

# Birdbrook Parish News

*Robin Incoming  
Photo by Jane  
Garnham*

## Birdbrook Parish Council

We are delighted to welcome three new members to Birdbrook Parish Council.

We will be introducing them in future issues of The Birdbrook Parish News.

For details of meetings, minutes etc please visit our website:

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

and for latest news, visit our Facebook page:

<https://www.facebook.com/Birdbrookparishcouncil>

Next BPC meeting:

Tuesday 14th March 7pm



## Birdbrook Warm Hub

The Birdbrook Warm Hub continues on Wednesday and Friday mornings only from now onwards in The Community House 10am to 12 noon.

## Proposed Congestion Charge Cambridge

The Greater Cambridge Partnership [www.greatercambridge.org.uk](http://www.greatercambridge.org.uk) have, like many other cities, formulated plans to tackle congestion and air quality. For Cambridge, these include proposals for:

“transforming the bus network through more services to more locations, with cheaper fares at £1 or £2 per journey. These changes would be paid for upfront by the GCP and phased in over four years before the proposed introduction of a Sustainable Travel Zone with a road user charge.

All vehicle movements into, out of and within the proposed Sustainable Travel Zone (STZ) would pay a flat daily charge between 7am and 7pm on weekdays.

The money generated by the zone, which would not be fully introduced until 2027/28, would be ringfenced to provide better buses and other improvements to the transport network.”

## Birdbrook Parish News brought to you by Birdbrook Parish Council

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**Next edition: news and adverts by 15 April for the May BPN**

Editors Val and Katie: [birdbrook2021@gmail.com](mailto:birdbrook2021@gmail.com)

**March 2023**

## St Augustine's Church, Birdbrook



### A Rolling Stone...

Cornerstone, Stone Age, Harry Potter and the Philosophers Stone, Gallstones, Stonehenge and The Rolling Stones. If you're asked to think of a stone, it's far more likely that one of these will spring to mind rather than the much duller dictionary definition of "a hard solid non-metallic mineral matter of which rock is made".

More than fifty years after its first broadcast, the Hanna-Barbera animated sitcom The Flintstones still regularly tops polls among viewers asked about their favourite cartoons. The juxtaposition of primitive technology into mid-twentieth century American suburbs was a ratings winner. However, how tyres on a car made entirely out of stone could get a puncture was never satisfactorily explained! Whether it's the main crux of an argument, an alchemist's dream or a painful medical complaint, the use of "stone" as part of a description often affixes a quality of strength and toughness to whatever it describes.

Another stone lies right at the heart of the story of the first Easter. The Bible tells us how, following his arrest and sham trial, Jesus was crucified outside Jerusalem, at Golgotha, which in Aramaic means "the place of the skull". His body was taken down from where he had been executed and laid

in a tomb. In Matthew's gospel, we read how a rich man from Arimathea arranged for a large stone to be placed in front of the entrance to the tomb to seal it.

And there the stone stayed, until on the first Easter Sunday, two of Jesus' closest friends arrived at the place where he had been buried to find that it had been rolled away and Jesus' body was gone. Over the following days and weeks, hundreds of people met Jesus, very much alive.

For Christians, Easter is the most important day of the year. Yes, we remember the birth of Jesus at Christmas, and rightly so. But on Easter Sunday, which one songwriter has described as "the greatest day in history", we celebrate the amazing resurrection of Jesus. Death is no longer something set in stone.

Happy Easter!

Blessings,  
Jonathan

### Forthcoming services:

#### March 2023

Sun 12 Mar: 10:30am Morning Worship, Birdbrook

Sun 26 Mar: 10:30am Benefice Holy Communion, Birdbrook

#### April 2023

Sun 9 Apr: 10:30am Morning Worship, Birdbrook

Sun 23 Apr: 10:30am Benefice Holy Communion, Birdbrook

On-line services are aimed at the whole family and are also available afterwards so you can watch in your own time:

Facebook: <http://tiny.cc/7y6zlz>

YouTube: <http://tiny.cc/nx6zlz>

If you need any help, spiritual or practical, or would just like to speak to someone, please contact us in the following ways:

Email: [contact@2rivers.faith](mailto:contact@2rivers.faith)

Telephone: 07359 330596 and leave a message.

Text: Send a text message to 07359 330596

*Please do regularly check the Two Rivers Facebook page or contact the Churchwarden as the information above may be subject to change.*

### Birdbrook Speed-watch group

Birdbrook Speed-watch group is now established, a big thank you to our volunteers who have now completed their online training and will start recording speeds within the Parish at assessed locations in both Birdbrook and Baythorne end shortly. Birdbrook Community Speedwatch will visit The Warm Hub Wednesday am 22nd March.

