

Village Bulletin



Issue 163 Winter 2020



www.westbergholt.net

The Mobile Greengrocer

Well 2020 wasn't what anyone expected. In January 2020, did I think I would be running a Fruit and Veg Stall? Absolutely not. My contract wasn't renewed at my place of work; my other business just wasn't sustainable during Lockdown.



For many years I've wanted to somehow run a mobile shop. If one thing 2020 benefited, it was in making my mind up and doing it. I thought for many weeks, what would be of benefit to the majority? Several visits to the fruit and veg markets in London made my mind up. It had to be traditional, paper bags, trying to get away from plastic as much as we can, loose fruit and vegetables, so you can buy only what you need to suit everyone's budget. We have at least 50 different types of fruit, vegetables and salads.

We're still finding our feet as to quantities, but we're getting there. I cannot thank the residents of West Bergholt enough for supporting us on a Saturday morning. We're growing from strength to strength every week and it's down to our wonderful community for making this happen.

We hope to be here for a long time to come. So please come and visit us every Saturday morning between 8am and 1pm, at Orpen Hall Car Park, Lexden Road, West Bergholt. You may be pleasantly surprised.



Bluebell Preschool

We have had a busy term welcoming our old children back and settling lots of new children and their families. We have adjusted into a new routine, following our guidelines and staff are constantly cleaning to keep our "bubbles" safe.

The children have loved the new turtle buses and we have used these on lots of adventures around the village – down to feed the donkeys, trips to the duck pond, walks to our Woodland wonder area, joining in the pumpkin trail, looking at the allotment to see pumpkins growing, posting letters and generally enjoying the changing colours of the trees, picking blackberries, finding conkers and acorns. We would like to thank everyone again for their donations towards the two buses, we like to wave and say "hi" to everyone when we are out and about.

We have enjoyed lots of play in the Bluebells outside play area during the autumn term, water play, bikes, football, bouncing on the trampoline, construction and bug hunts. The children have also enjoyed decorating the Orpen hall with their colourful pumpkin pictures and bright red poppies. We also painted some stones to be placed around the village for Remembrance day. We look forward to lots of Christmas crafts and activities. We would be grateful for any donations of paper – as we like to draw lots of masterpieces!! We can collect locally.

Any enquiries for sessions or waiting list please email bluebell-pre-school@hotmail.co.uk

Here we are again...!

At the time of writing this, we're all in Lockdown 2.0 after enjoying a small respite over the summer, keeping our fingers crossed that Christmas will be spared, even if it will be a lot different than most years.

The last year has certainly been a series of ups and downs during a troubling and hard time, as we've all tried to adapt to a new way of living, at least for a while.

This edition of the Bulletin is a little different, as it will only be released online via the Village website. Once the new lockdown was announced, it was decided that this was the best and safest way to distribute it. We hope to be able to bring you a full printed edition in the New Year.

Until then, stay well, stay safe, and wishing everyone a Merry Christmas and a Happy New Year.

Jacqui

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West Bergholt Concert Band – Going Musically GaGa

Musicians across the country are missing playing together but luckily West Bergholt Concert Band & Training Band have found a way to keep playing together, and are now into their second term of Zoom rehearsals. The band met virtually every week from April to August, playing over 50 pieces ranging from Lady Gaga to Shostakovich, and the fun continues this term with (so far) 40 new pieces of music ranging from Vaughan-Williams to Queen, Lloyd-Webber to Harry Potter, and the Beatles to the Big Bands. The band are also looking forward to unwrapping lots of their favourite Christmas music later this term, so we've certainly got lots to play.

As well as being a fun catch-up and play-through for our existing members, we've warmly welcomed some new players to the Zoom sessions. We're hoping they'll remain band members when they meet us in person, especially as that helps replace the musicians who've left us for University this term. The Friday Zoom sessions are totally free and are open to anyone who plays a brass or woodwind instrument. As always, Training Band (6:15-7:15) is best for Grades 1-4, and Concert Band (7:30-9pm) for Grade 4+.

