



HOLLAND ON SEA  
RESIDENTS ASSOCIATION  
*established 1926*

# Community Magazine

WINTER 2022



# Holland Residents Association Community Magazine

is delivered **FREE** in print form to every home in Holland-on-Sea.

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We thank all our loyal advertisers who support the production of this magazine. Committed to providing the best information in your local area, our own dedicated members are fully involved in every step of this process.

*Articles for the Spring edition of the HRA Magazine are to be submitted to Maureen Cochlin ([littlemaur199@gmail.com](mailto:littlemaur199@gmail.com)). Final date for submission is the 1st of February 2023.*

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The HRA Magazine is printed by Dolphin Artwork, Walton-on-the-Naze.

*The Holland Residents' Association is by its constitution a non (party) political organisation. That said we are always happy to engage constructively with duly elected representatives – MP/Councillors (irrespective of any political groups to which they may belong) to keep them informed on matters of local interest, to seek their assistance in representing the interests of residents at their respective levels, and to hold them to account for their actions, or inactions.*

*To this end we offer them space in this magazine to give a (short) report on their activities over the past three months. Their names and contact details appear on the inside back cover of this edition.*

*Please note that the elected councillors for St Batholomew's Ward that covers most of Holland on Sea - Councillors King and Winfield represent a political party – "Holland on Sea and Eastcliff Matters". This group has no connection with the Holland Residents Association. In particular, the HRA does not sponsor that group and nor does that group represent the HRA.*

*Our front cover picture was provided by Paul Ost. Thank you Paul.*

# Welcome to your Community Magazine

Welcome to the Winter edition of the Holland-on-Sea Residents' Association Community Magazine.

Anticipating winter's dark and cold nights may not be a cheering thought, but at least this year we might be able to mingle once again with our families and friends over the festive season.

It is difficult to avert ourselves from media forecasts about increases in food and fuel, etc. but that said, many of us have experienced various types of rationing in our lifetime, so no doubt we will do our utmost to face the challenges that await us.

Within the following pages you will, I hope, find subjects and issues pertinent to you as a local resident. Over the next few months several events are being considered, such as the Festive Lights competition. In addition, a new Poetry competition has been organised which I hope many of you will enter. The HRA is also planning well ahead for 2023.

HRA is championing Essex Wildlife Trust and will be looking for opportunities and ways of increasing our habitat for the wild creatures living within our gardens and surrounds (I am talking about animals of course!).

Recently, there have been sad losses within our realm and accordingly we would normally fly the HRA flag appropriately. However, difficulties in

flying the flag outside the community centre have arisen due to the close proximity of a tree. An alternative to removing the tree is to move the flagpole to another nearby site. Tending District Council will be approached, as they own the land, and planning permission will be applied for.

We must remember at this time of year, when many households will be preparing for Christmas festivities, there may be lots of goodies in your home, of which an opportunist burglar/thief would love to relieve you of, so make sure you lock up securely when out and leave a light on in the evening.

You will find many useful telephone numbers within the pages of this magazine should you so need them. However, if you ever find yourself being the victim of a scam, please telephone Action Fraud on 0300 1232040.

Keep safe and well over the Winter period.

**Carol Cooper**  
Chairperson of HRA



HOLLAND ON SEA  
RESIDENTS ASSOCIATION

*Keep up-to-date with your community  
Visit [www.hollandresidents.co.uk](http://www.hollandresidents.co.uk)*

*This magazine can also be viewed online*



# Tendring Neighbourhood Watch

Affiliated to Essex County Neighbourhood Watch Association  
Charity Number 1168988

Many people have heard the name Neighbourhood Watch and dismiss it as a lot of curtain twitchers. Well, this is far from the truth, although in some cases curtain twitching has resulted in criminals being apprehended. Neighbourhood Watch is the largest voluntary organisation in the UK and are independent of the police but are in a partnership with them and other organisations. Police value the contribution made by Neighbourhood Watch members in keeping their area safe and reporting suspicious activity.

*The Aims and Objectives of Neighbourhood Watch are:*

To increase public participation in the prevention and detection of crime; to help reduce the fear of crime; to promote good citizenship and greater public awareness through Neighbourhood Watch Groups; to help increase community and public safety; to improve police/community liaison; to work in partnership with recognised authorities and other relevant organisations.

