

Birdbrook Parish News



Community Speedwatch

The Parish Council are looking into the use of vehicle activated signs (VAS) in Baythorne End in the future and will update when we are able to.

Please be aware only those who have completed their online training will be able to record with the hand-held speed detection device. If you would like to be included in the next round of online training please send us an email or pop in to the Community Hub any Friday listed below when physical training and Q&A with the speed recording device will be available at Birdbrook Community House:

Friday 8th December 10am to 12pm.

Friday 15th December 10am to 12pm

Everyone welcome.

We thank you all for volunteering your time and skills to support our community.

I am also looking specifically for more volunteers willing to record in Baythorne End so that we can begin recording as soon as possible at our second approved site.

Please contact us with any questions or if you would like to volunteer, you can email us at katiegentry@birdbrook.org.uk



9TH DECEMBER, 2023
11AM UNTIL 3PM

BIRDBROOK COMMUNITY HOUSE CO9 4BN
TABLES £10 EMAIL TO BOOK
[KATIEGENTRY@BIRDBROOK.ORG.UK](mailto:katiegentry@birdbrook.org.uk)

**Wishing you all a Merry Christmas
and Happy New Year**

**See you at the Warm Hub, Fridays
10am - 12pm at the Community House**

December 2023

St Augustine, Birdbrook



Have yourselves a merry little gherkin...



Usually found only between two halves of a burger bun, an all-beef patty and special sauce, gherkins are one of those food items that divide consumers neatly in two. Those who find them awesomely delicious, and those who would rather chew off their own fingers than eat one. Quite why they should become a popular, if somewhat surprising, decoration for the Christmas tree in some nations is something of a mystery.

Of the most popular origin legends, one from Spain suggests that it's done in honour of St Nicholas, who rescued two young boys who were being held captive in a pickle barrel. Another from Germany, originating in the 16th century, has it that a pickle is hidden somewhere in the branches of the tree and is then given as a gift to whichever child can find it. It's an exciting treat for some, but the world's worst treasure hunt for others!

Although there's nothing especially unusual about the two main protagonists in the Christmas story, Mary and Joseph find themselves involved in a whole series of surprising discoveries, encounters, and events. Dealing with the unexpected is an underlying theme. Messages from God delivered by angels. A once-in-a-lifetime census. A birth in a grim and wearying environment. Visits from all strata of society – royalty from the East, local labourers & shepherds. An angry King with murderous intent.

At its very heart, the story of the birth of Jesus is all about the coming to earth of the baby who is the Saviour of the World. But it's also a story of ordinary people faced with extraordinary circumstances, and meeting for the first time a God who is so intimately involved with the world that he created, that he was willing to step right into it.

This is where our story meets with the stories of Mary and Joseph.

There's every chance that you might well encounter God while sitting in a pew in a church building, singing carols, or joining in a Christingle. However, it's far more likely that you'll meet him somewhere surprising or unexpected. In the faces of the hungry or homeless. Over coffee with a struggling single mum. At the school gate with a bereaved dad. Perhaps even hanging your gherkin on the Christmas Tree!

Wishing you a blessed Christmas and a happy new year,

Jonathan

St Augustine, Birdbrook Services:

Sunday 10th December 2023: 6:30pm Lessons and Carols
Monday 25th December 2023: 10:30am Christmas Holy Communion
Sunday 14 January 2024: Morning Worship 10.30am
Sunday 21 January 2024: Holy Communion 10.30am
Sunday 28 January 2024: Benefice Holy Communion 10.30am
Sunday 11 February 2024: Morning Worship 10.30am
Sunday 25 February 2024: Benefice Holy Communion 10.30am

Birdbrook Yoga and Pilates

Class update, spaces currently available on Monday evenings in Birdbrook. We welcome everyone to our classes, men and women of all ages are welcome to attend your Monday evening classes.

Looking for a way to clear you head and start the week distressed and relaxed? Head to Toe holistic have class spaces available every Monday at Birdbrook Community House.