If you'd like to take part, just email Conductor@wbcb.org and we'll send you details of the Zoom sessions plus your own copies of the music. Zoom is a GREAT way to get used to playing in a band – no-one can hear your wrong notes for starters – and the band's fun atmosphere has been maintained even though we're only seeing each other virtually.

We obviously can't wait to be able to meet up properly...but in the meantime we're continuing to prove that there's no better way to start a weekend than having a ton of fun playing great music with a friendly bunch of fellow musicians.



Vocal Zones

Unfortunately due to COVID-19 restrictions, our choir has been unable to meet since March 2020.

As soon as we are able to hire a hall locally and make suitable COVID-19 safe arrangements for our choir rehearsals we will be back up and running! We very much miss our singing times together, especially our performances in the village. Here is a reminder of our Christmas Concert at St Mary's Church last December 2019.



Orpen Players

As you know, this year we have not been able to put on a spring or autumn production. Going forward we had hoped to do something for spring 2021, but bearing in mind that rehearsals would have to commence in February this now seems unlikely. Fingers crossed we will do something later in the year.

Sadly, Peter Cox our vice chairman lost his battle with cancer in February. Many of you will remember Peter not only for his stage performances but as writer/director and creator of the wonderful sets he provided for our plays and pantomimes; an ex Art Teacher who was a perfectionist down to the very last detail. Too ill to write our last pantomime, he adapted "Treasure Island" which has won two awards.

As a group we are always on the lookout for new members, so if you are interested in acting, or activities such as set painting and construction, prompting, costumes, front of house etc, we would love to hear from you. Contact orpenmembership@outlook.com

Woods Bowls Club – Keepers Green, Braiswick

We are a small and very friendly Lawn Bowls club that is open to all ages and abilities throughout the spring & summer months of April to September. The club consists of a mixture of male and female members with ages ranging from 'Thirty-somethings' to sprightly Nonagenarians! You are never too young or too old to play Lawn Bowls.

What happened this year?

Sadly the season proper was cancelled in early March with the outbreak of Covid-19.

However, once the exercise and lockdown restrictions were eased, sports like Bowls were given the go ahead to resume provided social distancing was put in place. We had 2 internal club league competitions during the summer which many of our members took part in, and these gave us great friendly matches to look forward to and to help keep us in the swing.

New Members

Despite a lack of proper competition this year, we have welcomed a number of new members. One new member had bowled before, all the others hadn't but are now playing nicely and ready to hopefully take part in more games next year.

New to Bowls?

Most people find bowls an easy sport to start playing, the basic skills are not hard and it does not require any great physical strength or athletic ability.

If you are interested and would like to try the game, please contact us through our website above or by emailing woodsbowlsclub@gmail.com

One present you won't want this Christmas is a blockage in your pipes!

Turkeys for Christmas meals may be even more in demand this year than normal. It has been estimated on average we tuck into one million turkeys on this special day in our region alone.

As every turkey roughly produces three quarters of a pint of fat, this could mean 250 tonnes of it ending up in our sewer pipes if it is poured down the sink. This is the equivalent to two blue whales, 85 hippos or one million blocks of butter!

Instead, why not use the turkey fat to make a tasty roux, gravy or add to dumplings? It can be stored in the fridge in an air-tight container for up to three months, or in the freezer for up to a year. Build up of food waste, fats, oils and grease (FFOG), together with wipes and sanitary products which should never be flushed is the biggest cause of blockages. Anglian Water tackles around 40,000 a year, costing some £19million, and they can lead to nasty sewage spills and pollution.

If poured into the plug hole while it is warm, fat slides easily down the sink as a liquid, but then it quickly cools and hardens, coating pipes and restricting the flow of water and increasing the likelihood of a blockage.

Collette Parker, Community Engagement Manager for Anglian Water's Keep It Clear programme, said: "Our programme is working with communities to help prevent our pipes being blocked. One present they won't want at Christmas is a blockage in their pipes! Turkey fat can be re-used in cooking, and FFOG in general can help to condition soil with a special garden food digester, or combined composter such as the Green Johanna.

