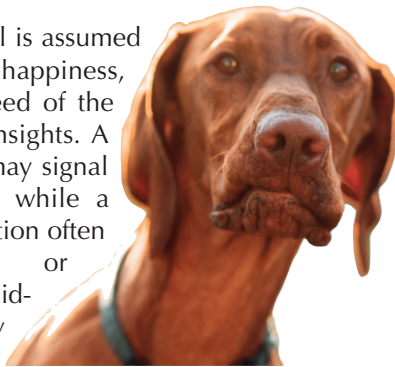
DOG LOVERS! WHAT'S YOUR DOG TELLING YOU?

Understanding dog body language is essential for fostering a good relationship between humans and their canine companions. Dogs communicate through a series of distinct body signals that can convey a range of feelings and intentions.

It's so important to understand what our doggies are trying to tell us. When we are out on our Dog Walker Essex group adventures, we are always looking at our dogs' body language with us and how they are interacting with the other doggies. Here's what your dog may be saying:

Tail Wagging

Commonly, a wagging tail is assumed to be a universal sign of happiness, but the position and speed of the wag can provide more insights. A high, fast, and stiff wag may signal excitement or agitation, while a slow wag with a low position often indicates insecurity or uncertainty. A neutral or mid-level tail wag typically represents a relaxed state.

**Ears**

The position of a dog's ears can tell a lot about their emotional state. Ears standing erect and forward usually indicate interest or alertness. Floppy ears or those pulled back might signal submission, fear, or relaxation, depending on the rest of the body's cues. Dogs with cropped ears or different ear types may require more context to accurately interpret.

Eyes

Eye contact or its avoidance is a significant form of non-verbal communication. Direct eye contact can be seen as a challenge or threat, while soft, relaxed eyes generally signify contentment. "Whale eye," where the whites of the eyes are visible, often points to anxiety or stress.

Mouth and Lips

A relaxed, slightly open mouth with a gentle pant often indicates a calm, happy state. Bared teeth with a snarl signal aggression or discomfort. If a dog licks its lips or yawns when not tired, it could be showing signs of stress or unease.

Body Posture

The overall posture of a dog can hint at its intent. A dog standing tall and forward on its toes often projects confidence or aggression. Conversely, a lowered body or crouching position can indicate submission or fear. Play bows, where the front legs are stretched forward and the rear is raised, are an invitation to engage in playful activity.

Hackles

The raising of a dog's hackles, the fur along its back, can indicate a high level of arousal. This can be due to fear, excitement, or aggression. It's a sign that a dog is reacting strongly to something, though not always a predictor of aggressive behaviour.

Paw Lifting

A lifted paw can express uncertainty or anticipation. In certain contexts, it is also a behavioural trait of pointing breeds but can generally convey curiosity or submission.

Overall Behaviour Context

It is essential to consider the context in which specific body signals are displayed. Recognizing the combination of various signals is key to understanding the complete picture of a dog's emotional state. Each dog is unique, and past experiences also shape their body language cues. Observing and learning an individual dog's repertoire of signals can enhance communication and deepen the bond between dog and owner.

At Dog Walker Essex we offer a variety of personalised dog walking services tailored to meet the needs of each pet. From solo walks to group adventures, we provide options that fit your dog's personality and exercise requirements to ensure your furry friends receive the exercise and attention they deserve. Our mission is to promote happy, healthy dogs through reliable and professional care. Visit our website <https://dogwalker.pet/> to view our services.

To get in touch follow our Facebook page



@DogWalkersEssex or call 07761 833996

e-voice.org.uk/hatpevgardens

**PLANT SALE &
COFFEE MORNING**

SATURDAY 10TH MAY
10-12pm

HELD AT OAKLANDS, NOUNSLEY ROAD CM3 2NF

ALL WELCOME

**COME AND BUY YOUR BARGAIN PLANTS
AND ENJOY A CHAT IN THE GARDEN
WITH A CUPPA AND HOMEMADE CAKE.**

**GERANIUMS WILL BE AVAILABLE FOR
COMPETITION ENTRY IN THE AUTUMN SHOW.**

Enjoy a cuppa & a cake

PEVEREL WINE CLUB

GREAT GO-TO WINES FOR LESS THAN A TENNER? YES, IT CAN BE DONE!



Last month, we held a very-well attended tasting on *Go-To Wines For Less Than a Tenner*, presented by six willing(?) volunteers from the Club membership.

Anne Spearman introduced an excellent **Pierre Jaurant Chardonnay** from France, a snip from Aldi at **£4.85**, followed by Nick Cook and **The Retreat Sauvignon Blanc**, another Aldi bargain at **£4.99**. David Wickenden then went slightly more upmarket with his personal favourite, the delicious **Tesco Finest Organic Viñas del Rey Verdejo** at **£7.75**, but a mere **£6.75** with Clubcard.