You can join Neighbourhood Watch as a member of a local group or as a member without a coordinator. Or better still you may wish to start your own group where you live as a coordinator, we will never ask for a joining fee and all books, leaflets stickers etc are free. We communicate with coordinators and members via, email, phone and our own Facebook page.

Interested ? Well don't wait till you are burgled and think I wish I had joined that Watch thing, give this a thought and further information as to setting up a group or becoming a member can be had from the Chairman, David Sexton at [tendringnhw@outlook.com](mailto:tendringnhw@outlook.com) or 07900430088.

## Quarterly Meeting

The next quarterly meeting of the HRA will be at 2pm on Monday 23rd January 2023. The venue on this occasion will be Holland Baptist Church.

Our guest speaker will be from Clacton Citizen's Advice Bureau.

As usual, we shall be inviting local councillors.

This meeting is open to both members and non-members of the HRA.

**Stephen Collitt, Secretary**

E-mail: [secretary.of.hra@gmail.com](mailto:secretary.of.hra@gmail.com)

Holland Residents' Association

# POETRY Competition

**FREE ENTRY**

**WINNER WILL RECEIVE PRIZE OF £25 AND  
PUBLICATION OF POEM IN SPRING MAGAZINE**

With winter arriving and our spending more time indoors keeping warm, it is a good idea to start exercising the “old brain”. Instead of watching TV for hours, perhaps would-be-poets amongst you could discover unknown talents.

**Rules:**

1. All entries are judged anonymously and the poet’s name must not appear on the poem itself.
2. All poems must have a title and **must not exceed 20 lines in length** (excluding the title). Entries must be on the theme “Living by the Sea”.
3. Poems must be in English and comprise the entrant’s original work.
4. Entries must not have been published, self-published, published on a website, made public on social media, broadcast or featured among the winners in another competition before 15th January 2023.
5. Entries must be emailed to [carol.cooper17@talktalk.net](mailto:carol.cooper17@talktalk.net) or by post to 28 Cliff Road, Holland-on-Sea, CO15 5QQ by 15th January 2023. Name and details on a separate sheet please.
6. The poem will be judged in February 2023 by an independent adjudicator and the winner announced and poem published in the HRA Spring edition magazine.

# Purple Pals



So another year has flown by and we find ourselves getting ready for the festive season and wondering what next year will bring.

As for our fur babies it is another day – not really different from the day before but one where they wake up happy and want to be loved and share that love with their lucky owners – something we should abide by ourselves but life too often gets in the way!

Purple Pals I am pleased to say is a group of like minded people who love their animals and even if you don't have a dog (like myself sadly) everyone is welcome to join us for our walks – the more the merrier and I am pretty sure none of our dogs would ever turn down another human cuddle or ear scratch! We meet every

other Sunday depending on the time of year it is either 11 am (Winter months) and 9am (Summer months as too hot if you're wearing a fur coat) at the York Road Car park on the front and go for a leisurely chilled walk and a natter. Details are on the Facebook page especially when we have bad weather – worth keeping an eye on there!

Wishing all friends both with 2 legs and 4 legs a very happy Christmas and let's look forward the New Year – whatever it may bring – one thing that is guaranteed if you are lucky enough to have a fur baby you will always get unconditional love and that's not to be sniffed at!!

Stay safe and enjoy your fur babies!!

**Naomi Lawrence**

## DONATE YOUR OLD COATS

Community Voluntary Services Tendring (CVST) is operating a scheme whereby anyone who has an unwanted coat can donate it to CVST. Coats will be passed on to those who are least able to afford to buy their own. You can take coats to CVST in Rosemary Road. However, in our area, two of our members have kindly offered to accept these donations on behalf of CVST.

Please take any unwanted coats to:

Mo Cochlin at 63 Salisbury Road or to Carrie Doyle at 18 Fleetwood Avenue.

Please put in a bag and place over the back gate or placed beside the front door.

## Holland on Sea Branch of the Royal British Legion



The Holland on Sea Branch held their Annual General Meeting on Saturday 22nd October. At this meeting the Branch was unable to form a full Committee and due to this, an application to become a County Supported Branch is to be submitted to the County Committee, who will make the final decision at their next meeting, in November.