Helping keep the Parish safe and speed down especially in the upcoming colder months is very important and we hope there may be more of you willing to participate in the Speed-watch group.

In groups of 2/3 minimum if you can volunteer just an hour a month then we would love to hear from you! Please see posters on Parish notice boards for more details or email: [Katie\\_owner@hotmail.com](mailto:Katie_owner@hotmail.com)

## Walking in Essex

Time to get walking again! With Spring on its way we start to think about getting out to walk in the beautiful English countryside again, but where to find new and interesting walks?

Walking in Essex <https://www.walkinginengland.co.uk/essex> has loads of walks to download and print, free, also books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (who maintains the website) said 'There is so much walking information on the web but it is difficult to find. Walking in Essex (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy. So home or away, check out the websites and get walking!

## Who killed Cock Robin?

We love the Robin, polls show that 34% of the UK vote it their favourite bird but there's something about them that hides their general demeanour - they're viciously territorial! Disputes typically begin with males singing at each other, trying to get a higher perch in order to display their red breast (a threat display) more prominently. Their song may sound wonderfully mellow to us, but it is essentially a 'war cry,' warning other Robins to stay well clear. If escalation occurs, injury or death may well be the result.



Their repertoire in spring tends to be somewhat richer and more varied, as they compete to be heard above the other song birds. Unfortunately for other bird species, Robins don't necessarily stop at attacking their own kind. Dunnocks, for example, may frequently be the recipient of this, as the photo below shows with the Robin having a beak full of Dunnock feathers as it beats a hasty retreat!



So the answer to the old poem - Who killed Cock Robin? - the answer is most likely another Robin.

*Photos and observations by Jane Garnham*



## Two Rivers Festival

# Flower Festival

# Festival

at St. Mary's Church, Steeple Bumpstead

Festival Theme:



24<sup>th</sup> & 25<sup>th</sup> June 2023

10am-4pm each day

Including food & refreshments, children's activities, and an evening concert on Saturday with the Cavell Community Choir

For further details contact: [Ann Whiting \(whitingann50@gmail.com\)](mailto:whitingann50@gmail.com)  
[Barbara Smith \(bmpayne@btinternet.com\)](mailto:bmpayne@btinternet.com)



## Hello From Your District Councillor

from the leader of Essex County Council; Cllr. Kevin Bentley. He read this at the Cabinet meeting held on Monday 6 th February. The result is that the slip roads will not be going ahead. It was quickly decided that the Council budget would be reconsidered. (These meetings can be seen on YouTube).

Proposals are that the £2.5m be used as follows: That the Council should put £1m into a Transformation Reserve for important work which will be needed in relation to services, etc., and that £1.5m should be returned to council tax payers. Cllr. Butland explained that considerations to reduce the proposed 2.5% increase in council tax was rejected for several reasons, one being that Band H payers would benefit some 4 times more than a Band A tax payer for the BDC element of the council tax. This was felt to be unfair whilst we are experiencing a cost-of-living crisis. A sum of £25; called the New Homes Bonus and Growth Dividend, will go to council tax payers. The greatest percentage pay-back therefore goes back to Band A tax payers; some 17.5% less than they currently pay to BDC, Band D - 11% less, and Band H – 4% less. The dividend is estimated to benefit around 64,000 council taxpayers with an estimated cost of c£1.6m. There will be additional administration and system costs that are estimated to be no more than £50k. The intention will be that an amended paper will go out for consideration at Full Council 20 th February 2023 where members will debate and decide.

### UK Transition from Analogue to Digital Landlines

The Department for Digital, Culture, Media and Sport has published guidance on what the retirement of analogue phone lines, also known as the Public Switched Telephone Network (PSTN), means for customers. In November 2017, the telecoms industry announced its intention to retire analogue telephone networks such as the PSTN by the end of 2025. The industry will upgrade landline services to new digital technology using an internet connection. For most consumers, the change will be straightforward. Telecoms companies will contact their customers ahead of the migration taking place and customers should look out for communications material. The Office of Communications (Ofcom), the independent telecoms regulator, has put in place rules to ensure telecoms providers support vulnerable or at-risk customers throughout the process. Ofcom states that providers should take steps to identify at-risk customers and engage in effective communications to ensure all eligible customers are protected throughout the upgrade process. Ofcom has also issued guidance on how to prepare for the migration which can be found below. Openreach has also published factsheets for businesses that use phone lines to deliver services to help them understand how the move to Voice over Internet Protocol services will affect them. The telecoms industry has also worked together to create the Future Of Voice website, which offers further guidance for both consumers and businesses. Guidance: <https://www.gov.uk/guidance/uk-transition-from-analogue-to-digital-landlines> <https://www.ofcom.org.uk/consultations-and-statements/category-2/treating-vulnerable-consumers-fairly> <https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/future-of-landline-calls>

