

Vol. 30 No. 4

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# Cressing Community Magazine



May 2021



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**MAY EDITORIAL:**

Hello everyone. Things are easing at last and we hope to print this issue which I am sure will please many people.

Thankfully, the shops are now open as are hairdressers, gyms, and pub gardens etc. But it seems that it will still be some time before we can start other social activities such as clubs etc. I think that by the middle of the month more things will be easing so we shall just have to wait and see.

I have had an enquiry about the Archaeological dig which took place last year in the field next to the school where evidence of an Iron Age village was found and some very interesting artefacts were unearthed. Details of these were published some time ago but I am told details are on a BBC website: <https://www.bbc.co.uk/news/uk-england-essex-55337814>. I haven't looked myself but it may prove interesting.

There have been quite a few things on TV lately about foraging. Well, I shall be foraging at the end of the month (with some help, I hope) for elderflowers. I usually make elderflower syrup. It is easy to make, keeps well and is delicious with water, lemonade or with white wine! Have included the recipe at the bottom of this page.

We have some new residents in Cressing and Ciara has told me about a ration challenge she took part in last year and she has written us a report all about it. Do read it, it will make you think about all the food that we, as a nation, tend to throw away.

I gather we are to expect some very hot weather in May, so enjoy it but remember to still keep safe with social distancing and wearing masks etc

*Betty.*

**ELDERFLOWER SYRUP.**

You will need:

- 3.5 pounds sugar
- 2.5 pints of water
- 2oz citric acid
- 3 sliced lemons
- 25 elderflower heads.

Make a syrup with the sugar and boiling water.

Place elderflowers, citric acid and lemons in a large non- metallic container and pour the syrup over them when it is cold.

Cover and strain after three days.

This will keep for six months if you can keep it that long. It will keep for over a year and also freezes well.





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**Why not pop in and see.**



### News From All Saints & St Barnabas

Whilst we have not had a resident Priest and therefore not been able to hold services, we have managed to catch up on some chores. At All Saints we have had a chance to pollard the Lime trees which we have to do every six or so years. A big thank you to all those who helped especially Adam who did all the ladder work. As a result we now have a large heap of chippings in the church yard. If anyone would like some chippings for the garden, please help yourself.

At St Barnabas we have redecorated the entrance hall, Vestry and the toilets to brighten things up and will be ready for groups to return very soon. Also the Developers of the new houses behind St Barnabas have kindly replaced our fence, and they are also building a new storage unit for us and the Cressing Events Committee. We are very grateful to them.

This month, on 10<sup>th</sup> May at 7.30pm, we welcome our new Priest Heike Prentice who will be Licenced at St Peters in Coggeshall. Sadly only a small number of people can attend, but the service will be streamed on You Tube if you would like to watch. We are hoping she will soon be preaching for us in Cressing.

It was of course very sad news about the death of the Duke of Edinburgh who was a great advocate of our country. His Award Scheme was a fantastic success and has given a lot of young people the confidence needed in life. I met many taking part during my time walking and climbing in the hills and mountains. All our thoughts are with the Queen and her family at this time.

#### From Alfred Lord Tennyson 1858

God bless our Prince and Bride! God keep their lands allied, God save the Queen! Clothe them with righteousness, Crown them with happiness, Them with all blessings bless, God save the Queen! Fair fall this hallow'd hour, Farewell our England's flower, God save the Queen! Farewell, fair rose of May! Let both the people say, God bless the marriage day, God bless the Queen!

Stay safe, and hope to see you at Church in the near future.

Peter Sutton Church Warden

## CRESSING PARISH COUNCIL

**Minutes of the virtual meeting of Cressing Parish Council held on 14<sup>th</sup> April 2021 at 6.30pm via Zoom.**

**Present:** Cllrs: John Lawton (Chairman), Colin Haines, Harvey Porrett, Susan Simpson, Steve Watts Cllr Toria Rowe (from item 21/048)

**In attendance:** Mrs Christine Marshall (Parish Clerk/RFO), District Councillors Bob Wright and James Abbott and one member of the public

For the purpose of this virtual meeting held using Zoom video conferencing, the following policies and clauses were suspended by resolution at the beginning of the meeting.

- Standing Order 3.e to 3.g public participation:
  - e. *Members of the public may make representations, answer questions and give evidence at a meeting which they are entitled to attend in respect of the business on the agenda.*
  - f. *The period of time designated for public participation at a meeting in accordance with standing order 3(e) above shall not exceed 15 minutes unless directed by the Chairman of the meeting.*
  - g. *Subject to standing order 3(f) above, a member of the public shall not speak for more than 3 minutes unless previously notified and agreed by the Chairman of the meeting.*
- Standing Order 3.v "A meeting shall not exceed a period of 2 hours." and replace it with: A meeting shall not exceed a period of 40 minutes.
- Public Participation in Council Meetings – policy suspended for virtual meetings.

The meeting was held in accordance with CPC Virtual Meeting Policy, previously accepted by Parish Councillors and to be ratified at this meeting.

