

# STAMBOURNE NEWSLETTER

FEBRUARY 2023 / MARCH 2023



Published and distributed by Stambourne Parish Council

No: 272

## STAMBOURNE PARISH COUNCIL

---

The first parish meeting of 2023 took place on a chilly evening on 19 January in the village hall. We were pleased to welcome Essex County Councillor Peter Schwier and Braintree District Councillor Richard Van Dulken as well as 2 members of the public.

### **Planning - Finchingfield Bridge**

The members of the public had attended as representatives of Finchingfield Guild of Business and were raising awareness of the proposals for work on Finchingfield Bridge and its possible impact on Finchingfield and surrounding areas. If you would like to look at the full application or comment on this, please go to [www.planning.essex.gov.uk](http://www.planning.essex.gov.uk) application no CC/BTE/129/22

### **Recycling Calendars**

Cllr Van Dulken has advised that Braintree District Council will not be posting out copies of the recycling calendar in order to save money. The calendar will be available online. If you do not have computer access and need a copy please telephone Braintree District Council on 01376 552525. Alternatively save this newsletter as it is printed on page 6.

### **Pavilion**

The pavilion is closed for the winter but will be open for use in the spring. If you would like to use the pavilion please contact me (details below).

### **Church Road Telephone Box**

A local resident has offered to start a book share in the telephone box. If you have any books you would like to donate, please contact Iona Connelly at [ionasjc@googlemail.com](mailto:ionasjc@googlemail.com).

### **Village Newsletter**

Louise Rawlinson and Ian Tarbin have for a number of years been kindly delivering the newsletter to houses in Dyers and Finchingfield Road but have said they can no longer continue. We would like to thank them for their service to the village. If anyone would like to take this over please get in touch for details.

### **Coronation**

Stambourne's Platinum Jubilee event was a great success and enjoyed by many people. It is not possible to put on an event of this kind without a number of people willing to volunteer and help with the arrangements. If you are interested in helping with a coronation event, please get in touch with me or any of your parish councillors.

Next meetings:

23 March 2023

18 May 2023

20 July 2023

21 September 2023

22 November 2023 (Wednesday)

All are Thursdays at 7.30pm unless shown otherwise

Full minutes are available on the village website [www.stambourne.com](http://www.stambourne.com).

Debbie Hilliard

Parish Clerk

Email: [debbiehilliard614@gmail.com](mailto:debbiehilliard614@gmail.com)

Tel: 01440 785629

## ST. PETER & ST. THOMAS PARISH CHURCH

---

The scaffold had been removed and a good tidy up and clean had been undertaken to ensure the Carol Service on 11th December went ahead. Thank you to all those who turned out on a cold night to listen to the readings, join in the singing and enjoy the mulled wine and mince pies! Thank you also to Oscar and Jane for the Christmas tree and decorating it, Jane for the flowers and decorating with greenery, the helpers with the refreshments, all the readers and especially Rev. Liz for a lovely service.

Work inside the Church and tower is now complete but there will be more work in the next two to three months to the top of the tower outside, but for now we can get back to having our normal services.

At the beginning of this year Liz announced her retirement at the end of May and will be missed very much in the Benefice. She will be taking the Benefice service on 30th April at Sible Hedingham Church at 11am to which you are all invited and also to stay for lunch after the service.

On 2nd April, Palm Sunday, the Benefice Palm Sunday walk will take place. It will start at 10 am at Castle Hedingham Church, walking to Sible Hedingham Church with some prayer/reflection stops on the way and finishing at Sible Hedingham Church for hot cross buns! Again, everyone is welcome whether it is on foot or by car.