Our three red wine experts chose wines that really “packed a punch” but would perhaps all have been disallowed by VAR as they were, strictly speaking, not wines usually priced under £10. Our eagle-eyed bargain hunters had however taken advantage of some excellent offers

currently available. David Belshaw waxed eloquent on his selection, a beautiful **Rhone-blend Cabalié**, should be £11.99 but on offer at a great **£7.99** from **Sunday Times Wine Club/Laithwaites**; Rod Pudney was quietly confident with his **Dark Corner Durif/Shiraz** blend from Australia (Laithwaites again, normally £12.49 but scraping in with a **£9.99 special offer!**), in the knowledge that it had been voted Peverel Wine of the Year 2024. Star of the evening, however, was veteran speaker Bob Hill, known throughout the Club for his passion for Argentinian Malbec. He had his audience rolling in the aisles as he shared the (somewhat dubious) reasons for this choice praising his **Trivento Private Reserve Malbec** from Sainsbury's, full price **£11.75**, but a mere **£9.25** with Nectar card.

Members faced a tough decision as they voted for their favourite white and

red wines of the evening, selecting them table by table. The votes were well distributed across all six wines, but in the end, David Wickenden's Verdejo was crowned the top white, while David Belshaw's Cabalié took the top red—making it a great night for both the Davids and for European wines!

We are all eagerly looking forward to April's meeting - a seasonal offering for Easter on the theme of Wine and Chocolate. If you'd like to join us for a light-hearted and inexpensive evening out, you are more than welcome. To ensure there is enough food and drink for everyone, please give our Club Secretary, Vee, a ring beforehand on 01245 355723. We meet on the second Wednesday of each month in the village hall (with some exceptions). For a copy of our exciting new 2025 programme email peverelwineclub@hotmail.co.uk.

Vee Green, Secretary



Clubs at the Hall

For information, go to the Clubs page on our Website.

www.HatPevVhall.org



Badminton Mondays 7pm	HotSteps Tuesdays from 3:30pm	EMC Lunch club Wednesdays 1-3pm	Table Tennis Tuesdays 7:30pm
Tuesday Toddler Time Tuesdays 9:30am	Tappy Toes Dance Wednesdays 10am	Shea-Lowe Education Wednesdays 3:30-6:15	Little City 3rd Wednesday of the month 9:30am
Essex Hearing Help 2nd Weds, bi-monthly 10-12	Side By Side Dementia support 3rd Tuesday, 2-4pm	Methodist Church Sundays 9:15am	Women's Circle 2nd or 3rd Weds 7:15pm
Kazen Kai Karate Thursdays 3-4:5	Little Oliver Twists Dog Training Thursdays 6pm	Bread Making 1 Saturday a month 10:30am	Dancematic Latin Dance Fridays 2pm
Essex Yeomanry Band Sundays 9:30-13:00	Nickelstick last Saturday, 9:30am	Western Front 2nd Wed 8-10pm Jan, Mar, May, Jul, Sep, Nov	Stitch to Enrich 1st and 3rd Thursday 2-4pm
Flower Club 1st Weds of the month 7:30pm	Bingo 1st & 3rd Friday of the month 7-10pm	Essex Tai Chi Academy Saturdays 9:30-12:30	Wine Club 2nd Weds of the month 7:30pm

Coming soon to HPVH





The UK BEE GEES Tribute Band



From 'You Should Be Dancing', all the way through the romantic ballads such as 'How Deep Is Your Love' and finally into the fantastic disco film tracks such as 'Night Fever' and 'Stayin' Alive', you can be forgiven for thinking that the real Bee Gees are there with you.

Hatfield Peverel Village Hall
Saturday, April 26th
Doors: 7pm Band: 8pm
Tickets online at...
www.ticketsource.co.uk/hatfield-peverel-village-hall

The Pantaloons
present
Sense and Sensibility



Sunday, May 25th
Hatfield Peverel Village Hall
Doors: 2:30 Show: 3:00
Tickets:-
www.ticketsource.co.uk/hatfield-peverel-village-hall

Shades of Simon



the UK's no.1 Paul Simon tribute band

present
the Paul Simon story
an evening of authentic folk-rock with the story and songs of Paul Simon from Simon & Garfunkel to Graceland

