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2019 Edition 4



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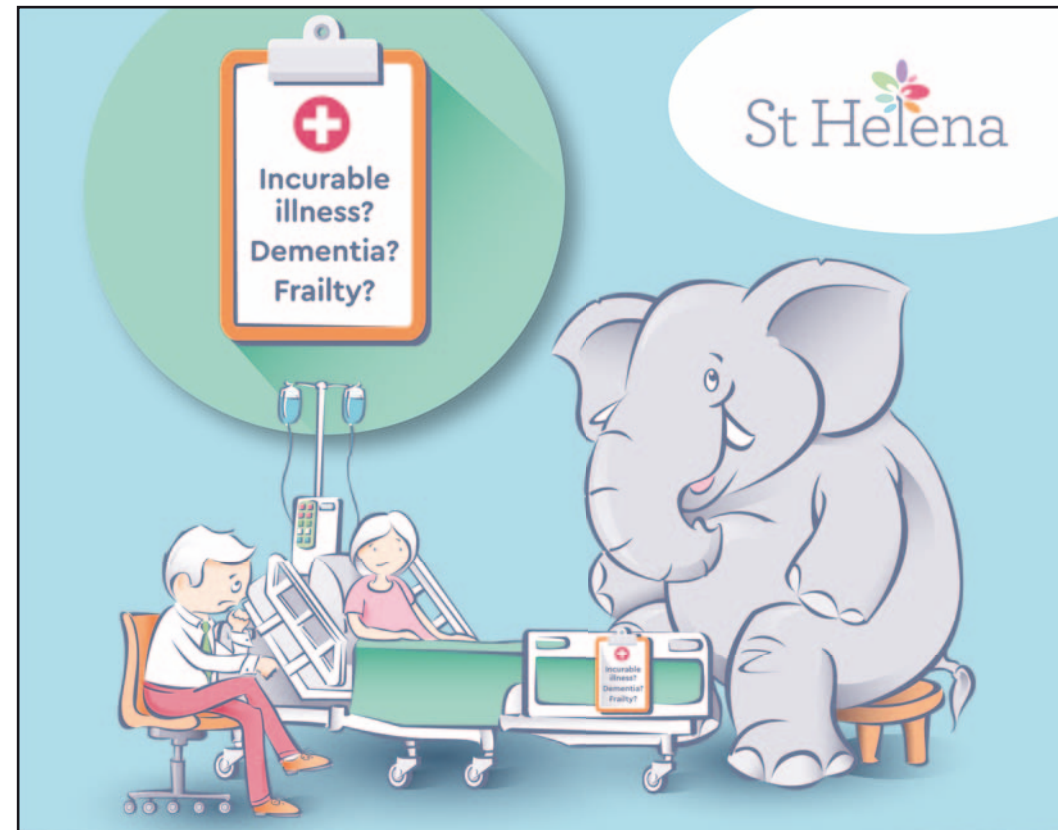
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# MERRY CHRISTMAS

AND A HAPPY 2020



Front cover courtesy of Rebecca Adams

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**Messy Christmas**  
15th December 4pm - Community Centre

**Pop-Up Nativity - Nativity costumes welcome!**  
22nd December 10.30am - Church

**Carols by Candlelight**  
22nd December 6.30pm - Church

**Nativity for under fives and their families - Nativity costumes welcome!**  
24th December 2.30pm - Church

**Christingle Service**  
24th December 4pm - Church

**Midnight Communion**  
24th December 11pm - Church

**Christmas Day Service**  
25th December 10am - Church

Full details about all our services and activities can be found on our website or Facebook Page

stjohnscolchester.org.uk  
@StJohnsColch



St. John's Close, Colchester, CO4 0HP



# Boom! Colchester Is One Of The Uk's Fastest Growing Towns

New statistics reveal that Colchester is still one of the fastest growing towns in the UK, classing it, very fashionably, as one of the countries biggest 'boom towns'. Recent studies show that the population of Colchester has been rising over the last ten years and is forecast to continue to grow over the next decade.

Colchester is the former capital of England and has a rich and varied history that can be explored today through its museums, ruins, and by walking its streets. It has particularly strong connection to both its Roman Heritage, and the scars left by the Siege of Colchester during the English Civil War. There are several reasons why Colchester has become one of the biggest growth towns in the UK, not just from expanding existing families but the facilities, services, growth-industries and favourable pricing that continues to attract homeowners, investors and tenants.