### New Powers to Crack Down on Illegal Tree Felling

Unlimited fines and prison sentences are amongst a package of new powers to be introduced as part of a crackdown on illegal tree felling in England, Defra and the Forestry Commission has announced. Delivered as

### Proposed Changes to Council Budget & Council Tax

As you are aware, I chaired the Cost of Living Scrutiny Committee. I found that £1m had been ring fenced for Covid eventualities and had not been used. 22 recommendations were put to Cabinet. Naturally, I have been disappointed at the prospect of council tax increases and other measures that have been put forward in the Council’s proposed budget at such a difficult time for residents. I therefore read the budget papers thoroughly, with a view to searching for potential savings.

At the Performance Management Scrutiny Committee held 1 st February, I raised a question about the £2.5m that had been set aside by BDC for a potential project to build slip roads on the A120 in Braintree from Millennium Way in conjunction with ECC. The scheme was expected to cost in the region of £10million, with BDC providing a quarter of the funding. It has been held for well over five years and I queried as to whether this project would indeed go ahead. It was unsuccessful in the levelling up bidding process. I asked what would happen to this money if the project did not go ahead. Also, where it is invested and what sort of return the Council is receiving. Cllr. McKee replied. However, as a result of this question, the leader; Cllr. Graham Butland made enquiries and received an email response

part of the Environment Act, changes to the Forestry Act 1967 will deliver more proportionate, impactful and enduring enforcement options. The key changes are:

- Felling trees without a felling licence, where one was required, will carry the penalty of an unlimited fine – up from the current limit of £2,500 or twice the value of the trees felled;
- Failure to comply with a Forestry Commission Enforcement Notice and a subsequent court-ordered Restocking Order (meaning any trees felled must be replanted) will put offenders at risk of imprisonment, in addition to an unlimited fine;
- Restocking Notices and Enforcement Notices will be listed on the Local Land Charges Register, making them visible to prospective buyers of the land – potentially reducing the land’s value.

Landowners have been known to fell trees without a licence in place, in readiness to accept the fine if they are caught and penalised, to repurpose the previously wooded land for commercial reasons. These new powers will curb this illegal practice, streamline and strengthen forestry enforcement administration, and serve to protect our trees, woodlands and forests.

### Potential Solar Farm – Wixoe (Suffolk)

I have held conversations with the Chair of Wixoe Parish Council regarding a proposal for an Environmental Impact Assessment screening opinion at Water Hall Farm, Waterhall Road, Wixoe. Ref: DC/23/0088/EIASCR. Unfortunately the consultation expiry for the EIA is 09/02/2023. A planning application has not yet been submitted. This solar farm (like that proposed for Sturmer/Steeple Bumpstead) sits in the Dedham Vale & Stour Valley AONB Project Area – assessed as being a ‘valued landscape’.

I have concerns about the cumulative impact of so many in our region, particularly as website tradingeconomics.com says that “UK natural gas futures were trading around the 150 pence a therm mark, close to levels not seen since June 2022 and down over 80% from their March peak of 800 pence”. I know we need more energy, but ... (Don’t get me started!)

### District Council Elections - 4 May 23

I will be standing for re- election as your District Councillor in May. If you would prefer a Postal Vote, please either visit: <https://www.braintree.gov.uk/voting-elections/postal-proxy-votes> Or Email: [elections@braintree.gov.uk](mailto:elections@braintree.gov.uk) or Telephone: 01376 552525.

With best wishes to all,  
Cllr. Diana Garrod  
District Councillor - Bumpstead Ward

## View from a Birdbrook Garden



Photo by Martina McGovern

Comet C/2022 E3 (ZTF) aka The Green Comet. I eventually was able to capture it. So glad I did as I don’t think I can hang around till it next appears in 50,000 yrs time.

I caught it on the evening of the 30th Jan 23 in a region of the sky that had a few distant galaxies visible too – you can see one at the bottom left of the image (a spiral style galaxy) and another top centre of the image (an edge on galaxy). Oh and there are many more not visible in the image.

