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2020 Edition 1



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**LOCAL AREA** The beautiful village of Tiptree is nestled in the Essex countryside surrounded by the vibrant centres of Colchester, Braintree, Chelmsford and the historic spots of Kelvedon, Coggeshall and Maldon, making it ideal for commuters.

Local shops sit side by side with the famous Wilkin & Son's Tiptree Jam museum and tearooms, cafes and the award winning Perrywoods Garden Centre. The area is well-served by local supermarkets including a Tesco, Asda, and Iceland in the village.

A more extensive selection of retail facilities can be found in the nearby Tollgate or Freeport retail outlets. Leisure is also well catered for in Tiptree with Atlantis Gym and Spa and a golf driving range.

The coastline, eight miles away, is the perfect place to explore beautiful Essex beaches including Blackwater Estuary and Mersea Island. Another nearby day out includes

Colchester Zoo, which is listed as one of the top attractions in the UK.

**EDUCATION** There are excellent primary and secondary schools around Tiptree. The village has 'Good' Ofsted rated schools in Baynards Primary School, Milldene Primary School, St Luke's Church of England Primary School, Tiptree Heath Primary School and Thurstable School and Sixth Form.

Both Chelmsford and Colchester have outstanding grammar schools including King Edward VI Grammar School, Chelmsford County High School for Girls, Colchester Royal Grammar School and Colchester County High School for Girls.

**TRANSPORT** There are bus stops in Tiptree that run services to Colchester, Maldon, Witham and Tollesbury. Kelvedon station is 3.1 miles away and offers regular connections to central London, with a journey time of approximately 50 minutes to London Liverpool Street. And for those times when you're in search of a more exotic destination, Stansted Airport is a 40-minute drive away and offers routes to various international locations.

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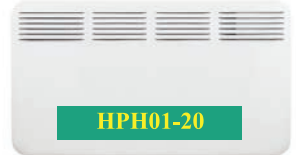
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# Exercise And Sleep - A Winning Combination

We all know that to improve our physical and mental health we should exercise regularly, eat well and get a good night's sleep. Many of us fail to conquer these three aspects for a multitude of reasons and for many of these I am empathetic. In this article I want to highlight the importance of exercise for our sleep and how important sleep is to be able to exercise. My intention is not to inspire olympic champions but for us all to consider at least increasing our activity level by any manageable margin.

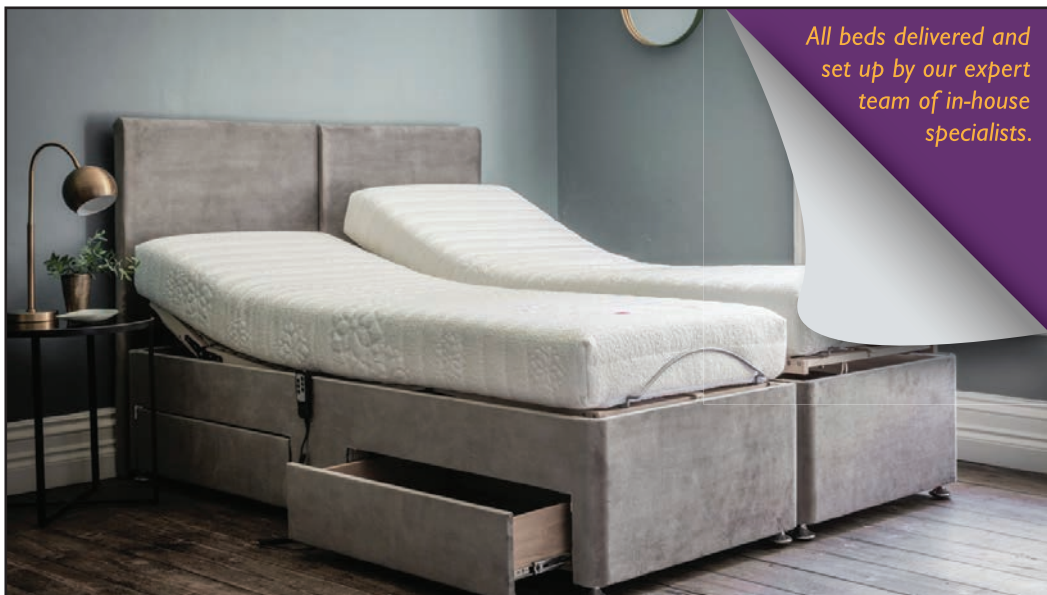
There are lots of studies on the subject of sleep and exercise and their symbiotic relationship. A review of literature published in 2000 stated sleep is able to conserve energy, restore the body and to help regulate our temperature. They also found that exercise increases total sleep time. In addition another paper from 2013 states the use of exercise in improving sleep disorders such as insomnia, obstructive sleep apnoea and restless legs syndrome. There are numerous factors which will vary the modification to your sleep through exercise such as gender, age, fitness level, sleep quality and of course the characteristics of the exercise. This paper from 2015 also highlights the importance of sleep in enabling a person's cognitive performance, their capacity for exercise and their decreased risk of exercise related injuries. In summary sleep allows us to perform sport or exercise at a higher standard and will make us more willing to undertake it. Partaking in exercise allows a person to use energy in the day and very importantly helps us to reduce our anxieties and ruminating from the day to allow us to fall into a deep sleep. Exercise has also been shown to improve our mood state and self-esteem. The secondary benefit of improving our mental health will certainly benefit our sleep quality.