Tickets £15.00 - £18.50
shadesofsimon.com/tickets

7:45pm
SAT.31st MAY 2025
Hatfield Peverel Village Hall
CM3 2HP

The Who



MAXIMUM WHO

Live at Hatfield Peverel Village Hall
SATURDAY 28TH JUNE 2025

Doors 7:00pm
Band on at 8pm

Website: www.maximumwho.co.uk
Box office: 0300 002 2870
Tickets online at: www.ticketsource.co.uk/hatfield-peverel-village-hall

Tickets from:- <http://tinyurl.com/HPVH-Tickets>

Improving Posture for Better Health

Hello again, everyone! It's Stefan here, your local mobile personal trainer. This month, I want to talk about something that affects us all but is often overlooked - posture. Whether you're sitting at a desk, looking at your phone, or even standing for long periods, poor posture can lead to back pain, neck stiffness, and even reduced mobility over time. The good news? With a little awareness and the right exercises, you can improve your posture and prevent long-term issues.



Why Good Posture Matters

Maintaining proper posture isn't just about looking confident—it has real benefits for your overall health. Here's why it's important:

1. **Reduces Back and Neck Pain** – Slouching puts extra strain on your spine, leading to discomfort and tension.
2. **Improves Breathing** – A straight posture allows your lungs to expand fully, helping you breathe more efficiently.
3. **Boosts Energy Levels** – Poor posture can cause fatigue by forcing your muscles to work harder to support your body.
4. **Enhances Joint Health** – Good alignment reduces wear and tear on your joints, lowering the risk of arthritis and injuries.

5. **Supports Better Digestion** – Sitting up straight prevents compression of your stomach and intestines, aiding digestion.

The *Wall Angel* exercise shown is a great one to practice. It strengthens your shoulders and upper back while reinforcing good posture habits.

If you're struggling with posture-related pain or want to build better movement habits, or increase your stamina and flexibility, join us at Strutt Memorial Recreation Ground each Thursday at 6.30pm for our free community fitness classes!

Use this link to book your session:
<https://bookwhen.com/mypersonaltrainer>

Stay flexible, stay active, and see you next month with another exercise tip!

Stefan - MyPT

07456717115

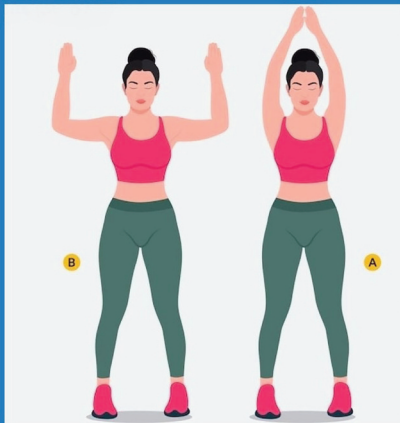
Instagram @stmypt

FB: @STMyPersonalTrainer/



Exercise Tip of the Month: Wall Angels

A great way to strengthen your posture muscles and improve mobility



1. **Start Position:** Stand with your back against a wall, feet a few inches away, and lower back gently pressed against it.
2. **Raise Your Arms:** Bend your elbows to 90 degrees, keeping your arms and wrists in contact with the wall.
3. **Move Up & Down:** Slowly raise your arms above your head, then lower them back down like a snow angel.
4. **Repetitions:** Perform 10-15 reps, focusing on keeping your back and arms in contact with the wall.

Chair Exercise

St Andrew's Church Hall

Hatfield Peverel

Tues 10.00 – 10.45

Mar 18.25 Apr 1

(New term starts Apr 15)

Would you like to improve your....

Balance, Strength, Flexibility, Confidence, and General Fitness levels? Why not **come and join us** and have fun too!

You will be very welcome whatever your level is.

Fully qualified Instructor.

Not sure about coming? Feeling anxious? Have you had a fall or are afraid of falling?

Do you have replacement joints? Are you spending more time at home?

Has your mobility decreased since Covid? Your exercises will be adapted to your needs!

Medical conditions must be controlled if you would like to attend.

Fully qualified Chair Based Instructor & Personal Trainer

Mental Health & Exercise Level 4

Please come in comfortable stretchy clothing, leisure footwear and bring water.

Bookings taken now, or turn up on the day!