Mon Pilates Birdbrook Community House 6-7pm £7.50

Mon Yagalates Birdbrook Community House** 7-8pm £7.50

For more information or to book please email or call Coco on:

Phone text or WhatsApp: 07377 380845 Email: headtotoeholistic@yahoo.com

Community Orchard Questionnaire

Let us know what you think about a community orchard at Baythorne End



<https://e-voice.org.uk/birdbrookparishcouncil/assets/documents/community-orchard-questionnaire>

Baythorne End Playing Fields Development Questionnaire

Similarly, we'd your thoughts on developing the children's playground at Baythorne End

<https://e-voice.org.uk/birdbrookparishcouncil/assets/documents/baythorne-end-playground-quest>

The Night Sky from Birdbrook



This image shows Jupiter with the beautiful Great Red Spot (GRS), a persistent anticyclonic storm, known to have existed since at least 1831 and possibly 1665 – one hell of a storm. Jupiter has 92 known moons. Callisto is seen here closest to Jupiter, followed by Europa then Io. These are three of the four Galilean moons of Jupiter, the fourth, Ganymede was just outside my telescopes field of view. These four, the brightest of all Jupiter's moons, are called the Galilean moons, first recorded by Italian astronomer Galileo Galilei in 1610.

This image of Jupiter was taken around the time when it was at its closest point to Earth in approx 70yrs, at around 367 million miles. Martina McGovern

Christmas Spot the Difference

Can you find 10 differences between the pictures?



Gemma's Footcare

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SAC Dip RFHP

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- Callus/Corn Removal
- Diabetic Foot Care
- Ingrown Toe Nail Removal
- Fungal Nail Treatment

Telephone/Text: 07498 386648

Email: gemmasfootcare@gmail.com

Foot Care in the comfort of your own home

Or you can come to my home in Steeple Bumpstead

I look forward to hearing from you soon

Fact: In an average lifetime we walk around the world 3 times

From our Bird Ringing Expert in Birdbrook

Barry Williams

Part 2: Europe....and beyond!!!

My article in the last parish magazine ended in the mid 1980's with an invite to join some friends from the Basildon Ringing Group on a ringing trip to Spain. The chance to ring birds that I only knew from bird books and wildlife TV programmes was far too exciting to turn down and once "permission" had been granted by Mrs Williams I was ready to go.

We planned to ring at the Aiguamolls de l'Emporda nature reserve in Northern Spain which had only just opened and after a long drive through the night we arrived at the reserve. We had relied on our hosts to arrange accommodation and were a little surprised to find we were staying at a dilapidated water-treatment plant with very few facilities. Our beds were grubby mattresses on a concrete floor and lunch every day was eggs and rice....I don't like eggs!!! Things could only get better I hoped; and they did! I was surprised to hear that the reserve had been designed by Herbert Axell who had also helped to create the RSPB reserve at Minsmere. I was even more surprised when our Spanish hosts said that Bert (as he was always known) was there and wanted to come bird ringing with us. I can only liken it to a football fan having a kick-about with Harry Kane; to say I was star-struck was an understatement and it was the icing on a wonderful Spanish cake. The bird ringing was spectacular with a fantastic selection of rare and wonderful birds; Penduline Tit, Bluethroat, Black Tern and Great Reed Warbler to name but a few. The overseas ringing seed was well and truly sown and two trips to Portugal soon followed with the Basildon boys and George Wood my footballer pal.

I was still ringing extensively in the UK and had made several trips to Scotland and Wales with my footballing pal and started to go the Isle of Man where a ringing friend of mine had become a warden at the Calf of Man bird

observatory. He left the Isle of Man in the early 1990's and although originally planning to visit Australia he only made it to Hong Kong and set up home there. An invite to ring birds with him swiftly followed. How could I turn down the chance to ring lots of exotic Asian species; I'm not sure I even asked my wife for permission this time before just buying the ticket! The ringing was just breathtaking and I have now been there 5 times including one trip fully funded by the Hong Kong Government (Airfare plus US\$ 175 a day wages) to assist with the capture of the very rare Black-faced Spoonbill. This was part of a study to see where this threatened bird was wintering but the idea of firing a rocket powered net over a flock of these incredibly rare birds certainly focused my mind! It was a very successful trip however with 12 Spoonbills safely ringed.