From Wikipedia: C/2022 E3 (ZTF) is a long period comet from the Oort cloud that was discovered by the Zwicky Transient Facility on 2 March 2022. The comet has a bright green glow around its nucleus which is due to the effect of sunlight on its molecules, especially diatomic carbon and cyanogen.

action medical research for children

**Fashion Show by ICE OF IXWORTH**

Hall Barn Great Thurlow CB9 7LF  
by kind permission of the Vestey Family

Tuesday 25 April  
7pm for 7.30 pm

Raffle and bar  
Tickets £12.50 to include a glass of wine on entrance and cheese and biscuits during the interval

Tickets available from: Carrie Choit  
T 01440 707266 E [carrie.choat1@gmail.com](mailto:carrie.choat1@gmail.com)

BACS or transfer payments to Lloyds Bank  
Account number 00598748 Code: 30 93 99  
Cheques payable to:  
Action Medical Research Haverhill Committee

Charity reg. nos 208701 and 50039284

## West and East Town Parks, Haverhill

### West Town Park

Also known locally as Meldham Washlands, the Floodpark, or just 'The Res', consists of about 70 acres of damp grassland, owned by and managed by the Environment Agency.

St Edmundsbury Borough Council's park rangers assist with and some conservation management. The circular walk around the site, along the raised banks, takes about 30 to 40 minutes.

There is no public access around the fishing lakes, which are leased by Haverhill Angling Club. It has been designated a County Wildlife Site by the Suffolk Wildlife Trust.

### East Town Park

50 acres of meadows and woodlands to explore with an abundance of wildlife habitats, trails, a picnic area, shop and children's play area.

The country park offers an insight into the history of Haverhill with Osier beds that serve as a reminder of the willows that once grew there and were used by local Haverhill basket weavers.

During the spring visitors can see snowdrops, yellow aconites and watch the birds build nests. In the summer there are lizards basking on log piles in the Sturmer meadow and banded demoiselle damselfly dancing around the brook.

Head along the easy access trail which weaves its way through the millennium meadow and offers those with reduced mobility an opportunity to enjoy the diverse wildlife in the park. Or take the five kilometre railway walk along the disused Haverhill to Sudbury line which operated from 1865 until 1967.

East Town Park has a free car park for all visitors.

### Friends of East Town Park

As a Friend of East Town Park, an independent group of volunteers from the community, you can be directly involved in the management either as a committee member or directly supporting the

rangers with park maintenance.

To find out more email [fofETP@gmail.com](mailto:fofETP@gmail.com) or find the group in the park on a Monday or Wednesday morning.



*Meldham Washlands, the Floodpark, Haverhill (West Town Park) photo from the 2023 FOHL calendar by Sarah Harman*

## Birdbrook Yoga and Pilates

Class timetable changes for Monday nights at Birdbrook Community House.

6-7pm Pilates

7-8 is now a new class called yogalates

Yogalates is a fun class for all, combining the benefits of Yoga & Pilates.

Benefits include; core strengthening, mindful breathing, increased flexibility, overall sense of balance & wellbeing.

Individual classes £6 or £10 for both

Indian head massage now available

Indian head massage benefits many with day to day complaints such as;

Headaches/migraines

Sinus pain

Teeth grinding/bruxism

Stress & anxiety

Low mood & depression

Menopausal symptoms

Non evasive (you are fully clothed) and a wonderful add on treatment to any other treatment.

For our full range of treatments and classes available please pop

over to the website to book

[www.headtotoeholistic.Uk](http://www.headtotoeholistic.Uk)

Or call 07377 380845

**Thank you for joining us**

Coco

## Birdbrook Bowls Club Update



We sincerely hope that 2023 has started well for you & that you are looking forward to warmer & brighter days ahead.

For those new to Birdbrook, the green is situated behind the Community House.

Did you know on 1st March, there are 300 days until Christmas? However there will be only 54 days until our Open Afternoon. A Bar-B-Q will provide burgers & sausages, with suitable accompaniments. This will be held on Sunday 23rd April commencing at 2pm.

Last years Open event was a great success, I am delighted to say, encouraging new members without whom the club would have closed after over 60 years, which would have been a very sad day. They certainly have given their support, both on & off the green magnificently. But we still need more members, so do come along & give it a try.

This is a quote from our latest prospective member. "Loved Friday, I am so pleased that I came along"

Oh yes, on Friday evenings we hold indoor bowls in the Community House from 7pm to 9pm once a fortnight. The next two sessions are on the 3rd - 17th March so make a note in your diary.

Incidentally, I don't think I have mentioned this before. We have an extremely well stocked & now fully refurbished bar which generates a great social hub, more later with regard to that.