"Our technicians are out in all weathers every day fighting blockages in pipes and helping to prevent pollution of the environment. In fact, we have a blockage every 15 minutes in our arteries - the 77,000km of sewer pipes which take the used water from our toilets, bathrooms and kitchens, treat it, recycle it and put it back cleaned into our waterways."

Eighty per cent of blockages are avoidable through simple changes at home and at work by ensuring FFOG never goes down the plughole, and by only ever flushing the 3Ps, poo, pee and paper (toilet paper). Only wipes with the Fine to Flush logo can be flushed because they break down quickly like toilet paper and do not contain hidden micro plastics which are harmful to the environment.

Remember, recycle or bin your turkey fat to help keep your pipes clear this Christmas.

1st West Bergholt and 3rd West Bergholt Brownies

We have been continuing our Brownie meetings via zoom and the girls spent the first half term working on their 'Skills for the Future' theme badge.

Firstly, the girls joined in a shopping game, making money and then using this to buy goods and work out change needed. Then we dressed up as an occupation and talked about what we wanted to be when we grow up, then we talked about different foods, where they come from and how we cook them. The girls were encouraged to donate some food to the Food Bank as we talked about Harvest Festival. The girls then had a cooking evening making pizzas – they thoroughly enjoyed this. We then moved onto tools, talking about safety and how we use them. For our last meeting, the girls made themselves a car; there were lots of designs from cardboard boxes to furniture. We then followed a route on google maps looking out for hazards and talking about road safety.

During half term the girls decorated pebbles with Poppies to join in the Remembrance activity with St Mary's Church. They also decorated pumpkins to display in their windows, supporting the Moulsham District Guiding pumpkin Spotting Challenge - for this they all received a fun Halloween badge.

The second half term was full of fun activities including Remembrance day activities, another cooking night and some Christmas crafts. At the end of term, we held a chocolate bingo evening to help raise much needed funds for the unit. We are hoping to return to our face to face meetings in the new year when we can welcome some new girls to our units.



Colne Valley Flower Club

Wishing all our members a happy Christmas with the hope that we can get together to celebrate with our families.

The club at present remains closed due to the Covid 19 restrictions, as soon as these are lifted we will contact the members as to when we can re-open.

If you would like any further information,
You can contact our Chairman Manya on 07759331719 or our Secretary Alison on 01206 973563

West Bergholt Allotments

It has been a difficult year on the Allotments, with the weather and Covid. However we have managed to keep allotments open, thanks to ploholders following the Covid rules. And all the plots had been taken. If you are interested in a plot please contact the Parish Clerk, priority will be given to those in the village. We currently have a small waiting list.

We are hoping to open the Charity stall in 2021, but this will be subject to Covid situation.

We would like to remind ploholders that vehicles are not allowed on site from 1st Nov to 31st March, and other times for loading/unloading only - no parking. Also please keep your speed down to 5mph max.

At the time of writing this I am standing down as Chair and leaving committee due to personal reasons. I would like to thank all those that have helped over the years. I wish the committee all the best for the future.

To contact email wballotments@gmail.com or the WB Parish clerk.

Please stay safe and I wish you all a Happy Christmas and New Year.

Terry Claydon
West Bergholt Allotment Association

Litter

Why I often ask myself are we so addicted to throwing our rubbish on the ground? Our village is blessed with numerous litter bins yet still a large amount is just dropped, making the environment unsightly and looking uncared for. Like many other villagers, I make a point of picking up litter where I find it and putting it in one of the many bins. The main problem areas in my experience are the two through roads Lexden and Colchester, where a large number of items are ejected from passing vehicles. These seem to be mostly drink cans and fast food waste. There also are a number of places where sweet wrappers and other packaging are also left lying, such as the Poors Field and the Orpen Field, which would indicate that our young people seem not that concerned at the environment as they often profess to be. Other countries do not have this litter mentality so why are we so afflicted?