**21/043 - RESOLUTION TO RESTRICT THE DURATION OF THE MEETING: Resolution:** It was resolved to restrict the length of the meeting to 60 minutes. It was also resolved to suspend Standing Orders 3.e to 3.g. **Proposed: Cllr Porrett, Seconded: Cllr Watts, all in favour.**

**21/044 - CHAIRMAN'S WELCOME AND REPORT:** The Chairman welcomed all attendees.

Before addressing the business on the Agenda, the Chairman paid respects on behalf of the Parish Council following the death of HRH Prince Philip, the Duke of Edinburgh. The Duke was a man who devoted his life to public service and had been a steady and constant support to Her Majesty, the Queen - a support that has helped to keep the United Kingdom a safe and dominant force throughout the world. He will be missed by all and the Chairman asked those present to join him in a minute's silence.

Following the one minute's silence the Chairman reported:

- i. The Willows update – BDC's Enforcement Officer has this under review and he will be seeking advice from Head of Planning shortly.
- ii. Bollard between Bellway site and The Westerings have, at long last, been installed
- iii. Glass recycling bins removed from Appletree are to be re-sited in Church Road within the next few days
- iv. Following the lifting of some Covid restrictions, the office is once again open on Wednesdays and Thursdays
- v. Dust cart on 24<sup>th</sup> April at Clark & Carter and St Barnabas. As no Councillor available to oversee the Clark & Carter site, the handyman has agreed to oversee
- vi. Braintree Association of Local Councils is now operational again. First meeting tomorrow evening – Cllr Simpson will try to attend on behalf of Cressing PC.
- vii. Valuation of the Pavilion will take place next week

**21/045 - APOLOGIES FOR ABSENCE:** The Clerk advised that no apologies had been received.

**21/046 - DECLARATIONS OF INTEREST:** Members of the council are subject to the Local Authorities Code of Conduct Order 2007 (SI 2007/1159) (The Revised Code) with the additional, non-mandatory, section 12(2).

There were no pecuniary or non-pecuniary interests in relation to items on the agenda to be recorded.

**21/047 - CO-OPTION OF NEW COUNCILLOR:** It was agreed to co-opt Victoria Rowe to the Parish Council. **Proposed: Cllr Porrett, seconded: Cllr Haines, all in favour.**



Cllr Rowe accepted and was invited to join the meeting. The Clerk confirm the necessary documents, including Register of Interests, will be completed outside of the meeting, following continued social distancing rules. **Action: Clerk**

**21/048 - REPORTS BY COUNTY AND DISTRICT COUNCILLORS:** District Cllr Abbott provided the following updates:

- i. Local Highways Panel budget should be fully restored in June, which will enable some of the parish projects to go ahead.
- ii. BDC Constitution to be reviewed at BDC AGM, when election of Chairman will also take place.
- iii. The identification of cycleways between parishes may require using some sections of public roads.
- iv. Another large development application in Silver End has been submitted close to the boundary with Cressing.
- v. There is concern that more development sites will come forward before the Local Plan part 2 is complete.
- vi. Missing street sign has been reported at the junction of Lanham Green Road and The Street. Cllr Abbott was advised of another, Bulford Mill Lane, which has been missing for a long time.

**21/049 - PUBLIC PARTICIPATION SESSION:** The Clerk confirmed that one request had been received to discuss the proposed development of 80 age-restricted bungalows off Mill Lane. It was agreed for this discussion to take place under item 21/057 C.i.

**21/050 - MINUTES OF PREVIOUS MEETINGS:** The Minutes of the virtual Parish Council Meeting of 10<sup>th</sup> March 2021 were confirmed as a true record. **Proposed: Cllr Lawton, seconded Cllr Haines, all in favour. ACTION: Clerk to arrange for Minutes to be signed by the Chairman outside of this meeting whilst adhering to social distancing guidelines.**

**21/051 - WWII REMEMBRANCE:** Following previous discussions via email, **it was agreed** to purchase four pairs of "Tommy" figures as supplied by the Royal British Legion at a cost of £405 (including VAT) each for position at each village sign. **Proposed: Cllr Porrett, seconded: Cllr Rowe, all in favour. Action: Clerk**

**21/052 – FINANCE:**

- i. **Progress against budget:** The Clerk/RFO referred to the reports issued with the Agenda. There were no queries, and the reports were accepted. **Proposed: Cllr Porrett, seconded: Cllr Rowe, all in favour**
- ii. **A motion to approve bank reconciliation at 31<sup>st</sup> March 2021: It was resolved** that the bank reconciliation statement at 31<sup>st</sup> March be approved. **Proposed: Cllr Porrett, seconded: Cllr Rowe, all in favour**
- iii. **A motion to approve March 2021 Payments/Cheques:** The list of payments made and cheques to be signed against February expenditure was presented. There were no queries, and **it was resolved** to approve the payments. **Proposed: Cllr Simpson, seconded Cllr Lawton, all in favour.**
- iv. **A motion to approve** the appointment of Internal Auditor: **it was resolved** that Lisa West of Rayne should be appointed Internal Auditor for the accounts to 31<sup>st</sup> March 2021. **Action: Clerk**

**21/053 - GRANT APPLICATIONS:**

- i. **It was agreed** to grant the sum of £1,350 to the Cressing Food Bank. The application was for £1,000 but it was discussed and agreed to use the remaining budget allowance from 2021. **Proposed: Cllr Simpson, seconded: Cllr Porrett, all in favour. Action: Clerk**
- ii. **It was agreed** to contribute a donation of £200 to the St Helena Hospice in memory of the Rev Burden, Vicar at St Barnabas and All Saints Churches, and his wife. **Proposed: Cllr Lawton, seconded: Cllr Simpson, all in favour. Action: Clerk**

**21/054 - THE PARISH PATHS PARTNERSHIP:** The Clerk referred to the report attached to the Agenda and confirmed that she and the Handyman had discussed this at length and were confident it is appropriate for the parish. The concerns of both the Chairman and Cllr Simpson regarding the amount of extra administrative work and the ease of obtaining grants for major work were noted. **It was agreed** to enter into the agreement with Essex Highways and monitor the impact on the Parish Council and residents. A full article concerning this will be published in the Community Magazine in due course.