It was in the mid-1990's when my next invite to travel abroad arrived. Malcolm Wilson a mate from Rye Meads Ringing Group had gone to Uganda to act as a field assistant for a biologist studying monkeys in the Queen Elizabeth National Park. He noticed that the park was awash with Eurasian migratory birds and suggested we visit him with the idea of setting up a bird observatory. And so it was in 1996 myself and 2 pals from Rye Meads Ringing Group stepped off a plane in Entebbe – our first visit to Africa. Uganda was still recovering from the ravages of civil war and I initially found the whole



Uganda 1997-8: This big bird of prey is a Brown snake-eagle.

experience quite daunting. There were armed guards outside banks, the food shops had very little in them and white faces were a rarity. The journey to the park was a tremendous eyeopener, acute poverty seemed to be the norm but there was wildlife everywhere and once we got inside the park I just fell in love with the whole African experience. Apart from the fact that accommodation was pretty basic, ie no hot water or electricity etc but hey, I was there to ring birds, so that's what we did; lots of them! It was on this first trip that I experienced a great moment that I still talk about nearly 30 years later. I approached a mist net, which is the usual method of catching birds for ringing. There was a smallish green bird in the net; not only did I not have a clue what species it was but could not even put it in a family. I usually try and read up on any birds that I expect to catch before I go away on a trip to a new country but this one had me (and all my pals) totally stumped. It turned out to be a Scaly-throated Honeyguide; what a cracker!

I went back to Uganda the following year and by now there was a civil war just across the border in Ruanda which made things even more interesting. There were soldiers and other security people everywhere. Being approached by a drunken soldier with an AK-47 while we were erecting our nets one morning was a bit scary but Malcolm gave him \$3 and told him to go away in no uncertain terms. Road blocks were common on many of the roads around the park and bribing our way through check-points with cans of coke was quite a normal procedure. Watching the civil war unfold across the border and listening to the sound of artillery and the resultant exploding shells was the after dinner experience most evenings but then when a band of rebels got ambushed by the Uganda Army and their bodies were laid out for all to see, a couple of miles up the road from where we were staying, we decided things were getting a little too risky. Would I go back again? Well yes I certainly did (4 more times in fact) and lots more other places as well....In the next episode, I'll visit other African countries, Kazakhstan, mainland China and finally fulfil a lifetime dream to ring birds across the big pond.

.....to be continued!



Uganda 1997-8: Blue-breasted kingfisher

SpaceX Satellites visible in Birdbrook



On October 24th 2023 we were lucky enough to witness

the launch of a batch of Elon Musk's SpaceX satellites in Birdbrook. This unusual and interesting sight raised many questions

These satellites were launched as part of the worlds first and also largest satellite constellation into low earth orbit. The satellites deliver high speed internet services all over the world supporting everything from Wi-Fi calls to online gaming and much more.

For more in depth information on the incredible technology visit

<https://www.starlink.com/technology>

Picture taken in Birdbrook Oct 24th.2023

Katie

Zanna Newton PILATES

Zanna has been leading her 'highly recommended' Pilates classes since 2004.



Classes are available live on Zoom and also in Ridgewell, Stotfold and Melbourn (near Royston).

Please check the website where you can see class availability and book your place online.

www.zannanewton.co.uk

The Plough Birdbrook

Community Ownership Fund

The Plough Pub is currently in the process of putting in an Application for Funding to the Department for Levelling Up, Housing and Communities. This is for the refurbishment and re-opening of the The Plough Pub in 2024. It requires the local residents to supply testimonials to support the application therefore whoever would like to supply a testimonial please could they contact Mr James Joy via the contact details below.

Tel: 07811461409

E.mail:

James@joyandcoproperty.com

Birdbrook Community House

Our thanks go to Cllr. Diana Garrod for her help in securing the grant from her Councillors Community Grant fund to help finance the 'Warm Hub' this winter, run by a great team of volunteers who open up and run the hub every Friday between 10.00am and midday. Everybody is welcome to call in for a cup of tea, coffee or hot chocolate and a chat.