The green has had a lot of attention during the closed season. The problem with our resident worms has been sorted, with them safely being encouraged to do their wonderful work deeper in the bowls of the green. Thereby not interfering with the playing surface. The usual scarifying & spreading of grass seed was undertaken with the first cut being made on the 16th February & very good it looks too. So all looks good for the start of the season in May.

On the 29th April we shall be holding a coaching session run by a Qualified England Bowls Coach, more information on the open afternoon.

I can't emphasise enough, how very healthy & pleasant it is, playing the ancient game of bowls in the fresh air on a warm summers evening, followed up by a refreshing pint of beer or your favourite tippie,

Not to mention the good spirited banter in the bar afterwards.

Yes our new fully refurbished bar. My thanks go to Colin, David & Eric who greatly assisted me or did I assist them.

Anyway, thank you gentlemen for your tremendous assistance in changing the face of "The Bowlers Arms" Not only has it had a long overdue facelift but it has been rejuvenated.

If you like the idea of joining a local vibrant club, but are not sure if you want to bowl, you can always join as a social member which we can tell you more about on the 23rd April.

Well there you are: the green looks good, ready for the new season & the bar is open for business. So what's stopping you coming along & taking that first step, we will be delighted to see you.

We shall look forward to meeting you, you are guaranteed a very warm welcome. Here's to a successful season

Wishing you all a very happy & safe summer.

KEEP BOWLING !

Best wishes  
Alan Cook

### Dates for your 2023 diaries:

\* Indoor Bowls in the Community House: Fortnightly **Fridays @ 6pm 3rd and 17th March onwards**

\* **Open Day Sunday 23rd April 2pm**  
*Come along & take that first step we will be delighted to see you*

\* **Sat 29th April** coaching session run by a Qualified England Bowls Coach, Jim Girvan.

\* Coronation of King Charles III  
Saturday 6th May

\* Sunday 14th May - Presidents Day

## Birdbrook Ladies Group

### December

Our Christmas meal was held at the Red Lion in Sturmer. We were greeted on arrival with a welcoming "champagne" cocktail or non-alcoholic option. A great way to start our evening. The table was beautifully decorated with crackers and table top games which were great fun.

The meal itself was delicious, presentation superb and everyone enjoyed their choices. The service was excellent, and they were very patient even when we confused the staff with how we like to pay for our drinks!!! We had our usual Secret Santa, a great selection of gifts were chosen. It was an excellent evening and everyone agreed it was one of the best meals we've had in a very long time.

### January

Our first meeting of 2023 was a planning session. Due to various reasons, there were very few of us. However this did not stop us. We had a very productive evening and managed to put together, what we hope will be an interesting and varied programme for the coming year.

### February

There was no speaker planned for this month. Instead, it was an opportunity to talk, catch up and share any crafting skills. Several members brought along their current projects, including knitting. Others were just happy to chat and perhaps be inspired to take up a new hobby! Refreshment were enjoyed and as usual a raffle was held.

### Forthcoming meetings

**6pm at the Community House**

**9th March:** a talk from a BLESMA (an Armed Forces charity dedicated to assisting serving and ex-Service men and women who have suffered life-changing limb loss or the use of a limb, an eye or sight) representative.

**13th April:** John Walker will talk again about Army life and it will be open to partners and anyone else interested.

**11th May:** tba.

**8th June:** tba.

## Our Local Libraries

Being on county borders, Birdbrook has the benefit of both the nearest Suffolk library in Haverhill, and the visiting mobile library from Essex libraries. You don't have to visit the library in person to use the facilities, you can borrow ebooks, and there are many more online facilities. Visit the websites to find out more.

The role of libraries has evolved over the years. An independent charity runs Suffolk's library service, nurturing children's literacy, supporting vulnerable people and promoting wellbeing across Suffolk.

### Friends of Haverhill Library

Friends Groups play a valuable fundraising and supporting role in provide extras for the community using the services. Events planned are a plant sale in May, and the 2024 calendar. Don't forget to keep your camera with you taking photos for next year's calendar when the closing date will be MUCH earlier:

**30th April 2023**

Entries to:

FOHLcalendarcomp@gmail.com



*Swans in Clare Country Park, one of your superb photos selected for the 2023 FOHL calendar.*

### Suffolk Libraries Day Saturday 11 March 23

Festivities for this annual fundraising event celebrate the important work libraries do for communities across Suffolk [www.suffolklibraries.co.uk/whats-on/annual-events/suffolk-libraries-day](http://www.suffolklibraries.co.uk/whats-on/annual-events/suffolk-libraries-day)

### Essex Mobile Library

visits  
Birdbrook Church  
every 3 weeks  
Thursdays 2.55 ~ 3.25pm

### Next visit dates:

09 March 2023

30 March 2023

20 April 2023

11 May 2023

01 June 2023

## Classic Cars at The Colne Valley Arms

Do you have a passion for cars or a classic car in the garage?