**Proposed: Cllr Haines, seconded: Cllr Porrett, II in favour. Action: Clerk**

**21/055 - ANNUAL MEETINGS:** The Clerk updated the meeting on arrangements under the temporary legislation for meetings being conducted under Covid regulations and the cessation of virtual meetings at midnight on Thursday 6<sup>th</sup> May 2021.

- i. **It was agreed** to postpone until later in the year the Annual Parish Assembly. The Clerk will update the End of Year Report to be published in the Community Magazine. **Action: Clerk**
- ii. The Clerk will invite community groups in the parish to submit reports.
- iii. **It was agreed** to cancel the Parish Council Annual General Meeting due to take place on 12<sup>th</sup> May and to re-schedule this to Wednesday 5<sup>th</sup> May to take place virtually. **Action: Clerk**
- iv. **It was agreed** to cancel the Parish Council Meeting due to take place on 12<sup>th</sup> May and to reschedule to Wednesday 5<sup>th</sup> May to take place virtually. **Action: Clerk**

**All proposed by: Cllr Lawson, seconded: Cllr Porrett, all in favour**

**21/056 - LEGAL ADVICE RE NEIGHBOURHOOD PLAN:** The Chairman confirmed the Barrister had been instructed, but had not yet provided his legal opinion. This has been promised for delivery during the next two weeks.

**21/057 – PLANNING:**

- A. To note Appeals determined by the Planning Inspectorate: None advised
- B. To note Applications determined by Braintree District Council: None advised
- C. To discuss Applications received by Braintree District Council:
  - i. 21/00749/FUL | Development of 80 no. age-restricted (to over-55s) bungalows; with provision of c. 4 ha of public informal open space incorporating, allotments, dog exercising area and potential land for community facility. | Land West Of Mill Lane Cressing Essex (22/4) – the Chairman invited comments from the public and the following were noted:
    - Lack of planning notices at site
    - Planning letters have not been delivered to neighbouring properties
    - Surface water run-off from the development will make worse the flooding issues in Bulford Lane and Bulford Mill Lane
    - Brook and pond at Bulford Mill Farm will not accommodate more water fed from underground drainage, streams/springs or run off without causing flooding to four listed properties
    - Bulford Mill Lane will become impassable during rainy weather and storms
    - Affected residents have spoken with developer’s technical directors and flood consultants and have received assurances mitigating actions will be considered, such as restricting flow via ponds or sluice gates.
    - More houses = more traffic on single lane road unsuitable for anything larger than small family cars. Two delivery vans are unable to pass without encroaching on verges and damaging edges of brook.
    - Cumulative effect of Avondale and Countryside sites water run off with new development do not appear to have been addressed or even considered.
    - Measures along Bulford Lane/Bulford Mill Lane must be introduced to control traffic using road. (See 21/058)

*Cllr Watts had to leave the meeting.*

BDC to be reminded re planning notices. **Action: Clerk**

The Chairman asked Councillors whether the Parish Council should submit an objection to the application. This was agreed unanimously. **Proposed: Cllr Porrett, seconded: Cllr Rowe. Action: Cllr Simpson**

- ii. 21/01102/TPOCON | Notice of intent to carry out works to tree in a Conservation Area - Fell 1 Blue Spruce tree | The Old Post Office The Street Cressing Essex CM77 8DQ – *the Parish Council had no comments*
- D. To discuss Applications received by Braintree District Council and consider if comments should be made (Householder Application, General Permitted Development Order)



- i. 21/00900/HH | First floor side extension and front porch. | Thyme Cottage The Street Cressing Essex CM77 8DG (21/4) – the Parish Council had no comments
- ii. 21/00900/HH | First floor side extension and front porch. | Thyme Cottage The Street Cressing Essex CM77 8DG – the Parish Council had no comments

E. To note applications bordering parish for information and to consider if comments should be made:

- i. 21/00702/DAC | Application for approval of details as reserved by condition/s A10 and A12 of approved application 15/00799/OUT. Details submitted: - General Arrangement Plan for Highway Improvements to Cressing Rd / Braintree Rd / Rickstones Rd / Cypress Rd Junction - General Arrangement Plan for Pre-Signals at Chipping Hill / Braintree Rd Junction - ITS Report for Pre-Signals at Chipping Hill / Braintree Rd Junction | Land At North East Witham Forest Road Witham Essex – the Parish Council had no comments
- ii. 21/00850/OUT | Outline planning permission with all matters reserved apart from access, for up to 94 dwellings and new landscaping, open space, access, land for allotments and associated infrastructure. | Land West Of Boars Tye Road Silver End Essex – Councillors discussed the effect this development would have on the traffic issues already prevalent within the parishes of Silver End and Cressing and the possible further “creep” of developments that could reach the border between the two parishes and completely cover greenspace and surrounding farmland – the Parish Council object to this application and will submit comments to BDC. **Action: Clerk**

**21/058 - INFORMATION EXCHANGE:**

- i. Previously discussed at 21/055.
- ii. The Clerk referred to emails putting forward names for the new roads in the development at Appletree Farm and asked Councillors to provide their three preferred options from the list supplied prior to the meeting. (After the meeting and following exchanges of emails on 15<sup>th</sup> and 16<sup>th</sup> April, Cllr Watts strongly opposed the proposal to use an “apple” related theme for the development, preferring to use more names on the War Memorial. As it was necessary to finalise this matter and as all other Cllrs had agreed the apple theme, this objection has been recorded.)