### SERVICES AT STAMBOURNE FOR THE NEXT THREE MONTHS:

Date	Time	Service	
5 February	9:30 am	Morning Prayer	Tia Stickland
12 February	9:30	Holy Communion	Rev Liz Paxton
5 March	9:30 am	Morning Prayer	Tia Stickland
12 March	9:30 am	Holy Communion	Rev Liz Paxton
2 April	PALM SUNDAY – Benefice walk starting at 10 am at Castle Hedingham Church to Sible Hedingham Church (Hot cross buns at the finish.)		
9 April	9:30 am	Holy Communion for Easter Sunday	Rev Liz Paxton
30 April	11:00 am	Benefice Service at Sible Hedingham Church ALL WELCOME TO STAY FOR LUNCH WITH LIZ	Rev Liz Paxton
7 May	9:30 am	Morning Prayer	Tia Stickland
14 May	9:30 am	Holy Communion	Rev Caroline Brown

Val Kerrison, Churchwarden

Email: [valeriekerrison@outlook.com](mailto:valeriekerrison@outlook.com)

Tel: 01440 785752 or 07879 816362

## STAMBOURNE NEWSLETTER

---



Contributions for the next newsletter to Karen Crago at [kcrago@btinternet.com](mailto:kcrago@btinternet.com) or the post box at Tagley Farm by Thursday 30 March, please

# STAMBOURNE CONGREGATIONAL CHURCH

---

## CHAPEL NEWS

It's great to have that hope that the weather will get warmer, that there will be rain, that the crops will grow and there will be a harvest, isn't it? But in many places that hope is changing. A few years back I was invited to visit a small Pacific island called Nauru - the smallest independent nation on earth!

Now I haven't heard that Nauru is under threat, but the people I went with came from various of the Pacific island groups such as Tuvalu, Vanuatu, and Kiribati. Some of these islands had the hope we all have - they would survive the odd earthquake and hurricane and their crops would succeed and their houses would stand firm against the weather of the Pacific. But now their only hope is that they can protect their islands from being overwhelmed by the rising oceans, and that is not at all a certain hope in these days of climate change.

As a church we are interested in the spiritual aspects of life and for most people the hopes of life seem to all be on an even keel. There are few real threats - a few uncertainties, but compared with places where everything is likely to disappear these dim into much smaller worries and concerns. But life can sometimes feel like it is overwhelming. Sometimes we can feel like we are drowning in the worries and concerns of life, and that is when it is good to turn to a friend. And for

the Chapel and Church, we have a friend we can turn to who has greater power than even the forces of nature! The song so many churches sing and so many Sunday Schools sang when we were young goes "what a friend we have in Jesus" and then goes on to say He will carry our burdens, worries and concerns if we will only ask - or carry everything to Him in prayer.

There is a national initiative called try praying (<https://www.trypraying.org/>) which encourages anyone to do just that. There is also a great big monument - twice as high as the Angel of the North - being built just south of Birmingham which will record one million prayers that have been answered (<https://www.eternalwall.org.uk/>). That so many answered prayers can be found must make it worth trying surely! So pop in to your local church and try praying. Or just stop where you are right now and just give to Jesus those things that worry you. You may find that it just works! And if you have questions just pop along to your local warm hub at Stambourne Chapel on any of the times we are open. See below! Keep warm and safe.

Adrian Burr, Minister, Stambourne Chapel  
07983 656166 [aburr@inbox.com](mailto:aburr@inbox.com)

## WHAT'S ON AT CHAPEL

**4 February - Film Night** 6:00 pm at the Chapel

"The most reluctant convert". The untold story of C S Lewis (Author of the Lion, the witch and the Wardrobe and the Narnia books. 6pm start, bring your own nibbles, ice cream served halftime!

**21<sup>st</sup> February - Shrove Tuesday**

When we will share pancakes in preparation for Lent at the Tuesday Open Church - 10 - 12am This will also include the weigh in for our **Sponsored Lent Slim** which will be for the Stambourne Chapel Care Fund and for Pastor John Christmas Appeal.

**21<sup>st</sup> February to Easter - Lent Talks**

Tuesday mornings we will have six Bible studies - one each week. These come from a series produced by the Charity **All We Can** <https://www.allwecan.org.uk/>. These will run from 10:30 to 11:30.