This means that the Branch will have different governance in place, including finance, however the Branch members will still be as active as possible in the Community over the coming year, and you will have seen some of them out and about during the Poppy Appeal in November.

**Geoff Manning**, former Chairman.

# Helping Hedgehogs



British Hedgehog  
Preservation Society

Hedgehogs were voted Britain's Favourite Wild Mammal, but despite that they are in trouble and numbers have been declining. The decline is so bad that they've recently been classified as "Vulnerable to Extinction". Most of us are thrilled to spot one in the garden, but it's becoming an increasingly rare sight.



Thankfully it's not all doom and gloom and there are lots of ways to help. Here's a few ideas:

- Create 13cm square gaps in your fence as a 'hedgehog highway' and ask your neighbours to do the same.
- Offer meaty cat, dog or hedgehog food, or some cat biscuits alongside a bowl of water at night.
- Make your garden wildlife friendly – don't use slug pellets or pesticides and leave one corner "a bit wild".
- Create a log pile in your garden, to provide natural shelter and food – don't disturb it.
- Put out a hedgehog house.
- Check for hedgehogs before strimming or mowing & check compost heaps before sticking a fork in!

- If you've got a pond, make sure hedgehogs can get out if they fall in. Create sloping edges, or provide ramps or steps up.
- Why not become a Hedgehog Champion? Hedgehog Street is run by the British Hedgehog Preservation Society in partnership with the People's Trust for Endangered Species. Just go to <https://www.hedgehogstreet.org/> and sign up – it's free and you'll get access to lots of hedgehog information.
- If you see any hedgehogs out during the day looking lethargic, wobbly, injured or covered in flies, they need urgent help. Get them indoors into a big deep box. Keep them somewhere calm and quiet until you can get help. Put an old towel in the box and ideally a warm wrapped hot water bottle (ensure it's warm all the time) – with enough space so that they have room to get off the hot water bottle if they get too hot. Offer meaty cat, dog or hedgehog food and water (don't force feed). Call the B.H.P.S. on 01584 890801 for contact details for your nearest hedgehog rescue.



PHOTOS: BHPS



Articles for the Spring edition of the HRA Magazine are to be submitted to *Maureen Cochlin* ([littlemaur199@gmail.com](mailto:littlemaur199@gmail.com)).

Final date for submission is **Wednesday 1st February 2023**.

# Holland on Sea

## *But not as we know it*

Holland on Sea has just celebrated its 122nd year since the Little Holland Estate was auctioned in 60 lots, and acquired by David Cripps Preston; it was his vision that resulted in the village that we all live in today. But let us look back many years before 1900 and see what preceded the birth of Holland as we know it.

William the Conqueror, back in 1085, commissioned the Domesday Survey in order to assess the wealth and assets of his subjects and so raise taxes to pay for his army, and in this not insignificant book is recorded the settlement of Hoilanda, and comprising of some 18 families, with a manor (roughly where Little Holland Hall now stands). Its recorded history is that of a little farming community situated at an isolated coastal village on a promontory and linked only with Great Clacton; its inhabitants benefitting from the use of the Gunfleet Haven, a small natural harbour, which subsequently silted-up and was, in the 17th century, spanned by a sea wall. By 1428 the number of families had fallen to 10, and in 1662

only 9 families were recorded; the population rising very little and added-up to only 81 in 1901.

A small church had been built in around 1100 to serve the community but with the decline of those residing in the area the ancient parish was annexed to Great Clacton in 1650. Little Holland Church, once administered by the monks of St. Osyth, was abandoned and fell into disrepair. In fact in Cromwell's day it was declared "there is not eight ffamelyes in the said parish and that are scituate neare Claxton Magna. We therefore conceive it convenient to have the parish of Holland Parva annexed thereto." A stone on the boundary of Little Holland Hall, opposite the roundabout of Kings Parade and the Frinton Road, marks the remains of the ancient burial spot and where the church once stood.

The land of Little Holland was, in those days, owned by lords of the manor, and this remained so until the middle of the 19th century, but they were not resident. Little Holland Hall was the manor farm, and was served by a road from Colchester that followed the River Colne to St. Osyth before heading directly to Great Clacton and on to the Hall, terminating at the Gunfleet Estuary. Later, when it was possible to bridge Holland Brook, the road continued on, turning inland to form the present road to Frinton and Walton.