Items for inclusion on the April Agenda:

1. Legal Opinion
2. Links Solar Farm
3. Parking and road safety in Cressing
4. Playing field and pavilion

**21/059 - DATE OF NEXT MEETING:** The next meetings of the Parish Council will be on Wednesday 5<sup>th</sup> May 2021:

Annual General Meeting of the Parish Council at **6.30pm**  
 Parish Council Meeting immediately after, or **7.00pm**, whichever is the earlier. These meetings will be held on-line via Zoom.  
 Any items for inclusion on the Agenda to be sent to the Parish Clerk to be received no later than 12 noon on Tuesday 27<sup>th</sup> April 2021.  
 The meeting closed at 7.55pm.

Dates of 2021 meetings – times may be subject to change during Covid restrictions.

May	5	6.30pm – Annual Parish Council Meeting 7.00pm – Parish Council Meeting
June	9	7.30pm
July	14	7.30pm
August	9	7.30pm
September	8	7.30pm
October	13	7.30pm
November	10	7.30pm
December	8	7.30pm



### **Cressing Parish Council**

Here are some news items for you. If you would like further information on any point, please contact the Clerk.

**Cressing Neighbourhood Plan** and its consideration by the Planning Inspector in the Appeal by Begin Braintree Limited remains a concern. This is the site for 250 homes on land between Long Green and Braintree Road (behind the garden centre) and involves the re-alignment of the B1018. Outline approval with all matters reserved was granted by the Inspector in December 2020.

For the Inspector to say it “would not be seen as part of Cressing Tye Green” and “the development would look and feel part of Braintree, distinct and separate from Cressing Tye Green” is to ignore the fact that it is within the parish boundary and particularly within Cressing Tye Green. The site is completely within the boundary of Cressing Parish, consequently it is not an urban extension of Braintree, but a further loss of countryside and farmland surrounding that town and a further move towards urbanisation of Cressing Parish.

The Cressing Neighbourhood Plan clearly states any development must protect, enhance and improve the character of the area, which this development certainly does not. Policy 2 of the Cressing Neighbourhood Plan (CNP) as approved by the Inspector and adopted by Braintree District Council (BDC) as part of its planning procedure was over-ruled by the Planning Inspector and calls into question the validity of all Neighbourhood Plans – a process that has been encouraged by Government and followed by numerous councils and communities nationwide. The Government’s own website states that neighbourhood planning enables local communities to: “set planning policies through a neighbourhood plan that forms part of the development plan used in determining planning applications.”

The Planning Inspector acknowledged that the development will harm the character and appearance of the countryside, stating it “would be moderate”. This conflict swith policy 3A of the CNP.

The Planning Inspector also acknowledged that the development would be “at odds with the local adopted strategy for the location of new housing” and would cause moderate harm to the character and appearance of the countryside, again it conflicts with policies 3A and 7C of the CNP.

Councillors sought a legal opinion in January and have now instructed a Barrister, a specialist in Town and Country Planning, environment, heritage, rights of way and related matters, to look into the Appeal and provide a legal opinion of the effects on the Neighbourhood Plan that can be used in any future objections the Council may wish to submit against further large development proposals in the Parish.

Useful links:

BDC appeal page: <https://www.braintree.gov.uk/cressinginquiry>

Cressing Neighbourhood Plan page: [www.cressingneighbourhoodplan.net](http://www.cressingneighbourhoodplan.net)

**Dust cart** will be coming to Cressing on Saturday morning, 24th April. Details are being finalised and will be displayed on the Parish Council website and noticeboards. To keep everyone safe we recommend that face masks are worn when coming to the dust cart, and in periods when we are busy, you may be asked to wait for some of the queue to move on. This is to keep everyone at a safe distance, so please be patient.

**Parish Council Meetings** are continuing on-line and all residents are welcome to “attend”. We hope that the Government will relax the restrictions on physical meetings of more than six people to enable the annual meetings to go ahead in May. If they don’t, we may be continuing with our virtual meetings for some time to come!

If you would like to attend a meeting, please contact the Clerk a few days before the scheduled date for the call details. You will be asked for your address to ensure the security of these calls, but your details will not be stored, released or used for any other purpose.





Similarly, if you have any queries or questions they must be received by the Clerk at least 24 hours before the meeting takes place. Anything received after that time for inclusion in the meeting will be at the decision of the Chairman. You must provide your full name and confirm whether you are a registered Elector of Cressing Parish, if not, on what basis you are raising the issue. Please be aware that any issues raised may not be commented on or debated by the Parish Council during the virtual meeting, but the Chairman will indicate if the issue raised will be added to a future agenda or if it will be dealt with by the Clerk.

**Fields behind Mill Lane** – a number of queries have been received about motorcycles being ridden over the fields behind Mill Lane. When similar questions were received last year the situation was referred to the landowner, who commented that he had not given permission for anyone to ride motorised vehicles in his fields. So, if you see someone doing this you can report it to the Police. The Parish Council have no powers to intervene or take action against these individuals.