When I see patients complaining of a lack of sleep, chronic pain, poor mental health or struggling to cope with symptoms arising from

long term illnesses I often discuss exercise. Often I am met with a doubtful response that this will really change their outcome. However patients often expect a simple pill to improve their conditions so why not the simple act of exercise? Just like medication exercise will take time to work but I can guarantee the side affects will only be positive this time. I believe that many people feel that we are more complicated than we actually are. It is remarkable how similarly we all function and often what works for one person will work for others. Our bodies are truly remarkable but they also need basic modifications to function fully. I aim to show empathy and kindness to all my patients but I also believe in honesty. I also believe in patient's taking responsibility for their own health.

Increasing your exercise or activity level by any amount will be beneficial. Even just gentle walking for a person with mobility issues will help. It can add routine to your day, get you outside, enable you to socialise, improve your mental health, use up energy for sleep and generally improving your overall well being. For those of us that are fortunate to have the time and fitness level taking up an exercise that can fit into your life habitually such as cycling, running or swimming is a fantastic addition. You need to enjoy the exercise to maintain it though and don't concentrate on the calories you're burning, the miles you ran or the rate of your heartbeat. Concentrate on the moment of exercise and the way it makes your body and mind feel and be mindful of this. For people who already regularly exercise it is critical to ensure you are sleeping properly to bring the best from your workout and aspire you to push further and harder each time. As mentioned above sleeping well will sharpen your mind it terms of team sports, your concentration and decreases the likelihood of an injury or accident.





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# It's all CHILDS PLAY

Spot on Spring



Who hasn't wiled away the time on a long walk by playing 'I spy' or blurred motor miles with a number plate or car spotting game? There's nothing remarkable about these age-defying games, or is there? With over 80% of environmental stimulation visual, it is hardly surprising that much of what we do is influenced by sight. And yet with such a strong visual focus I wonder how many other sensations we might be missing on a daily basis?

March is a time of changes, with new shoots springing up, Spring blossom bouncing in the breeze, the cheery sound of bird song and the abundant weather, be it wind, rain or snow! In fact it's the perfect time for going on an 'I notice' walk. Children are often so much better than us adults at spotting the detail found all around us, and so they will definitely have the upper hand in this 'I spy' game with a difference.

Take a walk in a wood, on the beach or even down your road and see what sounds, sights, smells and textures surprise and delight you. It may be the loud gurgling sound of running water; the plethora of different bird sounds being chorused; the scent of newly mown grass or salty sea air; or soft velvety feel of floating petals.

Older children can keep a sensory tally or take a bag for collecting treasures, be it a vibrantly coloured springy piece of moss or a silky feather or fragrant

leaf. If you take the time to actually listen to the sound of silence it can yield surprising results. As a backpacker in the Australian rainforest I was struck by how deafeningly loud silence can be, especially from the smallest insects!

If your children like mine are keen to turn everything into a challenge, they'll relish the chance to find the most sounds or smells or the most unusual ones. You can choose to up the ante by seeing who can come up with the rarest answer, or score senses if wished.

We all know the importance of appropriate clothing when heading outdoors, and I'm talking as much about us adults as the children, so wrap up well and head out with your ears, noses, hands, taste buds and eyes primed to discover the environment anew.

You'll be amazed at what you might discover, like the baa-ing sheep we heard in a town garden!