**WHY COLCHESTER?** Colchester boasts many unique factors with a well-established hospital that attracts numerous employees and students. There are also three train stations across the town, serving easy links into London with direct access into Stratford in 50 mins, meaning that the whole of Colchester is open to commuters. In conjunction with all this, Essex University was recently featured in the Good University Guide 2019 and has been named as University of the Year at the Times Higher Education Awards. All of these are big contributing factors in the

success of Colchester's property market. In fact, it means that potential landlords have a great tenant choice, from young professionals, Junior Doctors or Registrars, Students and not to forget families looking for their next home. The attractive yields that can be found for investment properties here have helped to keep the bottom end of the market afloat. You can also see the ever-expanding developments throughout the borough of Colchester, with first-time buyers offered a range of choice with Help to Buy schemes which will help fortify and increase the longer-term capabilities of the property ladder within the town.

Working for an award winning independent estate agent in Colchester, I can tell you that sometimes it feels like a challenging market and as with every other business in the UK at present we are having to work harder, but on review the market is good and the more I speak to my clients and prospective buyers, the more I feel that people have had enough of waiting and that there is a genuine sense of just wanting to get on with things.

We are lucky enough to live in an area that is bucking the property market trends, so why not take advantage of this?

Give my team a call on 01206 863900 to discuss what your next move looks like.

Emma Williams  
Sales Manager



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## A sample of some of our LUXURY DAY TRIPS



Local pick up points: Bus station bus stop, Stanwell Street (behind Gala Bingo); Bus stop opposite Valentines Drive, Ipswich Road; Bus stop by Shopping Parade, St Johns Estate (opposite St Monace Way); Highwoods Community Centre Bus Stop, Highwoods Square; East Hill coach stop

**ROUTE B**

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- 26th March **A Day in Coventry** £36.00pp
- 9th April **Audley End House** £43.00 Adult/ £41.00 Senior
- 16th April **London Museums & Knightsbridge** £30.00 Adult/Senior, £25.00 Children
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# A Fresh Take on Maths Tuition

## What We Offer

Page Education is a new company with a fresh take on tuition, offering Saturday Maths lessons and GCSE exam walkthroughs in Colchester. We are experienced, qualified teachers who are subject specialists, currently teaching in schools in Essex and Suffolk; meaning we are up to date with latest curriculum and exam developments.

## Why Choose Us?

Page Education tutors have years of experience of delivering traditional one to one tuition. We identified there were four specific issues with this type of tuition and felt that we could improve upon them.

Firstly, one to one tuition sessions were always at the end of the day, and were not conducive to the best learning outcomes. These were taking place straight after school when both tutor and student had already done a day's work, and were now about to attempt an important learning session. Our sessions take place on a Saturday.

Sessions were one to one by default, as the tutor was engaged by one family, this type of learning does not always result in optimal learning progress. Our sessions are delivered in groups of no more than four, to allow for learning to be interactive and engaging but not overwhelming.

We don't ask you to sign up to a contract or commit to a session every week, instead we offer a pay as you go service. Therefore, if your child simply needs help with one particular topic or wants to have another go at a non-calculator paper, just contact us to book them on to the relevant session. We do, however, offer a discount for customers who block book 10 hours of learning with us.

Finally, price; Page Education is affordable to more people, thanks to its hourly rates being



approximately half the price of a similar qualified teacher providing traditional one to one service.

Let's get everyone involved: Parent – Teacher relationship

There is a 15 minute break between sessions, this has proved useful for parents wanting an update on their child's progress, both with Page Education or to discuss wider schooling issues. Many parents have used our tutors as an independent view on their child's education in school.

Page Education welcomes learners from Key Stages 3 and 4 (secondary school) as well as sixth formers doing A levels or GCSE resits. We are also offering tuition for adults, and entering workplaces to update employees' key skills.



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## O COME, ALL YE FAITHFUL!

Children's charity lines up series of special festive evenings. East Anglia's Children's Hospices (EACH) is looking forward to warmly welcoming supporters to a series of a carol services across Suffolk and East Essex this festive season.