**Cressing Parish Council** email: [clerk@creasing-pc.gov.uk](mailto:clerk@creasing-pc.gov.uk) [www.cressing-pc.gov.uk](http://www.cressing-pc.gov.uk)

## **M Scott Properties Ltd Proposed development of land west of Mill Lane**

### **80 bungalows for the over 55s.**

Many of you will be aware that an application has been made for the above development to which residents in Tye Green in particular are very much opposed on a number of grounds.

This field has been used for many years as a recreational facility for dog walkers and others who enjoy the open area for a run, a walk or even a picnic. Mill Lane was never intended to take as much traffic as it already does following development of the Avondale Estate. The vehicular access for this proposed new estate would be onto Mill Lane, This development would make traffic worse, particularly as access is in the narrow area between Bulford Mill Lane and the junction with Jeffreys Road.

It is outside the development area of Tye Green and contrary to the Neighbourhood Plan which was made last year and must be taken into account by the planners when making their decision on the application. However no guarantee of that they will be bound by it.

Yet again, as with other proposed developments, there is the lack of facilities for yet more people such as doctors, dentists, etc.

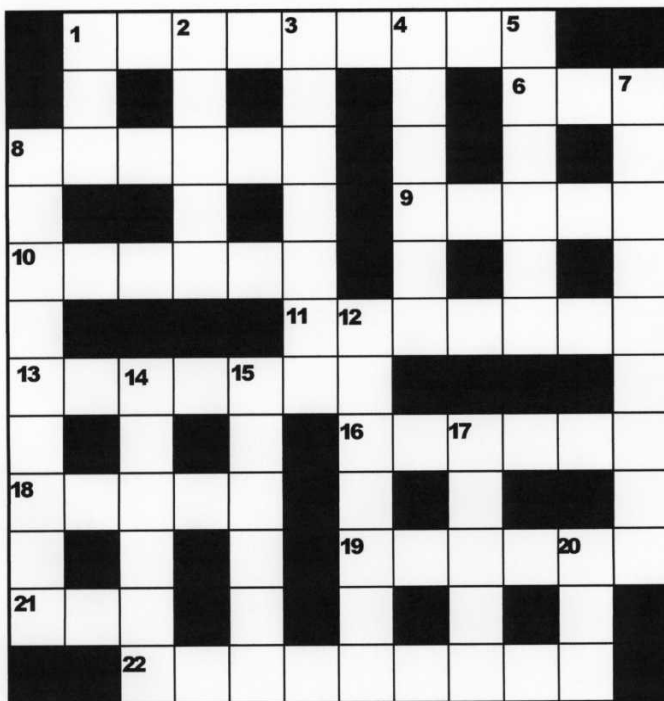
Posters have been erected around the area and leaflets distributed in Tye Green along with posters in the shop, garage and hairdressers where leaflets area also available. These give full details of how an objection can be lodged with the Braintree District Council before the deadline which we are assured has been extended from 22nd April to 6th May, despite this fact not have been changed on the BDC planning portal.

To register your objection use: e-mail [planning@braintree.gov.uk](mailto:planning@braintree.gov.uk)

By letter mail or hand delivery to Causeway House

Or use the Council's online planning portal at [www.braintree.gov.uk](http://www.braintree.gov.uk)

# MAY 2021 CROSSWORD



## ACROSS

1. External valves controlling the flow of water (9)
6. A label attached to someone or something (3)
8. A major route of transportation (6)
9. Identifying sticker (5)
10. A dried grape (6)
11. Lack of experience or wisdom (7)
13. A thing that is difficult to achieve (7)
16. Regard with respect or warm approval (6)
18. A useful or valuable thing (5)
19. To commit an act that is wrong (6)
21. To make something last longer (3)
22. Cleansing agent (9)

## DOWN

1. Knightly title (3)
2. A cricketing term (5)
3. Hot tasting red pepper powder (7)
4. Red, hot pepper (6)
5. A home for a horse (6)
7. Mother goose laid one of these (6,3)
8. Boeing 747, for example (9)
12. Done in an incompetent or inept way (7)
14. To drive out or expel (6)
15. The most recent news or fashion (6)
17. A signalling code (5)
20. A fruit consisting of a hard shell with an edible kernel (3)





**ANSWERS TO APRIL CROSSWORD**

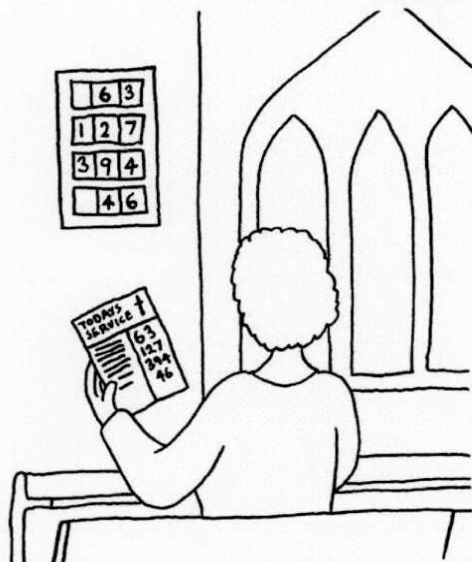
**ACROSS**

- 7 TAIWIN (6)
- 9 RHETORIC (8)
- 10 DRUNKARD (8)
- 11 SUITED (6)
- 12 COMEDY (6)
- 13 GUANA (5)
- 15 MISFEED (7)
- 17 TEAMING (7)
- 19 LILLE (5)
- 20 BUTLER (6)
- 22 MEMOIR (6)
- 23 NONVOTER (8)
- 24 UNCLESAM (8)
- 25 EAGLET (6)