## Sue Gascoyne

Sue is a published author and educational consultant and therapeutic play practitioner. She is the founder and Creative Director of Play to Z Ltd, specialist providers of award winning Sensory Play resources. To find out more about Sue's latest research and resources go to;

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# Acupuncture Case Studies

After the very wet winter we have had, the first signs of spring are very encouraging. We were pruning our wisteria today to ensure it comes into flower magnificently in a few weeks' time.

The very wet conditions this season have resulted in some farmers' autumn sown crops rotting in the ground. Few of us thrive in such conditions either; arthritis can often feel worse in the damp and there is a disease that occurs mostly in Western Europe and North America that seems to have a connection to damp climate and certain foods, such as dairy produce, that have a cloying texture. Multiple Sclerosis is that disease. We are treating a couple of people in clinic who have come in with drop foot, a common manifestation related to MS. They generally respond to treatment and are able to walk more freely on leaving; fatigue and mood are often improved too.

We have had a new client recently who came to us having previously been treated with acupuncture by a local doctor who has now retired. Her main complaint concerned her rheumatoid arthritis, giving her particular problems in her wrists and fingers and mood disorders. As a dedicated naturalist, she spends much of her time outdoors tending to injured wildlife. She has been attending our clinic at Colchester Buddhist Centre regularly for the past few months; after one recent treatment she said that she felt so good that she had to take some time out just to appreciate how much better she felt as a result. We are proud to be able to help her on her mission.

Another young woman has come to us having had a complex operation to restore proper movement in her knee after an athletic accident. Rob has been treating her for post-surgery pain and range of movement. She has been really pleased with the results and feels that she has made more rapid progress in her healing due to her treatment. She has referred her parents for treatment too, who have brought some interesting conversational topics into the clinic, feeding our own interests in music & the arts! We have been treating them alongside a retired doctor who also has interests in music and sailing.

A fellow table tennis player returned to see Rupesh recently; previously we had treated him for plantar fasciitis. This is a painful condition, also known as Policeman's Heel, where walking, especially barefoot first thing, is incredibly painful. On this occasion he needed some work on his back, which responded well. He fell into conversation with a woman he met who was complaining of plantar fasciitis and told her that he too had had that but that we had helped him get rid of it. Just this week, having booked an appointment, she had her first treatment at Colchester Community Acupuncture which showed promising results.

Colchester Community Acupuncture Clinic currently operates on Monday afternoons/evenings & Thursday morning/early afternoon at Colchester Buddhist Centre near St. Botolphs roundabout. Relatively cheap nearby car parking is available 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 Harding

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# Tastes so good...

## Hot Cross Buns



*A traditional Easter, springtime treat, why not bake a batch to share with friends, neighbours and colleagues? Delicious served either warm with butter or just plain, at any time of day.*

### Ingredients for 12 servings

#### **Dough**

500g Strong Bread Flour  
7g Easy bake yeast  
275ml whole milk  
50g Butter (unsalted, cold, diced)  
1 medium beaten egg  
75g Unrefined golden caster sugar  
1 ½ tsp salt

#### **Toppings**

75g Sultanas  
2 tsp Mixed Spice  
100g Plain white flour  
50g Mixed peel

**MIX:** Boil the milk in a pan, remove from heat then add the butter. Leave to cool until warm. Mix the dry ingredients in a large bowl and then add the milk and beaten egg, stirring with a wooden spoon. **KNEAD:** On a lightly floured surface, knead the mixture for approx. 10 minutes. **RISE:** Lightly grease the large bowl, place the dough in the bowl then cover with a clean cloth and leave to rise until doubled in size – this could be up to two hours dependent on how warm the room is. **SHAPE:** Sift the mixed spice over the dough, then knead in the sultanas and mixed peel. Slice into 12 even sized pieces, roll into balls and place, well-spaced, on a lined baking tray.

**PROVE:** Cover the dough again, and leave until doubled in size again. Preheat oven to fan 180C/200C/Gas 6. **BAKE:** Score a cross on top of each bun with a sharp knife. Mix the plain flour with a tbsp. of water at a time to form a paste. Use a piping bag to pipe crosses on the buns on the cuts you made. Bake the buns for around 11-15 minutes or until golden.

**GLAZE:** Melt the jam, sieve then brush apricot glaze over buns and leave to cool on a wire rack.

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## ZOO NEWS

### STRIPY SUCCESS!

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### BABY BOOM

Also in 2019, we saw the birth of two Amur leopards, a male named Luka and a female named Lena, to first-time mum, Esra.