Also, the Warm hub has recently been added to the Essex Frontline platform, a community project helping frontline workers and the public to quickly find details on local health and wellbeing services:

<https://essexfrontline.org.uk/>

Some of the history was given in The Birdbrook Parish News

<https://e-voice.org.uk/birdbrookparishcouncil/assets/documents/birdbrookparishnewsfeb2021-pdf>

Built in 1958, it was very generously funded by Mr. & Mrs. Bryce of Moyns Park. Designed to be in keeping with the rest of the village with its Norfolk reed thatched roof and plastered walls, there is a modern kitchen, hall, reading room, and cloakroom facilities. There is also a flat originally for a caretaker, currently rented out.

Mr. & Mrs. Bryce set up an investment trust to fund the running and maintenance of the house for the benefit of the village and the local community. The trust fund was dissolved several years ago with the funds available to the trustees to invest to continue running the Community House. The Community House is a registered charity and the audited accounts are lodged with the Charities Commission each year. The trustees meet regularly with meetings being minuted by Debbie Hilliard who is also the Parish Council clerk.

Community House income comes from interest from investments, rent from the flat, and venue hire. In addition to clubs and societies the Community House is also available for private parties and functions.

In response to the recent change in regulations there has been a Fire Risk Assessment inspection following which the trustees are formulating a plan to ensure compliance with the new rules by February 2024.

In addition, the trustees are reviewing and updating the constitution to bring it in line with current times.

The Community House is a wonderful facility that has plenty of capacity to host more clubs and societies, we would be pleased to discuss club rates with any club or society wishing to use the facilities.

Historically there have been, Cheese and Wine evenings, Anniversary Parties, and Children in Need fundraisers at the Community House. The Trustees would like to reintroduce social events during the year, and for this we need new, including younger, committee members as well as members representing each of the clubs currently using the Community House.

The Community House has information on the website: <https://e-voice.org.uk/birdbrookcommunityhouse/>

Please contact Steve Katie, or Matt if you are interested, or have any questions:

Stephen Filbey steve.filbey@gmail.com

Matt Unwin matt@unwinstates.co.uk

Katie Gentry katie_owner@hotmail.com



Introduction to a local business- Big Ben's Breakfast Brunch and Lunch

Having lived most of my life in Birdbrook until just a few years ago, lots of you may already know me, for those of you I have not yet been lucky enough to meet, my name is Ben Allen. My mother and father have lived in the village for many years and still do which and that is where my business grew from.

Since moving away from the village I remain part of the Bowls Club as a player as well as supporting the club with catering for events throughout the year. Earlier this year, after years of being a chef I made the jump to develop my own business, Big Ben's Breakfast Brunch and Lunch. Based in the layby on the Dunmow to Thaxted Road (B184) I serve fresh, made to order food from my catering trailer as well as bean-to-cup coffee from monkey jar coffee. Fresh, high quality products and food is vital for me to provide high quality, delicious food, in turn local businesses are very important to me and I try to use as many local suppliers as possible to support my own business including Great Garnetts Farm in Barnston as well as The Embroidery Bank based in Birdbrook. Earlier this year the Birdbrook Bowls club ran a charity event for Cystic Fibrosis, the charity was put forward by myself and so it was lovely to be able to offer and demonstrate our catering within the event.

Moving forward to the present I continue to support the club with the catering and will be supporting with a variety of fresh, home cooked dishes at the upcoming Bowls club presentation evening. As a small business I like to be able to support the local community wherever I can and enjoy working with customers and clients to provide a bespoke spread or range of dishes to support individual events and requirements.

Great news 2024 brings further developments to my small business, we will be introducing you to Big Ben's Hog Roasts! If you have an event that needs to be catered for, please do not hesitate to email me for further details.

I hope this introduces you to Big Ben's a little and I look forward to meeting more of you in the coming months.

Big Ben

bigbensbreakfastbrunchlunch@yahoo.com



Hello from your District Councillor

Ice Rink at Braintree Shopping Village

From 10 November until 7 January 2024. Currently offering a discount on bookings. Free parking.