**DOWN**

- 1 PATRIOTIC (9)
- 2 UNEASY (6)
- 3 PRODIGY (7)
- 4 KEYSTAGE (8)
- 5 LOUISARMSTRONG (14)
- 6 GILET (5)
- 8 WONDERFULWORLD (14)
- 14 UNRENEWED (9)
- 16 EELGRASS (8)
- 18 PENNAME (7)
- 20 BANDED (6)
- 21 SEINE (5)

CartoonChurch.com



SHE COULD HARDLY BELIEVE SHE HAD WON ON HER FIRST VISIT TO CHURCH

# UEC Men's Breakfast

**Saturday 22 May 2021: 8.30am to 10.00am**

## Cressing Evangelical Church

The Street, Cressing, Braintree, Essex CM77 8DQ

With Ian McDowall *Tough Talk*



**Ian McDowall – Founder of the Ministry 'Tough Talk' - Body Builder to Bouncer to Believer – Come and Hear His Powerful Story.**

At 18, Ian was a nightclub bouncer; by 24, violence and anger had taken over his life. Crime and an obsession with bodybuilding using anabolic steroids were destroying his health. After a serious fight, Ian pleaded with God to change him, and he was filled with love instead of hatred - born again by the power of God's Holy Spirit. He founded Tough Talk and travels with the team sharing his faith in Jesus Christ and the love of God.

***Free breakfast provided***

To book your breakfast, contact Simon Pinchbeck on 07941 027898.

For travel directions to Cressing, contact Dennis Ivey on 07792 895711.

Why not bring a friend along as well! Just let us know so that we can cater for the correct numbers attending! Optional donation towards expenses.

Social distancing regulations in force at the time will be observed.



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CHURCHES**

sharing God's love and truth where we are

Published by the  
Union of Evangelical Churches  
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## CRESSING EVANGELICAL CHURCH

sharing God's love and truth where we are

Dear friends

Many use the expression 'On a wing and a prayer' without knowing what it really means, as far as I know its shorthand of 'you do it hoping that you will exceed although you have not prepared yourself for it.' As a Christian Minister prayer has always been the most requested part of my ministry, but during this Pandemic prayer it is a daily occurrence. Usually, the request for prayer is about 30% prayer for oneself and 60% for prayer for others and unsurprisingly during this Pandemic it centres around Prayer for healing from Covid 19 or protection from Covid 19.

Phrases like "you are in my or our prayers at this time" seems to be the response to tragedies beyond our control. To me, it indicates that "Prayer" seems be a part of our DNA, something that is always there, but often in the background. It may only surface when it seems there is nothing we can humanly do, only divine intervention can help.

Prayer has always been part of the Christian Church, we are told in the Book of Acts that it was prayer that underpinned the founding Church. Meeting for prayer was central to their Christian faith. Every time the early Christians were persecuted or in need, prayer emboldening them to stand firm during their many trials and tribulations.

When requested to pray for someone my response varies. At first my prayers are on a regular basis and after a time the frequency lessens till may be once a week and then only when a sudden memory prompts me to pray. Of course, there are regular prayers which I continue on a daily basis. Sometimes prayers are answered, more often not, but my prayers never stop. Sometimes I get a phone call, text or email telling how their prayers were answered which is so encouraging, on the other hand, many do not get back and tell me that their prayers have not been answered. Whatever happens, I know God always hears our prayers and for me that brings assurance, hope and acceptance.

It is always a privilege to be asked to pray, so do keep asking.

Every Blessing in His name

*Dennis*

At the moment, Services are held every Sunday morning at 10.30 and includes Sunday Club for children.



### The Ration Challenge, by Ciara Eve

September 2020. This was the month I participated in the ration challenge for the first time. Before I go in to details, I should give a bit of information. What is this 'ration challenge' all about...? Currently all over the world, there are humans fleeing their homeland for multiple reasons. Some are being persecuted, others leave because they want a better life for their children. The reasons why are not important here, it's what happens next, where they end up and how they are now living their lives. The people staying in the camps in Jordan for example are incredibly lucky compared to the others that find themselves in places like Calais or Turkey. In Jordan they encourage trading between the city and the camps, and a mini economy has started to bloom out of the encouragement of success from the Israeli government. The people are living in shipping container style homes and the streets are cemented so that there is at least a little bit of normality for those lucky enough to find themselves in one of these particular camps. Others are not so fortunate, for example in Calais there are 10,000 people living in compounds designed for just 3000. The police have set all sorts of rules which make it incredibly difficult for aid workers to give these people the food and other resources that they so desperately need.