For details and cost mandadurrant@gmail.com

Telephone - 01376 408046 – Please leave a message



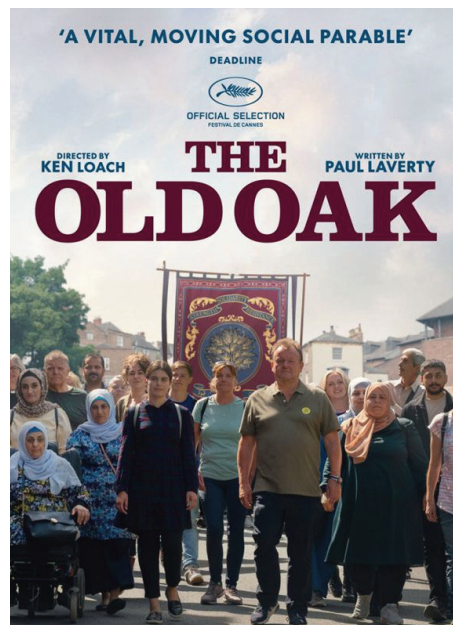
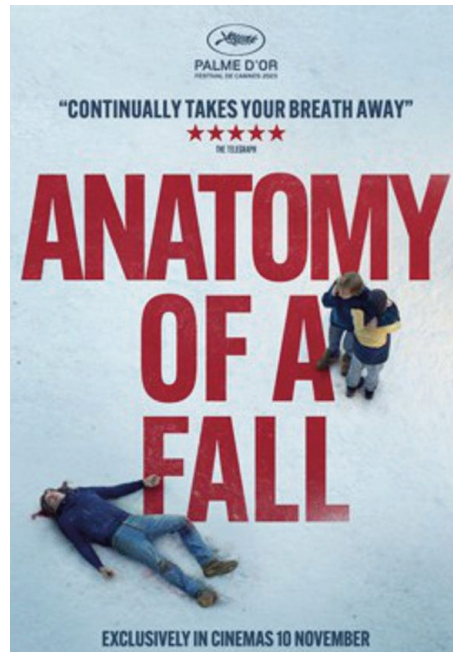
THE MONTH OF THE CLASSIC AS CASABLANCA COMES TO TOWN

Our 20th season continued in March with the screening of the highly recommended *Scrapper* and the poignant story about love, family and the ghosts of our past, *All of Us Strangers*.

April's films include the Oscar-winning *Anatomy of a Fall* and this season's classic, *Casablanca*, which won three Oscars, including Best Picture, and earned Humphrey Bogart a Best Actor nomination.

Anatomy of a Fall screens on Wednesday, 2nd April. The story unfolds after Samuel is found dead in the snow outside the remote chalet he shared with his wife, Sandra, a German writer, and their partially sighted 11-year-old son, Daniel. An investigation deems it a "suspicious death," leaving uncertainty over whether he took his own life or was killed. Sandra is indicted, and as the trial unravels, the couple's relationship is scrutinized. Meanwhile, Daniel, caught between the trial and home life, struggles with growing doubts that strain his bond with his mother.

On 16th April, we screen *The Old Oak*, directed by Ken Loach. The last pub in a once-thriving mining community, *The Old Oak* serves as the only communal meeting space after decades of decline. The landlord, struggling to keep it open, faces further challenges when Syrian refugees are placed in the village without notice, sparking tensions. He forms an unlikely friendship with Yara, a young Syrian woman with a passion for photography. Together, they navigate community divides



in a deeply moving drama about resilience and hope.

Our final April screening is *Casablanca* on Wednesday, 30th April, following our Social Evening and AGM. The classic film tells the story of Rick Blaine (Humphrey Bogart), a cynical expat who runs a nightclub in WWII-era Casablanca. His cafe becomes a haven for refugees seeking escape to America. When former lover Ilsa (Ingrid Bergman) arrives with her husband, Rick must confront old wounds and make a heart-wrenching decision.

The 20th season continues until 28th May 2025, with films shown fortnightly on Wednesdays at Maldon Town Hall. Doors open at 7.15 pm, with wine and soft drinks available from 7.30 pm. Unless otherwise stated, screenings begin at 8 pm.

Membership for the rest of the season remains at £25, with a limited number of places for junior members (16-18 in full-time education/training) at a reduced rate of £18. Members are invited to provide feedback on films and contribute to selecting next season's programme. New members are warmly welcomed, and guests of members can attend for £4 per film.

For details and an application form, visit www.maldonfilmclub.uk, call 01621 869340 for membership enquiries, or visit the Visitor Information Centre (open Tuesday to Saturday, 11 am – 4 pm). For any further questions, contact John Salisbury on 07905 971608.

OMARS OF HATFIELD PEVEREL

15% Off
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Orders*

Purveyors of Fine Indian Cuisine

Banquet Nights

Every Monday & Tuesday (except
Bank Holidays)

FOOD HYGIENE RATING

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VERY GOOD

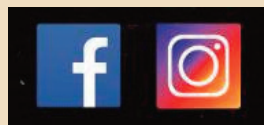
Bring Your Own Alcohol

No corkage charge

01245 380099 / 01245 381125

www.omartandoori.co.uk

The Street, Hatfield Peverel, Chelmsford Essex, CM3 2EA



*Discount applies to orders over £20.00