<https://braintree-village.com/ice-rink-2023>

Flooding – Government announces funding for flood-hit areas

Areas in the Bumpstead Ward were recently impacted by flooding. The Government announced new funding to help recovery and make homes and businesses more resilient for the future. Details at:-

<https://www.gov.uk/government/news/government-announces-support-for-flood-hit-areas>

Essex County Council is the authority responsible for Flooding, Drainage & Manhole Covers. Residents can report problems Directly to ECC at: <https://www.essexhighways.org/tell-us>

ECC says: "If residents do come across flooding it can be reported through the 'tell us' tool on the Essex Highways website. Our communications teams will also put information up on the Essex Highways social media channels, so make sure you are following these for the latest information. If it is an emergency - such as a fallen tree - and potential risk to life, please call 0345 603 7631."

There is more information, including flood strategies and responsibilities at: <https://flood.essex.gov.uk/>

Please also be aware of your Parish Council's Emergency Plan and Braintree District Councils' Public Emergency Response Plan at: <https://www.braintree.gov.uk/homepage/52/emergency-plan-for-the-braintree-district>

Wethersfield Asylum Centre Update

Since the decision was taken by the Home Office to use the site to house asylum seekers, Braintree District Council has used legal routes to challenge the decision. In July, Braintree District Council was given permission to pursue a judicial review which took place at the High Court over a two-day hearing on Tuesday 31st October and Wednesday 1st November. This was alongside another legal challenge by a resident from Wethersfield and West Lindsey District Council for the RAF Scampton site. Mrs Justice Thornton considered arguments from both parties, with Braintree District Council challenging the Home Office on their reliance of the use of permitted development rights (Class Q), the Environmental Impact Assessment screening direction and compliance with the Equality Impact Assessment. A decision in relation to the challenge on the Home Office's use of RAF Wethersfield to house asylum seekers will be made at a later date after the High Court reserves judgement, so we will have to wait a little while longer for a final decision. Latest news: The Council has now received an initial grant payment from the Home Office. This is one-off funding with restrictions. Home Office operations may continue on this site for up to four years or more.



Have Your Say on Future Funding for Essex Police, and Essex Fire & Rescue

The Police, Fire and Crime Commissioner (PFCC) for Essex is asking county residents for their policing and community Safety Priorities to identify public appetite for investing more in Essex Police and Essex Fire & Rescue Service. To hear those views, residents of all ages, in all Essex districts, are asked to complete the PFCC Precept survey for the financial year 2024.25. You can complete the survey here: <https://www.smartsurvey.co.uk/s/MVKC3H/>

Citizens Advice

As of 1st October 2023 Citizens Advice Braintree, Halstead and Witham has merged with Citizens Advice South Essex to form Citizens Advice Braintree and South Essex. Citizens Advice South Essex are a highly reputable charity, and the merger will bring together the resources and expertise of both charities to create a stronger and more diversified organisation. The merger will create new opportunities to

explore and expand advice, support services across the district, and ensure resilience and financial sustainability for the future.

Website: <https://bhwcab.org.uk/>

Freephone advice line on 0808 278 7852.

Support for Eastlight Residents Experiencing Damp and Mould

If you live in an Eastlight home and have a damp/mould problem you can contact them to arrange an appointment with their Healthy Homes service.

They have a new website page: www.eastlighthomes.co.uk/my-home/damp-and-mould, which has a form where residents can also submit pictures of the affected areas. During the visit, the Healthy Homes team will check damp, moisture and humidity levels, clean away any mould and complete minor repairs on the spot. If further repairs are required, such as a leak, they will book that work in and keep residents updated on progress. The team will usually visit within two weeks and will prioritise households where someone's health could be affected by living in damp conditions.