### Saturday March 18th 2023

Clear off the dust and bring your pride and joy to the Banger town breakfast meet at

The Colne Valley Arms, New England  
Between 9.30am-12.30pm

For a morning full of cars, bikes a gorgeous breakfast and a catch up with like-minded enthusiasts.

Organised by Banger Town Classics & Outcasts Elite  
by kind permission of the Colne Valley Arms.

Buffet breakfast available with vegetarian options £6.99 pp

## Community House, Birdbrook



I was pleased to be asked to write a few words about the Community House, it is truly a wonderful facility and a fabulous feature in the centre of the village.

The Community House was very generously funded by Mr. & Mrs. Bryce of Moyns Park, built in 1958. The interior was designed by David Hicks, and the house itself by Michael Tapper & J. Anthony Lewis, designed to be in keeping with the rest of the village with its Norfolk reed thatched roof and plastered walls. There is now a modern kitchen, the hall, reading room, and cloakroom facilities. There is also a flat that is currently rented out.

There are several misconceptions about the Community House and how it is run, hopefully, the following will address these.

An investment trust was set up by the Bryces to fund the running and maintenance of the house. The Trust was established to run and manage the Community House for the benefit of the village and the local community. The trust fund was dissolved several years ago and the funds available to the trustees to invest and 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. Six co-opted trustees meet regularly with minutes taken by Debbie Hilliard, who is also the Parish council clerk. Community House has income from investment interest, rent from the flat and hire revenue.

We applied to E.C.C. and were awarded a grant to help fund the Warm hub and thanks to this we were able to finance the Warm Hub entirely. During the last couple of years the Community House has been pleased to support financially:

The Queens Platinum Jubilee, The Warm Hub and Birdbrook Bowls Club.

The village bowling green lays behind the house and is used and beautifully maintained by Birdbrook Bowls Club

which also rents the Community House for functions and Club days.

As well as the Bowls Club the Community House is used regularly by: Birdbrook Parish Council, Birdbrook Warm Hub, Birdbrook Ladies Group, Coco Harrison-Self (Yoga) , The Alpine Society.

Historically there have been many other societies that have used the Community House including The W.I., Stitch & Sew., The Birdbrook Club, Birdbrook Happy Day, Birdbrook Garden Club, Birdbrook Play Group.

In addition to clubs and societies the Community House is also available for private parties and functions. It has plenty of capacity to host more clubs and societies; we would be pleased to discuss club rates for regular use.

Looking to the future we would like to reintroduce social events during the year. Historically there have been Cheese and Wine evenings, anniversary parties, and Children in Need fundraisers. It would be great to have these again. This would need a new general committee to run alongside the trustees, ideally comprising of people from the village and members from each of the clubs using the Community House. If you are interested, please contact Steve, Matt or Katie to discuss; alternatively; come along to the next open meeting on the 23rd of March at 7.30 pm when we will be delighted to welcome you.

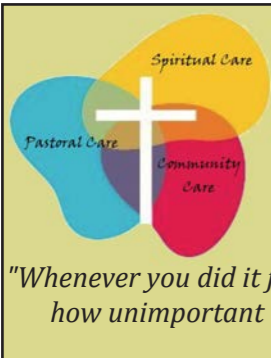
BIRDBROOK COMMUNITY HOUSE WEBSITE <https://e-voice.org.uk/birdbrookcommunityhouse/> Recently launched, on the site you will find:

- A calendar showing current bookings.
- Conditions of Hire.
- Booking form
- Details of the Warm Hub.
- Noticeboard
- Links for clubs and societies (in progress)
- new pages and links will be added soon.

If you have any questions about the Community House please don't hesitate in contacting either Matt or myself.

Steve Filbey [steve.filbey@gmail.com](mailto:steve.filbey@gmail.com) Chairman.

The Community House committee: Steve Filbey, Matt Unwin [matt@unwinstates.co.uk](mailto:matt@unwinstates.co.uk), Jonathan Suckling, Liz Filbey, Peter Unwin, John Weeks, Katie Gentry.