The charity will host five family-friendly evenings at:

- ★ St Edmundsbury Cathedral, Bury St Edmunds, at 6pm on Thursday 21st November
- ★ St John's Church, Woodbridge, at 7pm on Tuesday 3rd December
- ★ St Peter & St Paul's Church, Lavenham, at 7pm on Tuesday 10th December
- ★ St Michael's Church, Colchester, at 7pm on Thursday 12th December
- ★ St Augustine's Church, Ipswich, at 7pm on Tuesday 17th December

Guests will have the chance to join in with traditional carols and hear some heartfelt readings – guaranteed to get everyone in the festive spirit.

Jo White, EACH Community Fundraiser (Suffolk and East Essex), said: "We hope to see many happy and smiling faces at this festive evening, taking place in many beautiful venues across our area.

**"COMMUNITY SUPPORT AT EVENTS LIKE THESE IS VITAL TO OUR WORK, ALLOWING US TO CONTINUE PROVIDING FAMILIES WITH A LIFELINE AT AN UNIMAGINABLY DIFFICULT TIME. PLEASE DO COME ALONG TO CELEBRATE WITH US AS THIS SPECIAL TIME OF YEAR."**

The carol services form part of the Light Up EACH Life campaign which celebrates the life of every child and family EACH cares for. Light Up EACH Life will run throughout December with a range of events and ways that people can show their support.

For more information about carol services across the region and how you can support Light Up EACH Life please visit [www.each.org.uk/lighupeachlife](http://www.each.org.uk/lighupeachlife).



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# Acupuncture Case Studies

In Chinese Medicine this time of year is all about the principle of storing things up for use later in the seasonal cycle. That's why it is a good time to consider coming for treatment now for those ailments that show up in the winter and spring. Coughs, colds and related breathing issues and hay fever are examples of conditions that can benefit from treatment now to reduce their impact when they do come.

We have been treating a man with a diagnosis of chronic obstructive pulmonary disease (COPD) which is an umbrella term for a range of breathing difficulties. He had been engaged in conversation whilst out walking his dog when someone recommended he should come to see us. His treatment is ongoing, he comes in when his shift pattern allows. Hay fever from a young age followed by asthma on reaching adulthood have resulted in shortness of breath with exertion. He reports that his breathing and hay fever, as well as digestive difficulties, improve after seeing us.

He in turn recommended someone else to us. This person presented with depression and knee pain. She was taking 6 co-codamol (an opiate painkiller) a day and needed it at night too for the pain in her knees. With treatment her knees have improved greatly, first reducing her pain medicine from 6 to 2 a day and then none at all. During treatment she mentioned her difficult digestion, this has also responded to treatment and a change in diet. She has reached her target weight and feels much more motivated.

A cyclist came to see us complaining of sciatic type pain running down the side and back of his leg. This had come on suddenly leaving him unable to sleep properly or move much. We managed to get him on a couch; work on his low back and buttock brought

quick relief and much to his astonishment he was able to walk out without pain. He followed an integrative approach and saw an osteopath as well. He was good for 3 days but when he came in for follow up treatment a week later it was starting to ache again. Two more treatments over two weeks had him back on his bike with no further difficulties to date.

Colchester Community Acupuncture Clinic currently operates on Monday afternoons/evenings and Thursday morning/early afternoon at Colchester Buddhist Centre near St. Botolphs roundabout. Relatively cheap nearby car parking in Napier Rd car park, just up the Mersea Rd from the roundabout.

We prefer you to make an appointment but we can often also accept walk-in clients, though you might have to wait a little while or come back later. We charge £15-40 per session, solely dependent on what you feel you can afford.

We also offer free ear acupuncture treatment on a walk-in basis; we use a particular combination of points that helps to reduce symptoms of stress, rebalance your nervous system and aid sleep.

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Rupesh 07590 480048**



Rupesh Harding

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# FOOD *Matters*



## Ingredients

100g/3½oz unsalted butter, softened at room temperature  
 100g/3½oz caster sugar  
 1 free-range egg, lightly beaten  
 1 tsp vanilla extract  
 275g/10oz plain flour  
 -To decorate  
 400g/14oz icing sugar  
 -3-4 tbsp water  
 2-3 drops food colourings of choice.  
 Edible glitter

## CHRISTMAS COOKIES

**Equipment:** Star shaped cutter, baking tray, (straw and ribbon for tree decs).

### Method:

Preheat the oven to 190C/375F/Gas 5. Line a baking tray with greaseproof paper.