Stansted Airport Youth Forum

For its second year the Forum will be focussing on the theme of Sustainable Aviation. They are looking for young people to join the conversation about how they can ensure the aviation industry continues to grow in a way that has less of an impact on our planet. Email: daniel.burford@magairports.com

With best wishes to all,

Cllr. Diana Garrod

Braintree District Councillor for the Bumpstead Ward

Birdbrook Clothing Bank

At the end of October a permanent clothing bank was installed by the gates to the Birdbrook Play area. All clothing types are accepted, the company just ask that all clothes donated into the bank are in bags please. Once full this will be emptied, and donations made depending upon the weight of the donations will be put straight toward the upkeep of the Birdbrook Community House. With lots of positive improvements happening and planned, we hope the clothing bank will be a great regular addition to fundraising for Birdbrook Community House. We thank you for your continued support.



Friends of Haverhill Library 2024 calendar available now from Haverhill Library £7

A superb A4 engagement calendar helping to raise funds to contribute services to the community

Birdbrook Christmas Craft Fayre

Wow, yes it's nearly Christmas already. That means only one thing, it's time for Birdbrook to get festive! With an earlier date to support feedback from previous years we bring you our annual Christmas Craft fair on December 9th. With a wide selection of local traders and businesses, there is a whole host of gifts ready to kickstart the Christmas shopping. We'd love to see as many of you as possible on the day, if anyone would like to support or donate their time to running the refreshments on the day we'd love to hear from you. Stall spaces are SOLD OUT and we can't wait to see you all again this year. Many of our traders accept pre orders for collection at the event so check out their websites and social media sites:

Sellers include, Dinosaurs & Fairies, Sandrac, Crafts by Amy, DK Fabrications, The Embroidery Bank, Siobhan's Cakes, Tropic Skincare, Coco's jewellery range, Beanie Babies, Moody cow and lots more !!!! Katie



Birdbrook Ladies Group



September

Coco Harrison-Self, from Head to Toe Holistic, attended our meeting. Some of us already knew her as she teaches Yoga and Pilates on a Monday evening in the Community House. She told us about her background and how

she came to be involved in all the different therapies she offers. Along with the classes that take place in the village, Coco also provides reflexology, facial cupping, massaging and

crystal healing. She also does beading and is able to make bespoke pieces if required. At the end of her interesting talk Coco kindly gave the members a goody bag containing samples of some of the products used and information about the treatments.

October

Mandy Wilson, a new member to our group, gave a very interesting and inspirational insight into her progress through 72 items on her bucket list compiled following the loss of her parents. Not only has Mandy completed the Marathon but she is a regular wild swimmer and hoping to shed the wetsuit this winter! She swims regularly in Gosfield Lake and brought along various pieces of kit for the members to see. Mandy's other talent is baking and she is currently doing a cookery course. I have sampled homemade donuts, delicious.

November

Laura Walker, another group member, demonstrated how to make a hanging autumnal decoration.

She then gave support and advice to members as required. It was interesting to see how the group made their own variations of the decoration, many choosing a Christmas theme of trees or holly. It was a quiet evening as members were so engrossed in their crafting. To complete the evening, mulled wine and festive foods were provided.



Above: Coco from Head to Toe Holistic informing to the group about her business

Below left: Mandy holding up her bucket list.

Programme of Events 2023 - 2024

7.30pm at Birdbrook Community House.

December 7th - Christmas Meal

Jan 11th - Social Evening

February 8th - Quiz Evening: Martin Gilbert

March 14th - to be announced

April 11th - to be announced

May 9th - AGM

Visitors are most welcome. Annual Membership: £25.00

COMING SOON

.....BIRDBROOK SOCIAL CLUB

More information coming January 2024

Birdbrook Bowls Club

Another eventful year started in May when we held our Open Afternoon. We were delighted to welcome new members who throughout the season have proved to be a great asset, both on & off the green. Thank you for taking that first step.

We had three teams, two played in a pairs competition (Arthur Spackman) bowling with two woods. I am delighted to report that all players acquitted themselves admirably. The third team bowled in the Steeple Bumpstead league, this time bowling with three woods, just missing out on promotion by coming third. Again, this is a fantastic result. Here's hoping we manage to improve next season.

Well done everyone in whatever league you played in, be proud of your achievements.

We entered two cup competitions, reaching the semi-finals in both. These are fantastic results especially as one third of the club have only one seasons experience, a third two seasons & the remainder over five.