Other farms that were in the parish were Bennetts, Kents, and Turpins; the latter being more in Great Clacton.

Bennetts Farm once stood in York Road, on the site of the Gapway Drift that lead down to a gap in the cliffs; the remnants of this gap disappearing after the last



*Local archaeologists, in the late 1980s, expose some of the foundations of the original church on the site of Little Holland Hall; parts of which date back to the 11th – 12th century.*





*Some halfway down York Road, looking towards the Frinton Road, with Bennetts Farm on the left.*



*The farmhouse to Turpins Farm that was situated where Turpins Court now stands on the Holland Road.*



*Kents Farmhouse, following the closure of the farm, and here in 1952 operating as The Oakwood Hall 15th Century Guest House and Licensed Club.*

war. As the 20th century marched on so farmland was turned over to residential development and the farmhouse, along with its associated farm buildings, was demolished in 1933.

Kents Farm is the only one to still have a presence in Holland on Sea as the farmhouse survives as The Oakwood Inn public house. In 1811 it was known as Ransoms when the estate was described by an auctioneer, with some exaggeration, as "surrounded by good roads, is pleasantly situated with  $\frac{1}{4}$  of a mile of the shore in Little Holland, and very conveniently for shipping corn, and carting manure; it is bounded on the sea side by a very lofty and beautiful cliff; commands an extensive view of the

main ocean, and affords every facility for sea bathing." Later it was occupied by Charles Cant, of the Colchester family, and became known as Cant's, or Kent's Farm as it was more popularly known. In the early 1900's, during a hunt, a fox climbed the roof and took refuge in the central chimney!

Turpins Farm was at the west end of Holland and the farmhouse stood, until 1960, in Holland Road. The Turpins were a local farming family with no connections to the notorious highwayman, despite what some folk might wish to believe!

During the Napoleonic Wars there was a sudden deluge of people to the area when, in 1798 an encampment of some two thousand infantry was established on the cliffs at Little Holland, and a Martello Tower with a moat was built just beyond Holland Gap, up at the Haven. But the site was ill-chosen for manoeuvre, and when the war was renewed in 1803, extensive barracks were erected inland at Weeley, and the place relapsed into insignificance until the very beginning of the 20th century when David Cripps Preston laid out "Little Holland on Sea, the prettiest estate on the seafront near Clacton".

**Richard O. Walker**

# St. Bartholomew's Church Scarecrow Trail 2022

This year's Scarecrow trail was once again a very successful community event. During the week before the August bank holiday, families strolled around Holland trying to guess the identities of 'scarecrows' which were made by 12 businesses and 22 householders. This year's theme was Heroes and Villains and they were as diverse as Superman to Captain Tom Parker. The standard was very high and we must thank all those who spent many hours designing, making and presenting them in their gardens or in shop fronts etc.

Winners for the best scarecrows were:

**Shops/Businesses:** 1st 'Beast' (Mansion House), 2nd 'Batman' (FJG Solicitors), 3rd 'Maleficent' (R. Gwinnell & Sons), 4th 'Chef Skinner' (Grandma Lilly's).

**Houses:** 1st 'Batman and Robin' (5 Windermere Rd), 2nd 'Capt Jack Sparrow' (261 Holland Rd), 3rd 'Jafar' (62 Fleetwood Ave), 4th 'The Gruffalo' (17 Haven Avenue).

**People's favourite:** 'The Gruffalo' 17 Haven Avenue.

**Trail winners:** 1st Emmy & Thea Copping-Clark, 2nd The Siddle Family, 3rd Karen Gittings.

Thanks to Grandma Lilly's Tea Rooms, Chas Bower Family Butchers, Holland-on-Sea CO-OP and D.B. Darts for donating the prizes and trophies.

Thanks also to Rev Susan Wiggins (St. Bart's Church) and Cllr. Mark Stephenson (St. John's Ward) for judging.

If you are interested in making a scarecrow for next year's event, please contact Julie (below) to register.