## Stambourne Chapel Care

*Matthew 25:40  
(CEV) The king will answer,  
"Whenever you did it for any of my people, no matter how unimportant they seemed, you did it for me."*

Stambourne chapel care has now been running for 2 years. Our usual activities are befriending, helping with shopping, transport to appointments and social events.

We rely on donations, fundraising and grants and have secured a grant through Essex Community Foundation from the East of England Co-op and Rural Essex which means that we have funding to the end of the year but we will continue to fundraise and accept donations to secure funding post 2023. If you would like to make a donation or have an idea for fundraising let us know.

We have a Wednesday club for people with learning disabilities and/or mental health problems and we have more recently started an outings group. This group meets every 3rd Thursday of the month at Stambourne Chapel and we discuss future outings.

We have been to Haverhill Silver Band concert and the pantomime at Haverhill Arts Centre as well as to the Halstead Empire to see 'Sing-a-long Grease' and the film 'Elvis'. We will purchase tickets and provide transport. The person attending will pay for the tickets (as bulk purchase can incur a discount) and a small contribution towards the transport costs.

Outings for March are:-

### Haverhill Arts Centre

Linton Jazz - 5th March at 2.30pm

Dreamcoat Stars- 11th March at 2.30pm

Cinema-Anything Goes The Musical- 15th March

### Halstead Empire

Cinema-Footloose 16th March

If you would like to attend any of the outings above please get in touch for more details.

If you would like to volunteer, or can help with transport please get in touch.

Project Lead- Jill Holmes

email: [holmesjill30@gmail.com](mailto:holmesjill30@gmail.com)

Tel: 07883 423528

## King Charles Coronation 6th May 23

This year we welcome a positive moment in history where we will see the coronation of King Charles on 6th May. Would you like to be involved in organising the events to help the parish celebrate this momentous occasion?

If you can offer time, services or supplies then please pop us an email to express your interest asap to [katie\\_owner@hotmail.com](mailto:katie_owner@hotmail.com)

## Poole Farm Feed Closing

After serving local Parish's including Birdbrook with animal feeds, bedding and supplies for nearly 15 years the Poole Farm Feed Centre has announced it will be closing its doors for the final time on 31st March 2023.

In the meantime there are a variety of discounts available as part of their closing down sale. We wish them all the best in future endeavours and a big thank you for great customer service and products!  
Last day: 31st March 2023.

## White Hart Bridge, Gt Yeldham

The first phase of the bridge deck replacement works at White Hart Bridge are progressing, the east side of the concrete deck has been poured and work to install the vehicle parapet over the bridge and safety barriers are currently taking place.

We are also in the process of carrying out works to widen the carriageway in preparation for the next phase. Phase two will commence once the carriageway widening is complete.

The second phase involves the reconstruction of the west side of the bridge deck. During the second phase traffic will be directed over the east side of the bridge under temporary traffic lights.

Unfortunately, we have experienced some delays on site due to bad weather and unforeseen issues arising. We anticipate works will be completed by Summer 2023. Site signage will be updated.

Photos which show recent progress:

<https://www.essexhighways.org/news/white-hart-bridge-scheme-update-february-2022>

## Mens Shed Haverhill

### Saturday Mornings 10am - 2pm

Just turn up on the day and say Hello:

The Centre, No 3 Rookwood Way, Haverhill

or contact Antony 07938 017851

[mens.shed.haverhill@gmail.com](mailto:mens.shed.haverhill@gmail.com)

## Great Yeldham Men's Shed (GTMS): Update



The Men's Shed Movement started in Australia in the 1980's to combat loneliness and isolation of men in retirement or following life changing circumstances, by sharing skills, working on projects and enjoying the camaraderie of being part of a group, hopefully leading to better health and happiness.

In Great Yeldham we are building our own Men's shed. You can follow our progress on our Facebook Group <https://www.facebook.com/groups/482066230422000>. Take a look at the photos section and see how we have progressed. We will be one of 22 sheds in Essex and there are another 20 in development.

With the support of the Parish Council we purchased two old containers and have been converting them into a workshop. We have had wonderful support from the community who have donated tools, timber, time and expertise.

Our shed will include a large work bench area. One of the workbenches will rise and fall to enable wheelchair users to work comfortably, which means of course we will be building access ramps into the shed.

The activities in GYMS will depend on its users, but are likely to include woodworking, metalworking, making things for the community, repairing and restoring items, model making, but mainly a place to meet and chat. Every session will include a 'tools down' period of 15 minutes, for a cup of tea and a chat.

We had a great response to our open day on December 10th. We received a lot of positive feedback and new ideas for its use, including a request to hold sessions to teach widowers and women how to use power tools safely and if we would hold separate women only sessions.