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

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

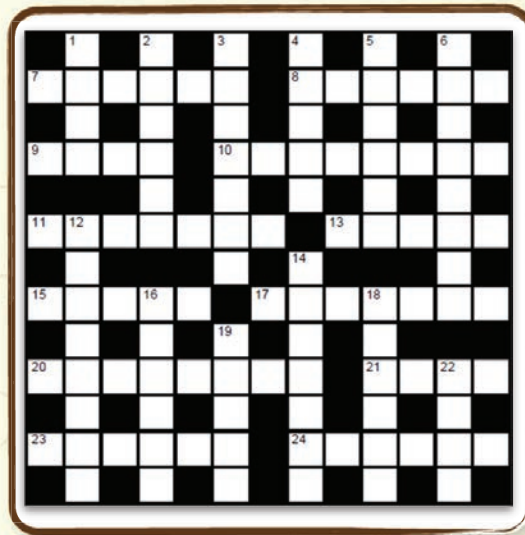
## Crossword

### Across

- 7. (6) Flower Cluster
- 8. (6) Squirm
- 9. (4) Corrode
- 10. (8) Disciplinarian
- 11. (7) Calculate
- 13. (5) Anew
- 15. (5) Steward
- 17. (7) Otic Pain
- 20. (8) Close-Fitting Hat
- 21. (2-2) Goodbye
- 23. (6) Pupil
- 24. (6) Element

### Down

- 1. (4) Peeress
- 2. (3,3) Lash Out
- 3. (7) Wood Ant
- 4. (5) Buffoon
- 5. (6) Heaping Up
- 6. (8) Sharp-Tongued
- 12. (8) Too Much



- 14. (3,4) Transport Sharers
- 16. (6) Amplitude
- 18. (6) Breathing Trouble
- 19. (5) Splendour
- 22. (4) So

# St Helena Hospice Open Gardens

Love gardening? Share the fruits of your labour with the community and support your local hospice.

St Helena Hospice has launched their Open Gardens campaign to encourage green-fingered supporters to showcase their gardens and raise money for local people facing incurable illness and bereavement. Whether you've got acres of greenery or a pocket sized paradise, St Helena Hospice wants you to invite your family, friends and neighbours over to stop and smell the roses.



Getting involved is easier than ever, just visit [sthelena.org.uk/opengardens](http://sthelena.org.uk/opengardens) and download their handy guide to get started.





# Running & Fitness Coach

## Don't let the little things ruin your run

By Verity Wright, [www.runverity.com](http://www.runverity.com)

Running seems like a very simple sport in that you can put on a pair of trainers and just run; but sometimes running isn't quite that straightforward and it can be the small things that ruin a run.

### Blisters

Blisters are very common and even tiny blisters can be extremely painful. Blisters are caused by heat buildup from the friction of running, the skin becomes hot, it can separate, and this is when fluid fills the gap between the layers of skin. Anything that intensifies this friction can cause a blister. For example, having running shoes that are too big or too small, running in wet socks, running downhill, running a faster pace than normal or increasing your mileage too quickly can all contribute to the formation of a blister. Ignoring a blister can lead to bigger problems in the long term so treat the blister straight away. Keep the area clean, dry and protected by investing in special blister plasters. Throw away any thin cotton socks and purchase dual layer blister free socks that are cushioned in all common friction points and treat a blister as if it were a damaged muscle or joint so take time off from running if necessary.

### Black Toenails

Most runners I know rarely show their naked feet due to the loss of/or blackened toenails. Losing a toenail can be quite painful and again you may have to take some time off running until any pain subsides. Most blackened toenails are caused by trainers being too small; if there is no space between the front of your trainer and your toenail, your toenail is being bashed into the front of your shoe, on average, between 80-100 times per minute; that's a lot of force going on between your toenail and the front of the shoe hence the blackened toenail. Investing in correct fitting trainers and keeping your toenails short usually eliminates this problem.

### Stitches

Side stitches are very common amongst new runners and are very painful. The best advice is to look at what you are eating and drinking on the days you are running, make sure you do not have a huge meal just



before you run, if you eat and then run you could still be digesting your food whilst running and this could cause the discomfort of a stitch as your food is not properly digested. The best thing to do is plan your day so that you fuel well at least 2 hours before you run, remember not everyone is the same so see what works best for you. You could eat a bigger lunch if running in the evening and then just have a snack an hour before you run but try a few things out. Make sure you also drink plenty throughout the day as fluid aids with digestion. Setting off too fast and not warming up can be another cause of a stitch so don't go from standing to a full on run as this can cause short, shallow breathing, make sure you do a gently warm up first.