**Julie Collitt, Organiser, St. Bart's Church.**  
email: [julie.collitt@btinternet.com](mailto:julie.collitt@btinternet.com)



*Shops/Businesses: 'Beast', Mansion House.*



*Houses: 'Batman and Robin', 5 Windermere Road.*



*People's favourite: 'The Gruffalo', 17 Haven Avenue.*

# Community Pages

## Useful Numbers

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### **Emergency – Police, Fire, Ambulance 999**

**Police (non-emergency) 101 – Health (non-emergency) 111**

Kennedy Way Medical Centre	01255 449270
Clacton Urgent Treatment (ex Minor Injuries)	call 111
Clacton Hospital (outpatients X-rays etc.)	01255 201717
Colchester Hospital	01206 747474
Citizens Advice Bureau	01255 377080
Bus Passes	0345 200 0388
Benefits, Housing, Council Tax	01255 686868
T.D.C. Emergency contact after office hours	01255 222022

Dangerous pavements, potholes, faulty lights	0345 6037631
Fly Tipping	01255 686359
Unlawful parking	01206 282316
Illegal seafront parking and seafront issues	01255 686969

*A full range of District Council Services is available online  
via [www.tendringdc.gov.uk](http://www.tendringdc.gov.uk)*

## Sports & Leisure

# Get Cycling!

Free and Easy

A leisurely hour long cycle ride along the traffic free National Cycle Route 150 taking place on the second and fourth Sunday of every month, weather permitting. We never cycle on the road.

The 'meet' is outside the Kingscliff Hotel at 10:30 am



Trending Winner  
of Active Essex  
Award

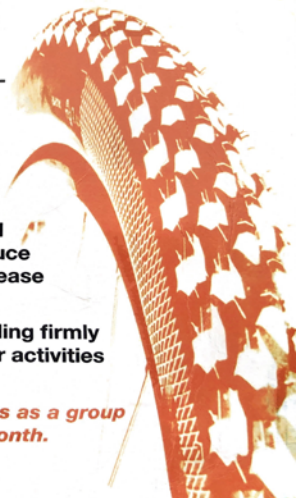


Spending time on two wheels can have a big impact on your health too. It blitzes calories – between 440 and a huge 1,080 an hour depending on your weight, and helps build muscles in your legs, bum and hips.

The benefits aren't just physical though, cycling can improve your mental health by triggering the release of endorphins – our feel good chemicals – in the brain, which can reduce stress levels, help you sleep better and even ease feelings of loneliness.

It's no wonder that a new poll has placed cycling firmly at the top of the list when it comes to outdoor activities in the UK.

*Now get your bike out and use it by joining us as a group on the second and fourth Sunday of every month.*



# Clubs

## Holland-on-Sea 129 Ladies Club

Holland 129 Club is a friendly Ladies Club which has been meeting in Holland-on-Sea for 57 years – when it began as a Young Wives Club at 129 Fleetwood Avenue.

The Club meets in Holland Public Hall, Frinton Road on the 2nd Thursday of each month. Doors usually open for members at 7 pm for a 7.30 pm start. We welcome new members to join.

In October, we had our Annual Harvest Supper followed by an interesting, funny and thought-provoking talk about the work of the Fishermans Mission as well as sea shanties. It made us think about the dangers our fishermen face out at sea along our coasts catching our fish to go with our chips. Donations went to the work of the Mission helping families left behind when sadly their loved ones are lost at sea.

Our Winter programme 2022/23 is as follows:

Thursday, 8 December Christmas Dinner at Wick Lodge with entertainment by Eddie Nash.

Thursday, 12 January 'Knickers!!!' Lisa James will tell us about the History of Underwear bringing items for sale.

Thursday, 9 February 'Dreams do come True'. The History of Pirate Radio off the Essex Coast presented by Steve Scrutton and Ian Wright.

Thursday, 9 March A.G.M. starts at 7 pm, followed by David Webb from *Hi De Hi* talking about 'Life as a Yellow Coat'.

For further details, please contact Carole Parmenter on 01255-813315.

## Public Hall

Holland Community Association (HCA) is a registered charity that runs the Holland Public Hall, we urgently need some help on our Committee as follows:

Treasurer: Simple income and expenditure account, we do not trade and have no assets to manage.

Event Organiser: To organise our regular events and hopefully bring some new ideas for fund raising.

Booking person: To maintain the diary for the bookings in the hall.