Could I please ask parents of our young people to try and persuade them to use the bins for their litter and encourage them to think about the environment effects that dropping litter has for us all. We have a lovely village so please people let us keep it that way.

Martin Long



Friends of St Mary's Old Church

It is pleasing to be able to report that the decoration works have been completed, except for the south wall where the paintings were discovered during the recent redecoration. This wall will be dealt with once the Conservationists have deliberated as to the best way of preserving the ancient art. The friends organised a major cleaning of the building which now looks better than it has done for many decades. All this was completed in time for the wedding of Adam and Kelly in August which was held under the Covid rules for such events. Despite the restrictions then present, it was a happy day and we wish the couple all the best for their future together.

The church has been open to the public under the restraints of Covid and a number of villagers have called in to see how it looks now. Sadly the various events planned for the year have perforce had to be cancelled but we hope that they will be re-instated once the present restrictions are lifted.

The friends were saddened at the passing of Phil Goody who was a great supporter of the church and his skills were greatly appreciated when he dealt with a number of small but important maintenance matters over the years. The Friends group is open to all who love the church and support the endeavours of the group to see it used and become a focal point in the community. A modest membership fee of £5 is charged which does not bring any benefits other than the knowledge that you are helping to keep the old place alive for generations to come.

Further details from Martin, 01206 240443

Martin Long

BYG

In line with Government guidelines and due to the number of people allowed in the hall, BYG is currently suspended. We can't wait to see you again as soon as it is safe to open in 2021. In the meantime, stay safe and well, and enjoy your Christmas



Women's Institute

Unfortunately our last meeting was held in March when members moving around the hall seated in two squares so they could introduce themselves. A rather noisy affair, so a welcome cup of tea/coffee refreshed our voices. A taster session of many desserts made by members was enjoyed by everyone.



As we realised covid-19 was here for the long haul, small arrangements of flowers were delivered to those members who lived alone to remind them that they were not forgotten.

When the warmer weather arrived, the WI was able to hold outdoor weekly coffee mornings in the garden of the Queen's Head. On one of these occasions, Jacqui Hunns, our secretary, was presented with a large pink arrangement of flowers with grateful thanks for all the work she had done during lockdown. She continues to update everyone via e-mails which is much appreciated by members. Alas coffee mornings have ceased with the colder weather. Susan Leng has organised occasional zoom meetings so members can have

1st West Bergholt Scout Group

We are all disappointed that we've not been able to meet at the Scout Hut since March and that we unfortunately had to cancel our planned camp in May at Boxford Spinney. We have rescheduled this for next May in the hope that some form of normality will return by then.

Some of the sections have continued to meet online, using Zoom and we have discussed topical issues, played games, made cakes and learnt new skills together. The leaders are having to adapt to delivering badge work in creative ways and the children seem to be enjoying seeing their friends and have risen to the challenge of each task set. The Cubs are even planning to invest three new members during one of the meetings – a first for us all!

We would like to mention that Charles Hart has decided to step down as a Scout leader after around thirty years of service in West Bergholt. Starting as a supporter and non-uniformed member of the Group Executive, Charles took on the role of Assistant Group Scout Leader in 2000 when there was a real risk of the Group closing through a lack of senior leaders. In the twenty years of being a leader, Charles has moved from section to section, plugging gaps in leadership teams and assisting experienced leaders as well as helping new leaders along the way. He has always been able to build a strong rapport with young people of all ages. If ever there was a leader who embodied his Jungle Book persona, it was Baloo! Alongside his various roles, Charles has always worked in the best interests of the Scout Group, helping to raise funds through the annual jumble sale (with his wife, Sue - "Mrs Baloo") and assisting in maintaining the Scout Hut and the grounds around it. We would all like to thank Charles for everything he has done over the years and wish him a long and happy 'retirement.'