### Cramp

Cramp is the locking of the muscle in a sustained spasm which can suddenly cause a severe pain that in most cases is so intense it forces you to stop mid run. Luckily cramp is only temporary and the causes could again be dehydration, changes in trainers, overworked muscles or an inadequate warm up.

Most minor ailments can be prevented by investing in a good pair of running trainers, a decent pair of running socks, eating and drinking well on your running days and by doing a 10-minute warm up before you head out for your run.

*Verity Wright is an England Athletics Qualified Coach in Running Fitness and runs a successful Athletics Coaching business in the South of England. She competes as an endurance athlete in events from 10k to 42k over country, roads, fells and mountains. If you want to know more, you can visit her website [www.runverity.com](http://www.runverity.com)*



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# Mr. Tibbs

Well hello everybody, here we all are in a new decade and it already looks like a challenging one. We hear a lot about climate change and extreme weather and here at the sanctuary we have been unable to use our cat proofed garden for what seems like simply ages due to it being partially underwater and very muddy indeed. We keep looking out there through the mesh in the cat run but I can tell you, most of us don't like what we see. A couple of the tougher ones amongst us make the occasional dash out

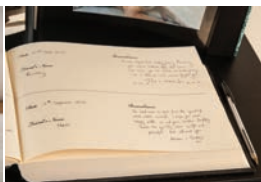
there when the gate opens but they don't stay long! We're all looking forward to the summer when we can relax in the sun again. In the meantime, it's cosy beds near the radiators for us all.

I also hear that sometime soon it may become mandatory (I had to look that one up!) for all cats to be chipped. This may help rescue efforts as it might be expected that more cats who stray or get lost will be reunited with their owners but of course the system relies on the details being kept up to date (our most recent arrival here has a chip but the information leads nowhere). It will also do nothing to address the issues of owner abandonment and the terrible problems of the housing crisis, which often lead to people having to give up their beloved animals because they simply can't find anywhere to live where their pets can go too.

We continue to see a procession of all sorts of cats coming in, some plucked from what can only be described as horrific circumstances and some where their situation just came about by bad luck. New homes can be found for many of them but others have issues which make them unsuitable for rehoming, so they end up joining our gang! Of course not all of them can stay here and we have now developed a network of fosterers to help us by taking cats on a temporary basis. Whilst we have quite a few in place, circumstances can change and there is also the phenomenon known in the rescue world as 'foster fail' where people become so attached to their foster cat or cats that they decide to adopt them, which can mean that no more fostering will be possible for them. Obviously this is a good thing on many levels but it does mean that we are always on the lookout for more new fosterers.



*Continues on page 24*



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*We can collect your loved one from your home or vets or alternatively you can bring your loved one to us.*

Sunnyfields is set in the heart of the countryside in a peaceful and tranquil setting; we have our own Chapel of Rest located in a discreet part of our grounds where you can lay your loved one if you wish, spend time with them and write in our remembrance book. You are also welcome to post or bring a photograph of your beloved pet to place in our very own memorial photo album and perhaps write a few words which we will add to your photo entry creating a beautiful memory which you can visit and reflect on as a lovely reminder.

*We are never too busy to listen...*

We spend as much time with you as you need and guide you through every stage. We always welcome and encourage people to stay in contact, to visit us and remember their friend or, if they wish, just to talk.

We aim to look after the whole process for you, so you can look forward to having your loved one back home with you, where they belong.

*If you would like us to help we are here for you...*

If there is anything else we can do to help and support you please do not hesitate to contact us, no matter how small you might feel it is, if it is important to you, then it is important to us.

We are the only crematorium that returns your pet home to your door personally or you can collect your beloved pet from us, whichever you prefer. We only provide individual cremations which are 100% guaranteed, so you can rest assured that the ashes returned to you are solely those of your beloved friend.



[www.sunnyfields.org.uk](http://www.sunnyfields.org.uk)

*Paula & John*



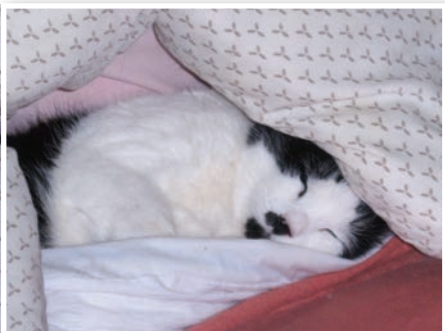
*Continued from page 22*

So, how about it cat lovers? Would you have the room in your home and your heart for another cat on a temporary basis while the team at WLF Rescue finds them a permanent home? If you think you could, my staff would love to hear from you. You can contact them on 01206 855444 or [wlfrescue@adamspublishing.co.uk](mailto:wlfrescue@adamspublishing.co.uk)

As I write this, we have had a weekend of non stop rain: something to do with someone called Dennis but I don't know who he is. It has not been much fun and even our cat run is very wet. Time to settle down, preferably in a box or cat bed which is much too small for me. I don't know why I like doing this but I'm not the only one!