Cream the butter and sugar together in a bowl until pale, light and fluffy.

Beat in the egg and vanilla extract, just a little at a time, until well combined.

Stir in the flour until the mixture comes together as a dough.

Roll the dough out onto a lightly floured work surface to a thickness of 1cm/½in.

Using your star shaped biscuit cutter, cut star shapes out of the dough and carefully place onto the baking tray. To turn these into Christmas tree

decorations, press a hole in the top of the biscuit using a straw.

Bake the biscuits for 8-10 minutes, or until pale golden-brown. Set aside to harden for 5 minutes, then cool on a wire rack.

For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. If you wish to colour the icing then add the food colouring here.

Spread the icing onto the biscuits using a knife and sprinkle over the glitter. Set aside until the icing hardens.

If you're using these as decorations, add some ribbon through the hole and hang on your tree.



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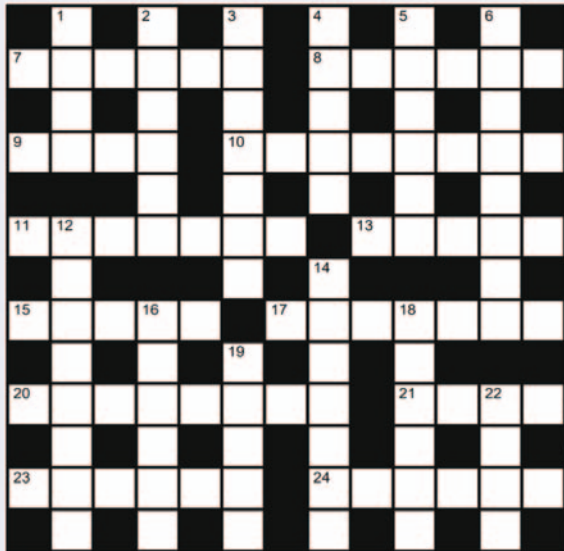


*But first, coffee...*

			1					6
1				5	3			8
	3							
					2		4	
6		3			5			1
2	1				7			
	9		4				2	
5		4					9	
8		7		2				

Each row, column and 3x3 box must contain the numbers 1-9 just once. This can be done by applying logic - you don't have to guess!

# CROSSWORD



## CLUES ACROSS

7. Pitfall (6)
8. Foreigner (6)
9. Congeal (4)
10. Walkway (8)
11. Branch of Science (7)
13. Animal Trail (5)
15. Part of Soft Palate (5)
17. Wasted Energy (7)
20. An Aggressive Action (8)
21. Bough (4)
23. Recess (6)
24. Range (6)

## CLUES DOWN

1. Gratify (4)
2. Tough Patch (6)
3. Large Building (7)
4. Pry (5)
5. Buy Quickly (4,2)
6. Butter Up (2,2)
12. Insect (8)
14. Creepier (7)
16. Personal Computer (3,3)
18. Have a Rapport (6)
19. Hoses (5)
22. Brother (4)

Answers on page 27

# Christmas

## Spot the Difference



Find the 10 differences between the 2 pictures above.

## Word Mix Up

Can you rearrange the following jumbled letters to name words associated with Christmas?

Each one has an extra letter: Identify these to find the name of something related to this time of year.



- |             |       |                          |
|-------------|-------|--------------------------|
| 1) dudcingp | _____ | <input type="checkbox"/> |
| 2) astra    | _____ | <input type="checkbox"/> |
| 3) srwmoann | _____ | <input type="checkbox"/> |
| 4) maiylfof | _____ | <input type="checkbox"/> |
| 5) tkreuly  | _____ | <input type="checkbox"/> |
| 6) csdrsa   | _____ | <input type="checkbox"/> |

Extra Letter Answer: \_\_\_\_\_

Answers: The 10 differences are: 1. missing candle 2. different coloured present 3. missing log 4. different coloured frame 5. missing bauble 6. different coloured star 7. different coloured saddle 8. different coloured sky 9. missing brick 10. missing shadow on rocking horse  
Word Mix Up: 1. pudding 2. star 3. snowman 4. fairy 5. turkey 6. card 7. extra letter Answer cards

# HOME FOCUS



## Dining Delights

Creating the right ambience for a meal is easier than you think. Don't spoil the chance of a perfect luncheon or evening get together by skipping on the details of your dining space. After all, if you've spent time toiling in the kitchen over a hot stove, you want to present your food in the right way, to be enjoyed by your friends and family.