Whatever the activity, the essence of GYMS is not a building, but the connections and relationships between its members and the community.

We hope to be opening in April/ May. It is open to anyone who can get there. People from surrounding villages are very welcome.

GYMS work in conjunction with the Parish Council and the Essex Shed Network. We have adopted a constitution, Code of Conduct, Dignity and Health and Safety Policies. All new members will undergo an induction process carried out by a Shed Supervisor to ensure everyone is kept as safe as possible.

If you want to know more or are interested in starting a shed in your area please contacting the chairman (me) Martin Dowding: [martinkdowding@gmail.com](mailto:martinkdowding@gmail.com)

Happy Shedding  
Martin



## Gemma's Footcare

Foot Health Practitioner

SAC Dip RFHP

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

Telephone/Text: 07498 386648

Email: [gemmasfootcare@gmail.com](mailto: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*

## Community Warm Hub, Community House, Birdbrook Visit from Tammy Blest, Fraud Prevention Co-ordinator Friday 6th January

Fraud is increasingly becoming a part of daily life, but Essex Police is working hard to make sure people are protected from scams as much as possible.

We have three Fraud Prevention Co-ordinators working across Essex whose aim is to prevent frauds from happening by educating people and raising their awareness – if you are ‘fraud savvy’ you are less likely to become a victim.

They also help to safeguard vulnerable victims who may be susceptible to further attempts to trick them out of money or personal information.

Tammy Blest says: “It is surprisingly easy to fall victim to even simple frauds because we are so busy in our daily lives. If we don’t stop to read or listen to something properly and look out for the signs to tell us whether something is genuine or not then it is far more likely that we will be tricked out of parting with our hard-earned cash or giving away valuable personal information.

“So we urge everyone to Take Five to stop fraud – that’s five minutes to think about whether the request is genuine or to consult a family member or friend. It’s OK to say no and only a criminal will try to rush or panic you.”

Tammy and her two fellow fraud prevention co-ordinators are each responsible for a group of districts across the county.

- North: Braintree, Chelmsford, Colchester, Maldon, Tendring and Uttlesford: Tammy Blest
- South: Basildon, Castle Point, Rochford and Southend: Nikki Godfrey-Shaw
- West: Brentwood, Epping, Harlow and Thurrock: Caroline Plakhtienko

People at greatest risk of frauds, scams and cyber-crimes are those over 75, repeat victims, people who have mental health issues or suffer poor health and victims of dating or romance fraud.



Early daffodils at Milton Country Park, Cambridge

Essex Police, in partnership with Victim Support, is one of only three police forces to run a support group for victims of dating and romance fraud. Our fraud prevention co-ordinators refer people who have fallen victim to this intensely personal crime and work with them to help them rebuild their lives.

Our Fraud Prevention Co-ordinators have developed good working relationships with partner agencies and charities to promote effective fraud prevention, raise awareness of current scams, provide general crime prevention advice and point the public in the direction of further advice and support.

So they are kept very busy giving talks to various societies, Women’s Institutes, University of the Third Age groups and disability groups, together with visits to sheltered housing complexes, markets, summer fetes, libraries and, indeed, anywhere they feel the public will gain some benefit from their knowledge and expertise.

You will regularly find them at Saffron Walden Market, Epping Market and Rochford Market or attending Coffee with Cops, Street Meets and other awareness days with your district’s community policing teams.

### Talking about frauds and scams

If you are a member of a group which would benefit from a fraud awareness and prevention talk or you are organising an event which you feel would benefit from having a fraud prevention co-ordinator on hand to provide advice, then email

Tammy Blest: [79913@essex.police.uk](mailto:79913@essex.police.uk)

To report a fraud or a scam, you can do so online <https://www.essex.police.uk/ro> or by ringing 101.

Always dial 999 in an emergency.

Read our advice on protecting yourself against fraud and scams: [www.essex.police.uk/fraud](http://www.essex.police.uk/fraud)

<https://www.essex.police.uk/advice/advice-and-information/fa/fraud>

## Terry Bracci

Sadly, Terry Bracci passed away suddenly in November 2022. He lived at No.1 The Cottages Finkle Green Birdbrook. He, had lived in village for over 20 years from when he came to Birdbrook to live with his brother Harry, also known as Sonny. Terry was a customer of The Plough where he put a bench in Harry’s memory. Terry’s hobby was caravanning and fishing, and he was a supporter of West Ham FC. He had two daughters Louise and Joanne who looked after him.