Luckily for those taking part in the ration challenge, the food is replicating the life of a refugee in Jordan, and not Calais. The challenge is to eat the exact same amount of food over 7 days that the refugees are given. It includes just under 2kg of rice, 400g flour, 170g lentils, 85g dried chickpeas, a small tin of sardines, (or 30g tofu if you are vegetarian) a tin of kidney beans and 330ml vegetable oil. This may or may not sound frightening to you depending on how much you eat. Personally, before I took on this challenge I expected that I would find it very easy. 'I eat less than that in a week' I thought to myself. But it turns out that for me, it was a different issue entirely that made the week so difficult to bear. I took on this challenge with my sister and her boyfriend. We planned the meals that we would be eating each day, on a good day 200g rice for breakfast, 100g rice for lunch and 200g rice for dinner with 3 flatbreads made from flour and water and 2 falafels made from chickpeas and flour. It was these dinners that made the week easier to complete. On a bad day, 600g of rice, rice for breakfast, rice for lunch and rice for dinner. Despite the fact that I didn't feel that I was starving at the end of each meal, it was the lack of variety that I found so incredibly difficult. I am used to eating whatever I like whenever I like, satisfying a craving if it comes along and not taking a second thought over it. But during this challenge, it was impossible to comfort myself in the same way with food. I couldn't have a cup of tea in the morning to relax, I couldn't have a coffee if I felt depleted. I could only think about the next meal and how I had to eat it in order to sustain myself, but I didn't actually want it because it was so bland that I found it difficult to chew and swallow. For the first few days, I was irritable at most points of the day, not feeling that I could complete my usual activities. On a normal day I enjoy learning languages, reading, writing music. But I felt that all I had the energy to do, was watch television - something I usually find incredibly difficult to do because I find it hard to sit still in one place for extended periods of time. I did manage to get myself out on a few walks, just to try and break up the day. Something about mental activity was too much to bear but I still felt that I could put one foot in front of the other and it made me feel very good to get out of the house. At some point in the week, I went out for a night-time walk in the park where I used to live and found myself looking up at the stars, and feeling a profound sense of quiet in my mind. Despite the fact that I was depriving myself, it was actually perhaps just this that brought me this great sense of clarity. Often I find my thoughts racing, with all the things that seem important, friends, family, duty. But





on this particular night, I looked up at the stars, and felt peace. I felt acceptance in myself, a sense of quiet that is so incredibly rare for me. I remembered a documentary I had seen, about the kind of diets we have in the western world. Fast food and heavily meat based, how all the chemicals and the ways in which this food is produced, cause poor mental health and even various diseases. I thought about how I felt in that moment. I felt clear and clean, like the food I was eating. Despite the fact that it is difficult to participate in this challenge, I found it to be so incredibly rewarding to the point that this year I am eager to do it again. I want to feel that same sense of quiet I did last year. The ration challenge is a charitable organisation, that aims to raise money for the meals that are given in refugee camps, amenities, and medical help for the people living there. The fact that it is set up to do these things is the main point, and should be. But there is another side to this challenge that brings a sense of personal achievement, which I think is a reason for people to want to participate in this event. If helping others is not enough of an incentive, then helping yourself surely could be? This is a life changing task that will help you feel such a great sense of achievement. Such a sense of clarity, and peace. I cannot help but be drawn back into this challenge with a feeling of excitement. If you wish to join, visit, [www.concern.org.uk](http://www.concern.org.uk). Thank you!

**ATTENTION !****Card Makers /Scrapbooks etc.**

Who would like to swap materials?

Contact Liz

Email: [liz.peabody@yahoo.com](mailto:liz.peabody@yahoo.com)

Mobile: 07835 606245

I would be happy to hand deliver items  
in the Cressing /Tye Green area

If you have COVID-19 symptoms, get a test and do not leave home for at least 10 days. REMEMBER Please continue to follow the simple steps of:-

- \* Washing your hands
- \* Wearing face coverings (if not Exempt)
- \* Keeping 2m social distance

**Hands, Face and Space is still important**

The poster features the HM Government logo in the top left and the NHS logo in the top right. The central text reads "We must keep on protecting each other." Below this are three circular icons: a pink circle with hands labeled "HANDS", a blue circle with a face mask labeled "FACE", and a green circle with two people and a double-headed arrow labeled "SPACE". At the bottom, a yellow banner contains the text "STAY ALERT · CONTROL THE VIRUS · SAVE LIVES".

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A Loveliness of Ladybirds

Every autumn, as the temperature drops and natural food supplies dry up, we see more and more ladybirds taking shelter in our home to settle within the gaps in the beams, the windows and the frames. They obviously feel that our home is an ideal place to overwinter. Ladybirds live for about a year and now that spring is here and the warmer weather is on the way they can be seen clustering around in corners around the house in readiness to fly out through the windows to lay their eggs for a new generation to emerge. Hopefully the new generation will return to our home next autumn.



The family have always laughed to see me put a small dish containing a few drops of water out for them when the clusters start to appear. Laughter soon turns to amazement when they see the ladybirds coming down to drink. After such a long sleep water is the first sustenance they need until they can escape to find the aphids they need to survive.

Not only do they overwinter in the house, but also in the outbuildings where we store most of our summer garden furniture. When lockdown was recently moved to the new stage our two young granddaughters were able to come to see us in our garden and we decided to celebrate with a BBQ lunch. Luckily it was a bright sunny day and we proceeded to put up the garden parasol to shade our eyes. As we opened it hundreds of ladybirds descended from it on to the table in front of us. My eccentricity of putting out water for the ladybirds obviously was in the girls minds. 'Grandma' they both chanted, 'They've woken up we need to give them water.' Lunch was delayed! Drops of water had to be distributed between a number of small dishes, and true to form the ladybirds amused the girls by taking a drink.

The questions then began. 'What do they eat', 'Have they got names', 'Why has that one more spots', 'Is that one ill' - this was one that had no spots at all.