Contact: Barbara Ewens Tel: 01255 220309 email: [barbewens@hotmail.co.uk](mailto:barbewens@hotmail.co.uk)

The Holland Public Hall has many and varied groups meeting regularly including: Art Workshop, Yoga, Ballroom, Latin, Sequence and Line Dancing, a Chess Club, Men's Club, several Ladies Groups, Floral Group, Fitsteps and Active for Essex exercise class. U3A and subsidiary groups. If you are new to the area or would like to meet new people, take up a new hobby this is the place for you.

Events: December 4 - Christmas panto with a difference.

December 10 - Lillian Lace - a Vintage Christmas show, including traditional Christmas carols and songs, come along and sing along. Start your Christmas Celebrations with friends.

All information available at the Hall.

# From Holland on Sea Baptist Church



## Activities at Holland on Sea Baptist Church

Sunday – **Family Worship** service 10:30 approx. 1 hour everyone welcome.

Monday – **Fellowship Hub**, a time to chat, share life situations. 1st Monday of every month at 10.00.

Tuesday – **Prayer meeting** 10:00.

Tuesday – **Friendship club** 1st Tuesday of every month 14:00 (2 hours).  
Fun, Quizzes, Games, Speakers, Friendship and refreshments.

Wednesday – **Care group**, discussion and friendship. 10:00 (90mins).

Thursday – **Lunch Club** (12:30) all welcome. Booking necessary 4 course lunch.

Thursday – **Care group**, discussion and friendship. 19:30 (90mins).

Friday – **Care group**, discussion and friendship. 10:00 (90mins).

With various other activities throughout the month, martial arts, fitness dancing, choir, Knit 'n' Natter, ukulele etc.

## Christmas Events:-

Sunday 18th Dec 18:00 – **Christmas Carols by Candle light**.

Sunday 25th – **Christmas Service** 10:30.

From Monday 16th of Dec till 24th Christmas POSADA a joint venture with Holland Baptist, Holland Methodist and St Barts. For more information please contact us.

Feel free to contact us on **01255 814617** or [revcollict@aol.com](mailto:revcollict@aol.com). Hall hire, Weddings and Funerals.

# From St. Barts

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## What's on in December

A Warm welcome awaits you for our services at this special time.

Sunday 18th December at 4pm 9 Lessons and carols with mulled wine and mince pies

Wednesday 21st December 10am Eucharist

Saturday 24th December at 4 pm Christingle

Saturday 24th December at 11.15pm Midnight Mass

Sunday 25th December 10am Christmas Day service

Epiphany celebration on Sunday 8th January 2023

Email us on: [stbartsholland@gmail.com](mailto:stbartsholland@gmail.com)



# From Holland on Sea Methodist Church

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## Christmas Services

Sunday 18 December 10.30am. Traditional Carol Service including items from Tendring U3A Handbell Ringers.

A warm welcome for everyone.

Service followed by coffee and mince pies.

Saturday 24 December 4.00pm. Candlelit Carols with Reverend Steve Sutton.

# Surgery News



As patients we all know how much pressure there is today within the NHS, and this includes our own primary health care service provided by Clacton Community Practices. Demands for these vital services have continued to increase over the past few years and this of course has been exacerbated by Covid. Whilst Covid may no longer apply the same pressures today the overall demand for healthcare is as great as ever. With this in mind we would like to ask the question 'what can we as patients do to help our GP Surgery provide the healthcare we need?'. The following are some of the ways that could help:

**Online Services** – If you are registered with a GP surgery, you can access some health services online. You may be able to:

- Contact your GP for advice and support
- Order repeat prescriptions
- See parts of your health record, including information about medicines, vaccinations and test results
- See communications between your GP surgery and other services, such as hospitals
- Book, check or cancel appointments with a GP, nurse or other healthcare professionals

Most patients will automatically be given access to more information added to their GP record from November 2022 onwards. This includes letters, test results and appointment notes.

Please contact your surgery if you need help with accessing online services.

**Accessing other healthcare professionals other than GPs** – Kennedy Way Medical Practice has Nurse Practitioners who are trained and skilled in diagnosis and management of complex medical conditions. They can work with or without doctor supervision or in collaboration depending on their knowledge in a specific medical field. Patients also have access to Clinical Pharmacists, MSK (physio) professionals including First Physio Triage, and Therapy for You (improving access to mental health therapies). When contacting the surgery patients may be directed to other professionals or services. If you have any concerns regarding your care please contact our new Practice Co-ordinator, Alana.