**19<sup>th</sup> March - Mothering Sunday Service at 10:45 am**

**7<sup>th</sup> April - Good Friday Service at 4 pm**

**9<sup>th</sup> April - Easter Sunday at 10:45 am**

**13<sup>th</sup> May - Plant Sale**

Also on 3rd Thursday each month we have our **Outings Group** meeting, where everyone is invited to come for a cuppa and to share where they would like to visit in the next couple of months. We will then organise and order tickets (if necessary) and arrange transport for all who would like to go. If you haven't any transport but would like to have a couple hours outing, then come along and find likeminded people who can share the experience with you! Our proposals are:

**February 11<sup>th</sup> 4 pm at Haverhill Arts Centre** Patricia Routledge & Edward Seckerson – Facing the Music

**February 16<sup>th</sup> 2.30 pm at Halstead Empire Cinema** - Elvis

**February 26<sup>th</sup> 2:30 pm Haverhill Arts Centre** - Haverhill Youth and Community Band

The Next Outings Group Meeting will be on **16th February 10am-12 noon**.

**WARM HUB** for coffee and a chat

Tuesday and Thursday mornings 10am - 12 noon

**Three FREE Fitness Classes** - brought to you by **Active Essex** - **starting week of 20th February** for 6 weeks and then again starting week beginning **17th April** for another 6 weeks.

**Mondays 2-3 pm Sit Fitness** - This gentle, chair-based class is great for improving your posture and balance, and is suitable for people with reduced mobility. Some classes will introduce resistance bands and hand weights for muscle strengthening.

**Wednesdays 2-3 pm Better Balance** - This class is designed to help prevent falls and lessen the impact a fall can have on the body. The aim of the class is to improve confidence, increase stability, improve mobility and balance, strengthen muscles and improve posture.

**Fridays 2-3 pm Seated Fitness Pilates** - This chair based Pilates class aims to strengthen the body in an even way with particular emphasis on core strength helping to improve muscle tone, balance, joint mobility and posture as well as relieving stress and tension.

**Stambourne Chapel Care** provides support for individuals going through life changing situations either offering visits, transport or collections by volunteers or by supporting people in their referrals to other organisations. If you are lonely or are looking for support and help through any situation we offer to come and meet with you and discuss your needs. All our services are free. If you have a few hours to spare in a month we are always looking for new volunteers to join our growing team.

## SILVER LINK

---

The dates for Silver Link at the Chapel are:

14 February, 28 February, 14 March, 28 March – Dinner at the Victoria Inn.

11 April, 25 April, 9 May, 23 May, 6 June, 20 June

## STAMBOURNE LADIES GROUP

---

A reminder that SLG starts up again on Wednesday 8 February 7:30 pm at our cosy Village Hall in Stambourne. Come along for a chat and meet friends and make new ones. Hot and cold refreshments will be available or you can bring along your tipples of choice. Looking forward to seeing you all then.

## KNIT AND NATTER

---



**When:** Every other Thursday — 5 pm – 7 pm

Dates for next meet-ups: **9 February**, 23 February, 9 March, 23 March

**Where:** **The Green Man**, 3 Church Lane, Toppesfield CO9 4DR

Cost: **FREE ADMISSION** – Just buy a drink from the pub, please

Contact Anna on 07944 696 527 for more details

## WOMANS WORKOUT

Women only fitness class focusing on improving general fitness, strength, balance and core in a fun and supportive environment. This fitness class is for beginners to improvers. £6 PAYG.  
Contact Lara on Tel: 07471 105 210

## VILLAGE HALL COMMITTEE

Hope you all had a good Christmas and New Year. We had our Christmas Quiz in December and everyone who was there enjoyed the evening. Thanks to Richard and Jacky for the Quiz.  
Coral is having a Craft Market in the hall on Saturday 11 March.