See you next time.

Tibbsy



You can contact me via email [mrtibbs@adamspublishing.co.uk](mailto:mrtibbs@adamspublishing.co.uk) on Facebook  
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# DOG BEHAVIOURIST



My name is Steve Hutley and I run my own dog behavioural business 'Rehabilitation and Training', rehabilitating and training all sorts of dogs from puppies to rescue dogs, through to retired Police dogs.

## SPEAKING DOG!

I always say to my clients, my aim is to get them to speak 'Dog'! I do get a few funny looks from some people thinking that I'm going to get them to kneel down on all fours and then bark at their dog, but do not fear, that IS NOT the case!

Whilst this may sound a crazy notion, to learn to speak dog, it's in fact quite easy and obvious. A dog's language is based on body language and energy, (the vibes we give off). This is how a dog reads another dog and deciphers whether that dog is saying 'I'm friendly, come and say hello', or 'Back off!'

This is also how dogs read us. I always say, the correct way to greet a dog, particularly a nervous or excited dog is NOT to greet that dog! That means you don't look at them, you don't touch them, you don't speak to them. They are INVISIBLE!

This is particularly important for a fearful and anxious dog. The last thing they want is for you to go up to them saying, 'It's ok, I'm a nice person!', as this means nothing to them, as they don't speak English! Let them come up to you in their own time, and smell you, read your body language and energy and ONLY THEN if they feel safe enough will they come and acknowledge you, which is when you can return the favour.

With an excited dog, jumping up, barking etc., it is paramount that you do not reward this behaviour by giving them attention! Wait until they calm down, with all four feet on the floor, and only then reward them with praise, reward, attention and affection!

The best way to understand 'energy' is imagining a scale of one to ten where level eight is the dog's threshold. Anything above level eight is all white noise, or red mist, where your dog will not listen to

you nor understand anything you say. The aim is to bring your dog UNDER their threshold so they start listening and responding to you.

Dogs are simplistic animals. The only things they want in life (apart from the obvious food, water, and shelter) is Praise, Reward, Attention and Affection!

The most important thing to remember in dog training is that your dogs have to learn that the only way they are going to get any praise, reward, attention or affection (i.e. EVERYTHING they want in this world), is when they are CALM AND RELAXED!

This is what I call the 'nucleus of dog training' as without this aspect mastered, the other basics of dog training such as general obedience, cannot be learnt. The basic commands of sit, down, stand, wait, come etc. will not happen if your dog is excited!



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**Dog on dog aggression? People aggression?**

**Lead pulling? Constant barking? Fears or  
phobias? Jumping up? Separation anxiety?**

**Resource guarding?**

**If you answered YES to ANY of these, then  
don't hesitate! Give me a call on:**

**07859 879 559**

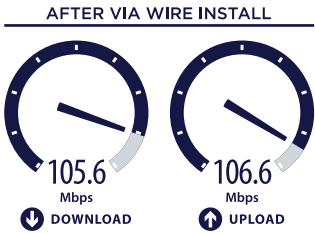
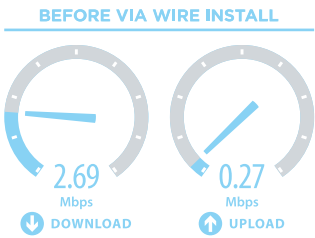
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## Puzzle Answers

D	L	T	T	P	S		
R	A	C	E	M	E	W	R
M	T	R	E	L	R		
W	E	A	R	M	A	R	T
	I	I	P	N	W		
C	O	M	P	U	T	E	A
V		E	C				S
R	E	E	V	E	E	A	R
R	O	E	R	S			
S	K	U	L	L	C	A	P
I	U	L	O	H	H		
A	L	U	M	N	A	O	S
L	E	T	L	A	S		