Some of us have dedicated dining rooms, whereas others have bar stools and a breakfast bar. No matter what space you have available, you can make it look beautiful to enjoy your meals with these simple tips:

### 1. Colour scheme

Take a look at the colour scheme of your room and create place settings to match. For example, if you have a neutral space in whites/greys, then sprigs of lavender on a linen napkin can look stunning set on plain white crockery. You can create centre pieces with fresh or faux flowers or even purchase fabric to make your own napkins to tie in with your scheme.

### 2. Crockery

Do your plates need a bit of an overhaul? Cracked or missing pieces are annoying and don't look decadent. Yet a simple set of white or black plates can look really stylish, especially if they are an unusual shape. Look out for rectangular or square dishes which make a welcome change from round ones. You don't have to spend a fortune on new sets but purchase the best you can - a nicely shaped and weighted plate will wash and display well. If you have more of a cottage-style home then floral or delicately patterned crockery can be in keeping with your style in which case you want to keep the rest of your table dressing simple so as not to appear too cluttered. Having said that, some people really enjoy the vintage vibe that goes with mis-matched crockery and this can be



reminiscent of the 1940's with exquisitely shaped cups and saucers, scalloped plates and painted china. Much of this can be sourced from charity shops and is very en vogue, especially as you're not purchasing from new.

### 3. Chairs

Sitting comfortably for a meal, especially if it is likely to last for a little while, is really important to allow your guests to properly settle in and enjoy your food. You may not have expensive dining chairs but these can be made cosier by adding cushions or bolsters. If you have bench-style seating consider adding blankets or rugs for a stylish, yet

comfortable effect.

### 4. Lighting

Creating the right mood for your meal is crucial and can be achieved easily depending on what time of day you are entertaining. Lunch gatherings are best with natural light so wherever possible open the blinds and curtains wide to let the sun shine in. You can add a magical theme of fairy lights over the table for both day and evening settings which make for a safer (and sometimes less toxic) alternative to candles. If you like a bit of flickering light then try to pick a non-scented candle so it doesn't detract from the taste of your food. Candles in the top of wine bottles are rustic whereas pillar candles in storm lanterns can give off a good, but gentle glow.

Lastly, welcoming your guests at the door with a hug and a smile is always a good start to an excellent food experience and if all else fails, a fabulous bottle of wine should be enough to keep the conversation running smoothly!

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# COLCHESTER ZOO'S CRITICALLY ENDANGERED LEOPARD CUBS BEGIN TO EXPLORE OUTSIDE!



Colchester Zoo's critically endangered, twin Amur leopard cubs, born on the 9th September, are now exploring their outside enclosure and visitors may be lucky to catch a glimpse of them.

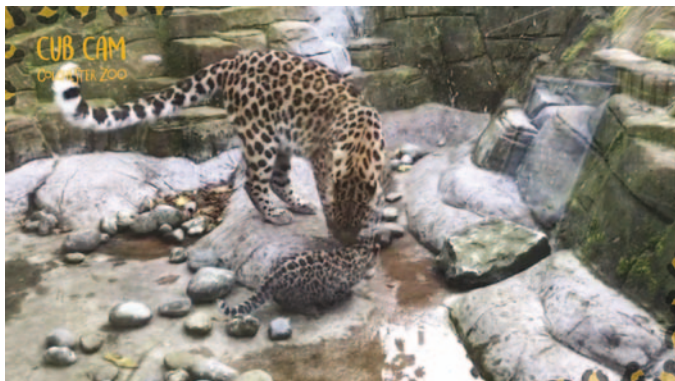
At 9 days old the Amur leopard cubs opened their eyes and since that time they have been exploring their private cubbing den and off show area as their strength, coordination and confidence grew.