Once again, we hosted President's Day which was well supported by many clubs within Essex & Suffolk. We were also asked to host the Buster Moore charity event again, this year held in support of Cystic Fibrosis (see last issue of the BPN: <https://e-voice.org.uk/birdbrookparishcouncil/assets/documents/birdbrookparishnewssept2023-pd> Well done to those BBC members who helped support this worthy cause & make the day the rousing success that it was.

Our club has loyal & dedicated members, and as with any club, we need those willing to stand for office as well as those wishing to just come and bowl. We are very sad that Leigh Carter is retiring after diligently looking after our green for the last eight years. He leaves it in a far better state now than when he inherited it. Our green is one of the biggest in both Essex & Suffolk & requires a team of dedicated helpers. On many occasions Leigh worked on his own. Recently several members stepped forward to assist him. In September there was a flurry of maintenance activity scarifying, top dressing & seeding. We are most grateful to all those club members who have helped, in particular Eric Stone, who alas, has also taken the decision to step back from the club.

The club wish to extend our sincere thanks to Leigh; we are indebted to your dedication to the magnificent maintenance of our green.

So another season comes to a close with our annual prize giving event being held on the 18th November. Many congratulations to all the winners, well done & well deserved.

There has been a lot on the TV & radio lately regarding exercise, so much more important as we advance in years. Some people cynically say that Golf spoils a good walk but any exercise is much better for your whole wellbeing than being sedentary. Bowls gives you the opportunity to play a gentle sport in friendly surroundings in good company, with a refreshing drink, alcoholic or non-alcoholic in the only bar in Birdbrook. When the sun shines there is nothing better.

So how about joining us next season, look out for the date of our Open Afternoon & take that first step. You may be surprised & enjoy the ancient, convivial game of Lawn Bowls!

Wishing you all a very Happy Christmas & a healthy, peaceful 2024.

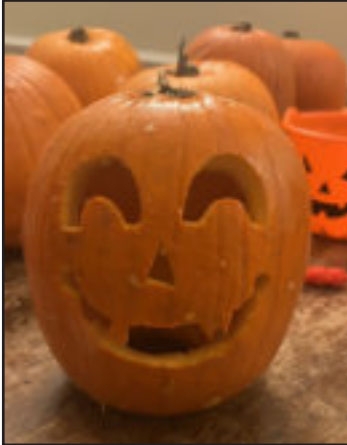
Birdbrook Bowls Club are still looking for a secretary, and now of course also a green keeper. Do please contact Alan if you can help:

cook734@btinternet.com

Alan Cook



Birdbrook Halloween Party



October 31st came around and what better opportunity to bring us back together and celebrate than throwing a party.

With new faces on the Parish Council we jumped into organising activities to try and suit all ages from toddlers to teens. Children came from Birdbrook, Baythorne End, Steeple Bumpstead and Haverhill with parents who were great sports joining in with a wide variety of games and activities throughout the evening. With the support of Alan on behalf of the Birdbrook Bowls Club we were able to provide

entertainment for parents also in the form of the Bowlers Arms Bar, we'd like to send a big thank you to them for supporting this event.



We thank all local businesses and individuals who supported via donations or time

for this event as without you we simply could not provide as many opportunities for the community.

Donations included the loan of some AMAZING and spooky decorations from a local artist, pumpkins, cakes, food and a whole variety of sweets and prizes. The

children enjoyed activities, games and challenges including; mummy races, Halloween treasure hunt, bat crafts, find the spider (very messy but great fun!) as well as traditional apple bobbing and pumpkin carving. We hope all those who attended enjoyed the event as much as we did running it.



Signing off on Halloween until next year.

Katie, Anita and Alan



Remembrance Day wreath laying at the Birdbrook Memorial.

Birdbrook Parish News

brought to you by Birdbrook Parish Council

<https://e-voice.org.uk/birdbrookparishcouncil/>

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Previous editions:

<https://e-voice.org.uk/birdbrookparishcouncil/birdbrook-parish-news/>

Next edition:

News and adverts by 15 February for the March BPN

Editors Val and Katie: birdbrook2021@gmail.com