Crossword

Sudoku

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

# ST JOHN'S & HIGHWOODS COMMUNITY CENTRE

## WHAT'S ON 2020

### MONDAY

9.15am – 3.15pm	SQUIRRELS PRE SCHOOL	TELEPHONE 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/CAROLYN'S 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  
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7.00pm - 10.30pm	BRIDGE CLUB (Stratford St Mary)	532839
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### EVERY 3RD WEDNESDAY

2.00pm - 4.15pm	U3A (University of the third age)	870353
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### 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
4.30pm - 5.15pm	CAROLYN'S DANCE Disco for children	853111
6.15pm - 8.15pm	1st CLASS BRASS BAND 8yrs+ £3	Anne 07880591757

### EVERY 3rd FRIDAY

10.00am – 12.00pm	BREATH EASY meeting	303707
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### EVERY 1st FRIDAY

7.00pm - 10.00pm	WOMENS INSTITUTE (over 18)	Jill 766886
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### SATURDAY

9am - 11am	WEIGHT WATCHERS	853111
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### SUNDAY

10.15am – 11.45am	ST LUKE'S CHURCH service	532252
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You are able to hire THE CENTRE FOR WEDDINGS, PARTIES, MEETINGS 140 in Main Hall & 40 in the Garden Suite. Licensed for Music + Alcohol Sale FOR MORE INFORMATION, CONTACT 01206 853111 Office 9.00am to 1.00pm Monday to Friday The Meeting Room at the Bluebell Centre, Jack Andrews Drive, Highwoods CO49YN is available to Hire at very reasonable rates. This room is 54meters square and is the on first floor with lift access and attached integral kitchen.



St John's and Highwoods Community Association Ltd. Registered Charity No.1058410 FUTURE EVENTS AT THE COMMUNITY CENTRE AND COACH TRIPS You must pay a £10.00 non-refundable deposit to secure your seat. The balance of a trip is always payable 14 days prior to the event. For Thurstford the Full ticket price of £36.50 is required to secure the booking. Your name cannot go on the booking list until deposit is paid. PAYMENT BY CREDIT OR DEBIT CARD PREFERRED Or by cash or Cheque made payable to St Johns & Highwoods Community Association Please note that the coach pick up points are:- 1] The Community Centre Highwoods at stated time 2] OR the Community Centre at Greenstead 30 minutes before stated times. 3] Corner of Churnwood/Harwich Road 15 minutes before stated times. Please let us know your preferred pick up point when booking your seat. To book call Com. Centre office 01206853111 between 9am and 1pm Monday to Friday.

**Tuesday April 28th Kew Gardens, Richmond Surrey.** World famous Royal Botanic Gardens, restaurant and shop. Depart 8.30 am Return 6 pm £36 Coach and Entry.

**Thursday May 7th "Living Crafts" Hatfield House, Hatfield, Herts** 100s of assorted British crafts and designers. Talks, demonstrations food, music etc. The gardens and house are open. Small additional charge for Hatfield House, a Jacobean stately home. Depart 9am Return 6pm £32 Coach and Entry. 5 to 15 years £28.

**Saturday May 16th Book Sale and Craft Tables.** 100s of cheap books, Bric a Brac, toys games etc. Refreshments. 1pm to 4pm Table Hire £5. FREE ENTRY.

**Tuesday June 2nd Southwold and Dunwich.** Take in the bracing sea air while admiring the colorful beach huts or walk the pier before heading for Dunwich to eat at 4pm for their famous fish and chips. Depart 9am Return 7pm £34 Coach AND Food included. Please ask for menu.

**Wednesday July 29th Sandringham Flower Show** Stalls, demonstrations, displays, music, food etc. See Prince Charles and Camilla on a 'Walkabout.' Depart 8.30am Return 6.30pm Adults £35 under 16s £26 Coach and entry, gardens, museum and church.

**Thursday August 20th Beaulieu Motor Museum. New Forest Hants.** Abbey House and Gardens the home of the Montague Family since 1538. Exhibitions, restaurants and shops. Monorail and open top bus rides. Depart 8am Return 8pm Adults £44 Seniors £43, 5 to 16 years £36 coach and entry.

**Saturday September 5th DAD'S ARMY "BUS TOUR TRIP 2020" Thetford.** Following last year's successful walking tour around Thetford we now have a coach tour to locations and places used in the filming of the ever popular T.V. Show Dad's Army. We will be accompanied by a Guide who will pass on any relevant information about the show and local knowledge. Our tour is in two halves with a lunch break in the middle. Depart 8.30am Return 6pm Cost £48 coach tour and guide. Includes tea or coffee and cake and private viewing of museum. A deposit of £27.50 is required as we have paid for the tickets.