**Winter Wellbeing** – Check out the new wellbeing pages with useful information and advice to support mental and physical health at <https://sneewellbeing.org.uk/winter/>

**Prevent** – Get your flu and covid vaccines if you are eligible. Contact the surgery to book your flu vaccine. Visit [sneevaccine.org.uk](https://sneevaccine.org.uk) or phone 119 to book your covid vaccine.

**Prepare** – Have a stock of medicines at home such as paracetamol and cough medicine to treat common winter health problems.



**Ask** – If you're not sure what to do, visit [111.nhs.uk](http://111.nhs.uk), call 111, or ask your local pharmacy or GP surgery.

**Act** – Ring 999 or go to the Emergency Department (A&E) for life-threatening serious illness or injuries such as severe breathing difficulties, severe bleeding or loss of consciousness.

**Keeping Warm** – CVST can help with support and advice on keeping warm this winter. Please call 01255 425692 option 3 or email [resilience@cvstendring.org.uk](mailto:resilience@cvstendring.org.uk).

**Self Care** – You can treat many ailments and illness at home such as coughs and colds, sore throats, hangovers and minor cuts and grazes.

**Support with your mental health and emotional wellbeing** – Looking after our mental health is just as important as looking after our physical health. Contact Therapy for You on 01206 334001 or ask the surgery to refer you. If you feel you are in crisis, experiencing feelings of despair or are suicidal, you can contact the Samaritans by calling 116 123 or the NHS by calling 111 (select option 2).

**Long-term conditions** – When you have a long-term condition, it's important to take care of yourself and follow the advice of your GP practice and consultants so you can prevent your condition from worsening or getting complications.

**Stay Well this Winter** – Taking care with long-term conditions leaflets are available at [sneewellbeing.org.uk](http://sneewellbeing.org.uk) website.

**NHS Online** – The NHS website [www.nhs.uk](http://www.nhs.uk) provides lots of information to help you manage your health and wellbeing.

Kennedy Way Medical Centre has iPads that can be used in the surgery by patients to access healthcare services and our staff will be happy to help use and access any of the online services.

**Carers** – If you are caring for a family member or friend please let the surgery know. It is important that carers keep well and are supported. You may be entitled to a carer's assessment from Adult Social Care and we can put you in touch with our Social Prescriber or GP Care Advisor for additional support.

**Educational Afternoon Closures** – A reminder of our half day closures are below:

Tuesday 31st January 2023

Thursday 23rd February 2023

Wednesday 29th March 2023

Finally, Kennedy Way Medical Centre would like to wish you a very happy Christmas and a healthy New Year.

**Lisa Maddox,**

Practice Manager, Kennedy Way Medical Centre

# Kennedy Way Community Garden

TWO new containers, new paving and a new grassed area have been installed at a community garden in Clacton.

Phase Two of work at Kennedy Way Community Garden has seen the addition of a recycling hub and a community hub in two new containers.

They join a men's shed, outside exercise equipment and greenhouse already on the site, run by Community Voluntary Services Tendring (CVST).

Nicola Vella, volunteer co-ordinator at CVST, said: "Phase Two is going well and we're really excited about the addition of the new hubs.

"We're now looking for ideas of what activities to run in the community hub when it's complete, as well as volunteers to help us continue the amazing work at the community garden."

Donations of rocks are also needed to create a new rockery.

Lisa Andrews, CVST deputy chief officer,



said: "The community garden is a beautiful space for everyone to come and visit and use.

"The new additions are brilliant and CVST is looking forward to offering activities at the site that support the community and the wellbeing of residents.

"This winter, we are also calling for donations of coats, in good condition, as part of our resilience project to help keep residents warm and well.

"We have given our lunch club a refresh and welcome everyone to attend for a homemade meal at a reasonable price.

"And a new project we have started is an IT beginner's course on Fridays at Imperial House, Clacton."

For more information about CVST and its ongoing projects and activities visit [www.cvstendring.org.uk](http://www.cvstendring.org.uk)

Anyone with donations, ideas or interested in volunteering should contact Nicola Vella on 07500 463 152.



# Tendring Specialist Stroke Services

As we head to winter at Tendring Specialist Stroke Services, we are planning to start our Friendship Meals. Look out for our launch date – coming soon!

Our therapy centre at Holland on Sea provides a range of activities and support to those experiencing a stroke and their families.