St Mary's Church

Christmas is going to look a little different this year for all of us. At the time of writing, we have not been able to plan in detail for our Christmas services at St Mary's due to the uncertainty of the current situation and the introduction of tighter restrictions in November. Sadly, it seems unlikely we will be able to hold our usual Crib and Carol Services on Christmas Eve. However, there will definitely be an opportunity to join in with our online Christmas Services, which will also be recorded and available to watch later. Please look out for details in December on our website: <https://www.stmaryswestbergholt.co.uk/> or on the St Mary's Facebook page and on the West Bergholt Village Hub Facebook page.

If you would like to be added to the email distribution list for regular updates on upcoming services, and instructions on how to join in with our services on Zoom, please contact our church administrator, Jo Russell, on lwb.wb.gh.parishes@gmail.com

C S Lewis, the author of the Lion, the Witch and the Wardrobe, wrote: "Once in our world, a stable had something in it that was bigger than our whole world." St Mary's looks forward to sharing with you in whatever way we can the amazing story that God himself came to earth as a helpless baby to share in our suffering and to give us hope for the future.

God Bless from all at St Mary's.



A helping hand when you need it

As Which? Utilities Brand of the Year 2020, UW is the only business in the UK to combine all your home services on one monthly bill, saving you time and money – something we could all do with right now

With over 650,000 domestic and small business customers, UW have grown through word of mouth, with local Partners, like me, offering a unique personal service. With more and more people needing extra support in these uncertain times, I'm introducing myself to show you how I can help you. In normal circumstances, I'd follow up this introduction personally with a knock on your door in the next day or so.

If you'd prefer for me not to call, please let me know. I'm happy to chat on the phone and can discuss how much money you could save and the benefits of being with UW.

Please feel free to call me on 07989 720 256. I look forward to talking to you and hopefully helping you.

Best wishes

Murray Harlow

Our Village Halls in 2020

If I had been asked to pen an article for the Village Bulletin this time last year about the Halls, what a different article that would have been to this!

COVID has given the Hall Trustees, and Laura and Vicky, some interesting times this year, and indeed just as a degree of semblance returned along comes "lockdown 2". Writing this on 31st October, who knows where we'll be when you read this!

Before COVID hit us though earlier this year, the roof was retiled with funding help from Enover, not without one or two issues but successfully completed by M & J under supervision by Ingleton Wood. This was one of the largest projects to have been undertaken since the John Lampon Hall was built.

Like all of us, the Trustees have had to pull in their horns on behalf of the Halls and we have drawn up 'worst worst case' and 'best worst case' budgets to stand alongside those set a year ago after a large number of Hall users met on Zoom at the end of July to discuss reopening the Halls in September.

All but essential work to the Halls' fabric has been put on hold for this year now but you will have seen completion of the CCTV installation, with funding help from CBC's Safer Rural Communities Fund, and tenders are currently being sought to redecorate the John Lampon Hall, but you will not see a lick of new paint until grant monies are obtained. One thing you also will not have seen is the 5-year fixed wire testing survey carried out.

Zoe, our cleaner, has been great and helped us out with her flexible hours as we have chopped and changed such to fit in between hirers.

Those of you that have hired the Halls, and unfortunately we have not been able to hire to many of you, will have seen the signage around the Halls, the hand sanitisers we have put in, the paper towel dispensers, etc. all following our COVID risk assessment and our special hire conditions.

Before I forget, what I must do is thank those regular hirers who have continued to pay to keep their 'slots' open for next year, and to help the Hall finances, thank you.

As we continue through this difficult period though we have begun to plan for 2021/2022 and what we want to do to the Halls. It is too early let the cat out of the bag for what we would like to do, but you will see next year, if Boris and this COVID 'problem' let us.

Finally, a big thanks go to Vicky and Laura for everything they do ensure West Bergholt has one of the best run Halls in Essex.

P.S. please note and regard the new signs on the brick piers as you enter and exit the car park through the right gates, keep to 5 mph and don't let the dogs out once you have parked, dogs are not allowed on the Lorkin Daniel field.