**Tuesday October 13th Wimbledon Lawn Tennis Club Tour.** A "Behind the Scenes" guided tour of this famous tennis club. Shop, restaurant and museum. Depart 8.30am Return 6pm Adults £44 Seniors £42 coach and entry included.

**Thursday December 3rd Christmas at Hever Castle Kent.** Home of Anne Boleyn, wife of Henry V111 and mother of Elizabeth First. Walk through beautifully decorated rooms with warming log fires. Also award winning gardens. A Peter Pan theme. Shops and Restaurants. Depart 9am Return 7pm £40 Coach and Entry.

**Thursday December 17th Thurstford Christmas Spectacular.** Book now for this "Best in Europe" Christmas Show, dancers singers musicians, comedians etc. Lunch stop at Swaffham [Not included]. Depart 8.30am Return 7.30pm £62 Coach and Entry. Payment of £38.50 Ticket price is required on booking as we have purchased tickets in advance.

THE COMMUNITY CENTRE IS ALSO AVAILABLE TO HIRE FOR WEDDINGS, PARTIES, MEETINGS ETC. 140 in Main Hall and 40 in the Garden Suite. We are licensed for Music and Alcohol. FOR MORE INFORMATION, CONTACT 01206 853111 Office 9am to 1pm Monday to Friday THE BLUEBELL CENTRE MEETING ROOM IS ALSO AVAILABLE TO HIRE (NOT FOR PARTIES) Jack Andrews Drive Highwoods Colchester CO4 9YN 54.9 metres square on first floor with Lift Access and Integral Kitchen. Very reasonable rates. Phone St Johns and Highwoods Community Centre to book on 01206 853111 or call in at office between 9am and 1pm. BOOKS & BRIC A BRAC ON SALE IN THE COMMUNITY CENTRE FOYER. Donations of goods other than clothing or electrical, always accepted.

## Pedal for The J's 2020 - Sunday 3rd May



The popular annual cycle ride, Pedal for The J's, is returning to Chelmsford on Sunday 3rd May. Cyclists have a choice of three rides - 15, 35 and 50 miles - through the beautiful local countryside, all starting and finishing in Admirals Park.

The ride raises money for The J's - part of the Havens Hospices charity - which supports young adults with complex or incurable conditions and their families across Essex.

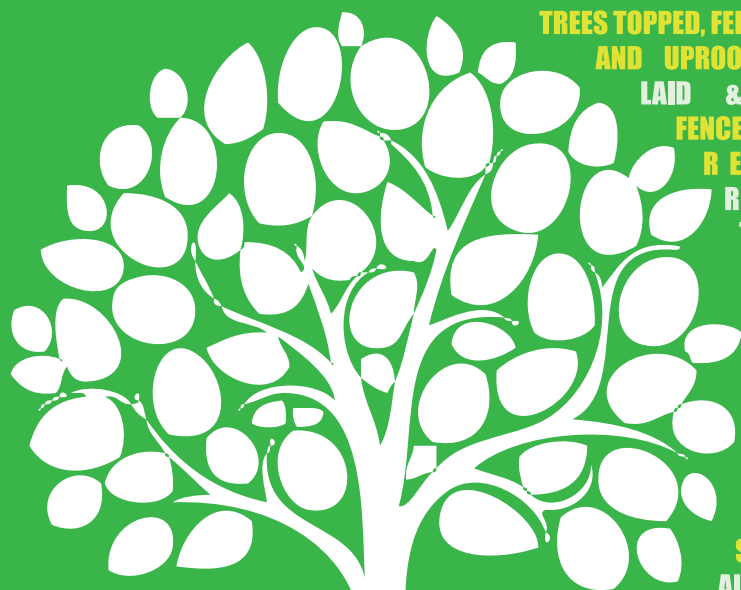
Pedal for The J's appeals to people looking for a relaxing, scenic ride as well as experienced teams from cycling clubs. Last year, around 900 keen cyclists signed up and raised just over £31,500 which helped to pay for a range of services including tailored

nursing and emotional care, advice and social activities.

Organisers at Havens Hospices are hoping to see 1,000 bicycles at the start line on 3rd May and they are very grateful to Beaulieu in Chelmsford for sponsoring this event for the sixth time. Sign up now at :

[www.havenshospices.org.uk/pedal](http://www.havenshospices.org.uk/pedal)





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