At just a little shy of 6 weeks of age they took the next step and emerged into the outside enclosure; they have been exploring all the areas they can although mum Esra is still a little unsure about giving them free rein and is returning them back to their private cubbing den when she feels the time is right therefore viewing of these delightful cubs is not guaranteed.

Colchester Zoo are politely asking that visitors remain as quiet as possible whilst viewing the leopards and not to use any flash photography.

The cub's genders will not be known until their vaccinations are given at 12 weeks of age. Colchester Zoo will be sharing regular updates on the cub's progress in the meantime.

To read more about the birth of these critically endangered leopards please visit Colchester Zoo's website [www.colchester-zoo.com](http://www.colchester-zoo.com).



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# Mr. Tibbs

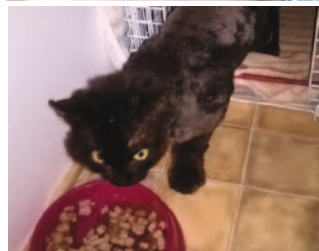
## Clarence's story

I just wanted to share Clarence with you all. He was living as a stray for at least 5 years - probably much longer, but that is how long a nice man had been feeding him and a colony of other strays and ferals. They all lived in dilapidated garages off an alleyway opposite

the man's house. He called us because one of the little cats there had kittens and he was very worried about them. A friend of WLF Rescue went out to trap them and caught 2 kittens, which immediately went into foster. The trap was reset for mummy and the other 2 kittens and, in the night, the man called to say another cat had been caught. The growling, hissing, long-haired semi-feral in the trap was so matted he was barely able to move. He had a very nasty infected and damaged eye too. We called him Clarence and got him off to the vet first thing the next morning.

Clarence was shaved which revealed several abscesses and wounds to his poor, thin body which was covered in old scars. He had a split eyelid and inner eyelid which was badly infected and broken, abscessed teeth. He was in a state. Clearly, after neutering, he couldn't be returned to the garages like that, so he went to a dear friend who had space in a holding pen whilst we tried to find somewhere permanent for him to go. Our friend worked with Clarence for 3 weeks, during which time he had several visits back to the vet and treatment for his various problems. Under her care, he went from being completely terrified and traumatised to allowing a quick stroke (whilst grumbling). She persevered and eventually, he accepted stroking (but only whilst eating) and even did the tail lift for her. He was coming round! From there he went to another of our fosterers and spent a week in her spare bedroom. He soon discovered how comfortable a big bed was. He also decided he rather liked being stroked and being fed regularly.

*Continues on page 24*



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Continued from page 22

After a week there he began investigating the landing and upstairs of the house. In the 3rd week he descended the stairs and crept about the hallway and was often seen peering through the glass door into the lounge, watching the other cats coming and going and snuggling on the sofa. In the 4th week Clarence decided he was home and adopted the lovely family who took him in on foster. They of course adore him and he will have a home with them forever. Clarence has become the sweetest, most loving little boy who 'doesn't have a mean bone in his body'. He is now loved and cared for as he should have been all along.

And that my pals, is what rescue should be all about. I will leave you to enjoy the photos.

See you next time

Tibbsy  
XXX

You can contact me via email [mrtibbs@adamspublishing.co.uk](mailto:mrtibbs@adamspublishing.co.uk)  
on Facebook [www.facebook.com/mrtibbsatAP](http://www.facebook.com/mrtibbsatAP)  
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Mr Tibbs Petfood available from [www.mrtibbs.org.uk](http://www.mrtibbs.org.uk)

PS Mummy was found to have a home locally and returned to them - they had no idea she had had kittens. The kittens are doing well.

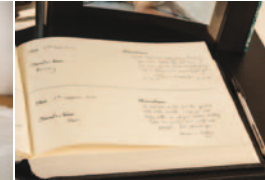
PPS We would like to thank all the lovely people who went out of their way to help find Queenie when she went missing recently. Queenie is an 8 year old indoor only cat who had never been outside in her life before. With their help she was recovered after 3 weeks of being on the loose - very thin but completely unharmed. She had been eating bird food and scraps. Had it not been for them we do not think she would have managed on her own much longer. She is now safe with us and we are most grateful to each and every one of them. Thank you all!