The hall is available for hire for parties and get togethers. Please use these facilities.  
For Residents £8 per hour; non-residents £10 per hour  
This includes heating and a kitchen.

## BIN COLLECTIONS AND RECYCLING

**FOOD WASTE BIN**  
FOR FOOD WASTE ONLY (WEEKLY COLLECTION)

Meat, fish & bones (raw & cooked) | Coffee grounds | Egg shells | Tea bags  
Fruit & veg peelings | Mouldy food

**NO PACKAGING OF ANY KIND**

Food waste becomes soil fertilizer and renewable energy.

**NO THANKS:** Liquids, oil, packaging, pet bedding

**GREEN WHEELED BIN**  
FOR GARDEN WASTE ONLY (Spring to autumn)

Tree branches (small) | Grass | Leaves | Flowers & weeds

**NO THANKS:** Food, pet bedding, plastic bags, soil, food, packaging of any kind

Garden waste is processed locally to become soil fertilizer.

**CLEAR RECYCLING SACKS**  
FOR RECYCLING ONLY (Clean and dry)

LIDS INSIDE | LEAVE LIDS ON

Food tins & cans | Foil & foil trays | Aerosols | Paper, card & junk mail  
Greeting cards | Wrapping paper | Plastic tubs, trays & pots | Plastic bottles (LEAVE LIDS ON)

Recycling processed locally becomes new paper, plastic bottles, containers and more.

**NO THANKS:** Food, glass, nappies, wet wipes, hard plastic, polystyrene, wallpaper, take-away cups, clothes, food and drink cartons, tissues, kitchen roll, PPE [disposable gloves, face masks]

**GREY WHEELED BIN**  
FOR HOUSEHOLD WASTE (That cannot be recycled or composted)

Bubble wrap & polystyrene | Crisp packets | Hard plastics | Nappies, pads, used tissues & wipes  
Pet bedding | Plastic film | Wallpaper | Fruit nets

Household waste is reprocessed locally and does not go to landfill!

**NO EXTRA BAGS**

**NO THANKS:** Asbestos, builders' waste, soil/turf, commercial waste, electrical items, food waste





# MY RECYCLING CALENDAR

2022  
2023

**INSIDE** ►  
**WHAT GOES WHERE**

## MONDAY ROUTE 1

### OCTOBER 2022

3 10 17 24 31

### NOVEMBER 2022

7 14 21 28

### DECEMBER 2022

5 12 19 24  
SAT

### JANUARY 2023

3 9 16 23 30  
TUES

### FEBRUARY 2023

6 13 20 27

### MARCH 2023

6 13 20 27

### APRIL 2023

3 11 17 24  
TUES

### MAY 2023

2 8 15 22 30  
TUES TUES

### JUNE 2023

5 12 19 26

### JULY 2023

3 10 17 24 31

### AUGUST 2023

7 14 21 29  
TUES

### SEPTEMBER 2023

4 11 18 25

**GARDEN WASTE COLLECTION**  
SPRING TO AUTUMN

● Green bin, clear sacks and food bin

■ Grey bin and food bin

⬡ Clear sacks and food bin only

○ Different collection day

□ Different collection day

⬢ Different collection day

### MY COLLECTION CHECKLIST:

- Out for collection on the right day by 7am
- All waste is in the bin with the lid shut
- Clear recycling sacks are securely tied
- All cardboard kept dry in clear recycling sacks
- For furniture or bulky items use our collection service