My son in law at this stage was trying desperately to free his hair of 'in his words' the swarm of ladybirds—'Oh no', I said, "they are not a swarm, they are a 'Loveliness'" - The collective name for ladybirds is a 'Loveliness', which surely is a perfect name.

Next time they come to visit, hopefully the butterflies will be around and I can amuse them again with the fact that the collective name is 'A kaleidoscope of butterflies'. So lovely and an interesting way to engage young children in conservation.

*Lin Wenlock*





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**GARDEN NOTES FOR MAY**

After a changeable Easter break we can only hope the weather has settled down for a period.

This month it is time to think about annuals and summer colour. Three self seeding plants which should reseed for next year and can be sown directly into the soil once the earth has warmth in it are; Poached Egg Plant [ Limnanthes], Marigold [Calendula] and Nasturtium [Tropaeolum family] these plants will give a 'hot spot' of colour with reds, yellows and oranges to brighten up your garden.

Not forgetting the vegetable growers amongst us, your chosen variety of tomato needs to be sown if not already at the pricking out stage. Courgettes, marrows and cucumbers should also be on the greenhouse bench or window sill. If you do start vegetable seed in the conservatory/greenhouse or under cover please do not forget to harden them off before planting out, otherwise they will scorch and quite possibly die back.

Now the worst of the frosts are over, cut back hardy fuchsias low to the ground to promote this year's growth. Hardy salvias can also be cut back by a third to tidy the plant and encourage new shoots.

Daffodils need feeding, I tend to use Growmore type products, do cut off the dead heads but not the leaves and feed monthly until this year's foliage has died right back. If you grow any of the Narcissus family in pots, dead head them and lay them to dry in a sheltered place, leave the bulbs until the old leaves are brown and crisp, the goodness will have been absorbed back into the bulb remove any excess and these bulbs can be replanted in the garden this coming autumn.

If you grow spray [multi headed] Chrysanthemums look out for them in garden centres or order on line, the young cuttings soon produce shoots to plant out giving us colour in the last weeks of summer. Finally this month Gladiolus corms need to be in the ground, place about 3" deep it will steady this elegant favourite when in full flower, against strong winds, some form of support is also advisable.

Enjoy your garden.....The Arborist.

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**Before you venture out again**

Naturally with more people being at home during the Covid19 pandemic burglary numbers have fallen, and internet purchasing has increased resulting in new desirables in our homes.

When you did get out maybe someone was left in the house so locking up would not have been needed. As restrictions begin to be eased again and more of us venture out, we need to get back into our old habits ensuring that when left empty our homes are secure. Burglars are opportunists seeking an empty house that is easy to enter. Whether just popping out for a moment, or longer make it look like someone is in even if no one is there; always making sure you lock up when you leave.

**Just a few tips to remind you:**

- *Ensure that windows, doors, outbuildings and gates are closed and locked correctly, make sure all tools are put away too. Remember with PVCu and similar doors – when locking Lift the handle, turn and remove the key. If you have a night latch and a mortice lock ensure that you lock both not just the night latch.*
- *No keys outside in hidey holes please, the thief will find them no matter how well you think they are hidden.*
- *Create the illusion of occupancy: A radio on, a chair that looks like you have just got up, book or magazine open with a pair of spectacles and a mug next to it, a vacuum cleaner with the lead trailing out of sight (not plugged in), the usual signs of habitation and don't leave it too tidy.*
- *Consider a doorbell that you can answer remotely on your smartphone. A lot of these you can add further CCTV cameras that you listen and speak through too.*
- *Use automatic timer-switches to turn your lights on when it gets dark, also consider a "Fake TV" unit discretely hidden from view.*
- *If you have an intruder alarm make sure that you set it before leaving and ensure that your neighbours know who the keyholders are.*
- *Keys to other cars; put them away and in a "faraday bag" if you have a keyless car.*

**If you do get away for a longer period:**

- *Curtains open or curtains closed? – The worse thing is half open half closed, day or night the thief will know you are out. I go by the principle that some people do not close all curtains at night, but most are open during the day especially in those "lived in" rooms. So as long as you have evidence visible that looks like you are in the house somewhere then it makes sense to leave them open.*
- *Cancel any newspaper or milk deliveries, delay ordering online purchases before you go away or have them delivered to friends or family that are at home to hold until you return.*
- *Use the Royal Mail's 'Keepsafe' service - they keep your mail for up to 2 months while you're away. Mail sitting on your doorstep is a sign that you are away.*
- *Trusted neighbours may be able to help you by collecting your post, opening and closing curtains and they could park their car on your driveway.*
- *Avoid discussing holiday plans on public social networking sites, watch what you are posting including photographs (they may be date stamped) while you are away too or you may find you are giving useful information that the burglar or fraudster may use.*

**Don't forget the car when you leave it unattended:**

- *Close the windows and lock it, verify it is locked by the sound, the flash of the lights or try the handle.*
- *Leave nothing on show, remember to the thief even the empty bag or jacket is inviting, they don't know what they may contain until looking in it after damaging your car getting in.*
- *Choose a safe place to park, with lots of visibility over it, if you can look for a "Parkmark" accredited car park <http://www.parkmark.co.uk/car-park-finder> .*

Further advice can be found at [www.essex.police.uk/cp/crime-prevention/](http://www.essex.police.uk/cp/crime-prevention/) or [www.securedbydesign.com/](http://www.securedbydesign.com/)