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# Puzzle Answers

## Crossword

	1	S		2	C		3	E		4	S		5	S		6	S
7	H	A	Z	A	R	D			8	N	O	N	D	O	M		
		T		L				I		O		A		F			
9	J	E	L	L			10	F	O	O	T	P	A	T	H		
				U				I		P		U		S			
11	P		12	H	Y	S		I	C	S		13	S	P	O	O	R
		O						E			14	S			A		
15	U	V	U	16	L	A		17	E	N	T	18	R	O	P	Y	
		E		A		19	P		A			E					
20	D	R	O	P	K	I	C	K				21	L	I	22	M	B
		F		T		P			I		A		O				
23	A	L	C	O	V	E			24	E	X	T	E	N	T		
		Y		P		S			R		E		K				

## Sudoku

4	5	2	1	9	8	3	7	6
1	7	6	2	5	3	4	9	8
9	3	8	7	6	4	5	1	2
7	8	5	3	1	2	6	4	9
6	4	3	9	8	5	7	2	1
2	1	9	6	4	7	8	5	3
3	9	1	4	7	6	2	8	5
5	2	4	8	3	1	9	6	7
8	6	7	5	2	9	1	3	4

# ST JOHN'S & HIGHWOODS COMMUNITY CENTRE WHAT'S ON 2019

MONDAY		TELEPHONE
9.15am – 3.15pm	SQUIRRELS PRE SCHOOL	853111
10.00am – 12.00pm	"JUST JULES" FITNESS	853111
1.15pm - 2.45pm	LITTLE SQUIRRELS TODDLERS Babbies & Toddlers	853111
5.30pm - 6.30pm	ADULT DANCE/CAROLYNS DANCE	853111
6.15pm - 8.30pm	COLCHESTER BRIDGE SCHOOL	Vicky 501622
7.15pm - 8.15pm	ZUMBA	Georgia 07527 868629
TUESDAY		
9.15am – 3.15pm	SQUIRRELS PRE SCHOOL	853111
11.15am - 12.15pm	LINE DANCING	Mark 01255 431114
12.30pm - 1.30pm	DIFFERENT STROKES GROUP	01376571171
2pm - 3.30pm	WELL BABY CLINIC (Virgin Care)	853111
6.45pm - 10.45pm	BRIDGE CLUB	Rick 331599
WEDNESDAY		
10.00am – 11.30am	FIRST STEPS (parent & toddler) £2.00 a session	853111 Toddlers
9.15am – 3.15pm	SQUIRRELS PRE SCHOOL	853111
12.00pm – 2.30pm	HIGHWOODS LUNCH & SOCIAL CLUB	853111
Everyone welcome ONLY £6 Lunch Club 3 out of 4 Wednesdays Cooked Meal, Sweet & Coffee or Tea Plus Games. Not on the 3rd Wednesday Monthly		
7.00pm - 10.30pm	BRIDGE CLUB (Stratford St Mary)	532839
EVERY 3RD WEDNESDAY		
2.00pm - 4.15pm	U3A (University of the third age)	870353
THURSDAY		
9.15am - 3.15pm	SQUIRRELS PRE SCHOOL	853111
9.30am - 11.00am	SLIMMING WORLD	Linda 07837186659
11.30am - 1.30pm	SLIMMING WORLD	Linda 07837186659
2.00pm - 4.00pm	BREATH EASY EXERCISE CLASS	853111
5.45pm - 7.30pm	"JUST JULES" FITNESS	853111
FRIDAY		
9.15am - 3.15pm	SQUIRRELS PRE SCHOOL	853111
10.00am - 12.00pm	COFFEE & CHAT Everyone Welcome	853111
1.00pm - 2.00pm	LINE DANCING [Run By U3A] For ALL	853111
6.15pm - 8.15pm	1st CLASS BRASS BAND 8yrs+ £3	Anne 07880591757
EVERY 3rd FRIDAY		
10.00am – 12.00pm	BREATH EASY meeting	303707
EVERY 1st FRIDAY		
7.00pm - 10.00pm	WOMENS INSTITUTE (over 18)	Jill 766886
SATURDAY		
9am - 11am	WEIGHT WATCHERS	853111
SUNDAY		
10.15am – 11.45am	ST LUKE'S CHURCH service	532252

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