Brian Butcher
Vice Chair WBPC and Chair OHMC

French and Spanish language classes for adults in West Bergholt

I was very sad when I had to postpone all face to face classes in March this year. I'm passionate about both French and Spanish and love sharing this passion with others. Luckily, it was possible to move to online language classes using Zoom. As a bit of a technophobe, this was a quite a learning curve, but it worked out ok, and I was able to keep many of my classes going.

During the Summer break, I had a new outside glass canopy installed (complete with heating and lighting) at the back of my house. This meant that from September and in time for the start of the new teaching year, I was able to move my language classes outside. Face to face classes were once again viable and although my small group classes are even tinier now, I still love what I do.

New classes for both French and Spanish will resume in January 2021, so please do get in touch if you are interested in learning a new language or brushing up on your skills. I can be reached on 07772 981097 or languageforfunwithrachel@gmail.com.

Finally, a huge thank you is due to all my students – both old and new – for your support and encouragement.

Rachel Brown



Bergholt Heath Academy

Our successful academy was back up and running after the lockdown, and every Saturday, boys and girls in Reception (EYFS) and Year 1 came along to take part in training sessions with an emphasis on fun! The season was proving to be our most popular yet and we were fortunate to have plenty of volunteer coaches. If you have a child who may be interested, or know someone who does, please contact Gareth Minter at gj_minter@hotmail.co.uk.



One of the big bonuses to coming to the training sessions is that each year, if we have enough interest, we look to progress one or two teams to the Under 7 leagues of the Colchester & District Youth League. At present we have 2 Under 7 teams and a further 7 teams at different age groups through to Under 16.

It has been a challenge this year, with COVID and other demands, but the season got underway in September and all of our teams were enjoying playing football on a weekly basis on the Poors Field, until 5th November, when amateursport was suspended. We have complied with all of the COVID regulations and have Track and Trace for parents and other spectators. These are placed on Respect barriers next to the pitches. Please ensure you scan the QR code when attending. Many thanks to Gareth and Karen for setting this up. Obviously our priority has been providing a safe environment especially as we have to juggle different pitch sizes.

census 2021

A census has taken place in England every ten years since 1801 (with the exception of 1941). A census gathers information about our society so that appropriate services can be put in place for everyone to enjoy now and in the future.

Fans of TV programmes such as "Who Do You Think You Are" will know the value of historic census data to family historians and genealogists, but data from the census impacts our lives every day, often without us even realising it.

Did you know that water companies use census data to anticipate peak water demand? Or that the NHS uses census data to plan a wide range of services such as hospitals and GP surgeries, mobile chiropodists and home support? Everything from schools to care home places are planned using census data to make sure that the needs of all age groups are met.

Every aspect of our lives is impacted by the census, so it is vital that everyone participates to ensure the best possible understanding of the structure and needs of our society.

By taking part, you can make sure that your community is represented and gets its share of public and other funding to ensure the provision of services now and in the future.

The next census official census date is Sunday 21st March 2021, but Census 2021 will be the first time that everyone will be able to complete the census online at any time from the beginning of March 2021.

You will receive a letter with your unique access code and will be able to complete the census online using any device.

Help will be available if you need it by phone, email or text. You will also be able to use web-chat or social media, or drop into a Covid-compliant Census Support Centre. Guidance will be available in a range of languages and accessible formats, and the paper option will still be available if needed.

The census is run by the Office for National Statistics (ONS) which operates completely independently of government and of any private sector interests.

All information submitted for the census is stored securely and anonymised. No personal data is ever sold nor is it shared with any other government department.

Information from the census is only released after 100 years when your descendants may be tracing their own family history.

Please make sure that you support your community by participating in Census 2021.

For more information go to <https://census.gov.uk/> or on social media @Census 2021

census
2021

Be a part of Census 2021

Census day is 21 March 2021.

By taking part and encouraging others to do the same, you'll help make sure your community gets the services it needs.



Find out more at www.census.gov.uk

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 Office for National Statistics

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