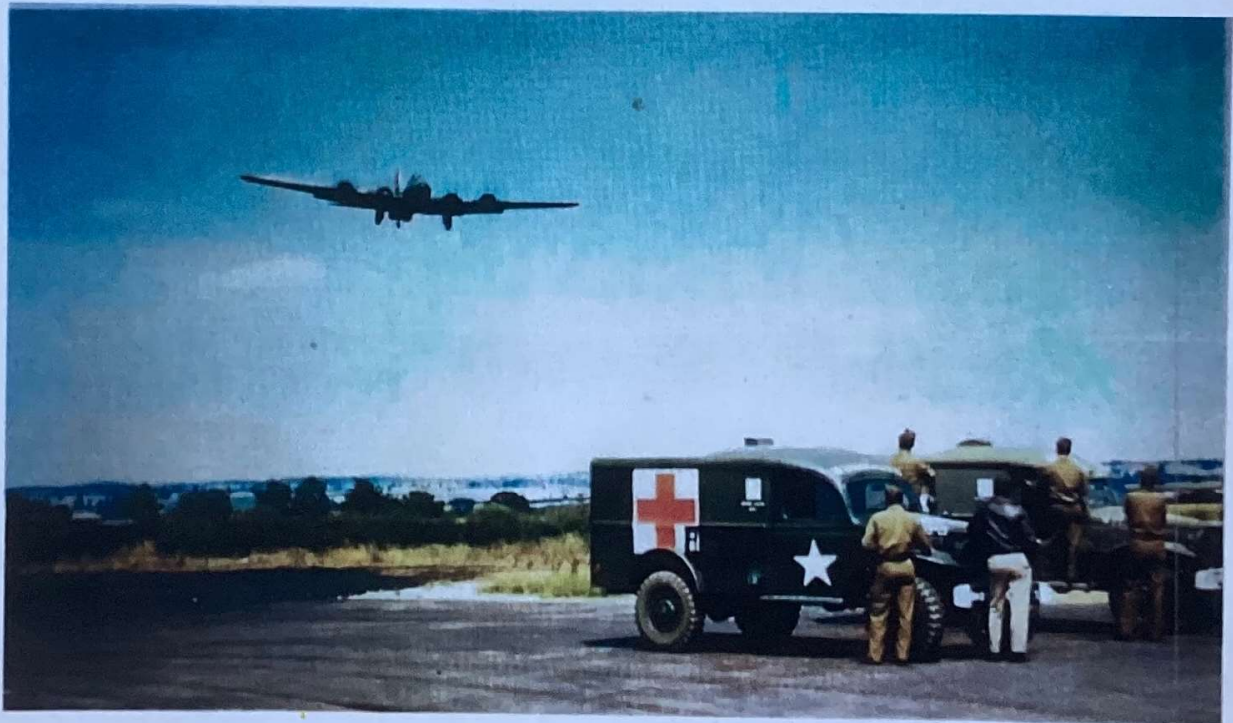
**BY 7AM**





[www.rafcamuseum.co.uk](http://www.rafcamuseum.co.uk)

*THE RIDGEWELL AIRFIELD  
MEMORIAL MUSEUM WILL BE  
OPEN THE SECOND SUNDAY OF  
THE MONTH FROM MARCH 12<sup>th</sup>  
UNTIL OCTOBER. FREE ADMISSION*



OPEN FROM 11am TILL 4pm. REFRESHMENTS AVAILABLE  
OAKER HILL, GREAT YELDHAM. C09 4RG



## TIME TO GET WALKING!

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, it also has 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!



## AND IF YOU NEED SOME INSPIRATION .....

Connie James who was born and raised in Stambourne and previously cycled from Lands' End to John O'Groats is undertaking another challenge – this time a walking one!

Check out her JustGiving page and prepare to follow her adventure which starts on 1<sup>st</sup> April:

Thanks for visiting yet ANOTHER of my JustGiving Pages. Another year, another challenge!

This time I'm not alone... Myself and a good friend, Lily, will be walking (yes walking) the length of the UK, and will include the Three Peaks on our route. We will be raising money for two great charities. (Check out our team page, we'd like to keep contributions to each charity as fair as possible).

I cannot thank everyone enough for their support in the past, and would really appreciate support in this challenge too. As a famous supermarket once said.... "every little helps", so please donate if you can. If you're unable to donate, please get in touch, as there are loads of other ways you can help too!

Happy walking, and massive thanks.

Connie