Stroke therapy is vital in the recovery following a stroke. The stroke experience can be very isolating and also very scary. Knowing TSSS have experts and those who care and understand the stroke experience, helping people on the journey to acceptance and a good quality of life makes all the difference.

At TSSS we provide a range of activities and support from art therapy, neurophysio, communication, language and cognitive support. We also know how difficult it is to come to terms with what has happened to the individual and the carer, we provide emotional counselling support to the stroke survivor and the carer.

Our charity bookstall continues to raise funds for our work, if you have good quality books please contact us and we thank you for your donations.

We are running a series of fundraising events:

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## Holland Art Society



**WORKSHOPS** are being held on Jan 13th, Feb 13th, March 27th, the group will be looking at figure and portrait drawing.

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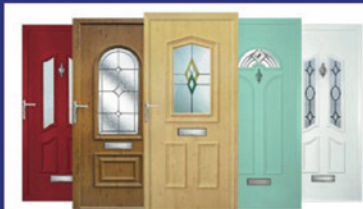


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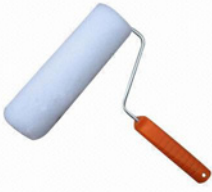
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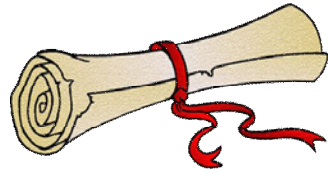
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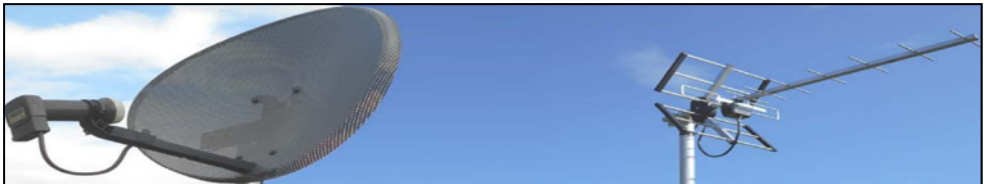
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# Parliament Update

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Dear Holland-on-Sea residents.

Rather ironically, I had started this article by stating that this piece would be out of date by publication. How true this was. I hadn't even finished writing it before the world changed again!

Our country is currently struggling through some of the most turbulent times of my life. Devastatingly, we lost Her Majesty, Queen Elizabeth II. Every single person in this country will have a similar yet distinct experience of The Queen. Most of mine were from my life before becoming an MP, when I was an actor. I had the great privilege of meeting Her Majesty – and other members of the Royal Family – on several occasions throughout my acting career. However, when I became an MP, they suddenly made themselves scarce!

She was my Queen, your Queen, our Queen. Her memory will forever live on. As anointed by the former Prime Minister, Boris Johnson, in his emotionally moving tribute in the House of Commons, she truly was 'Elizabeth the Great'.

But we must move on, as The Queen would have wished. I have now sworn my Oath of Allegiance to His Majesty, King Charles III, as a Member of Parliament, and I look forward to the new Carolean Age. May Queen Elizabeth II rest in peace. Long Live The King!

The leadership crisis we are now facing is something I would much rather have avoided. I am pleased I've not contributed to this sideshow in the parliamentary party. I have never signed a no-confidence letter in a PM because I feel that we need to focus 100% on the country and not on political shenanigans. I didn't call for a vote against May or Johnson for this reason, and I haven't for Truss. The public gave us instructions with issues such as Brexit, the pandemic and the war in Ukraine and we simply need to get on with it! Many of my colleagues need to reflect on what the people of Clacton and beyond need, not what is best in terms of self-interest. We now have a choice to make.

The horrific invasion of Ukraine by Putin seems to be turning in Ukraine's favour, so now it seems that he is turning to terrorising the civilian population with missile and drone strikes. The media had dropped off reporting about Ukraine and the atrocities occurring there, but I continue to keep this at the forefront of people's minds, and I continue to support the Government's endeavours in combating Russia. I keep banging the drum that Putin must be stopped for the benefit of the world. I asked a question of the Attorney General on the floor of the Chamber to this effect just a few days ago.

Turning the focus rightly back to the constituency, we have a serious issue with getting around the constituency thanks to traffic lights at the twin roundabouts in Kirby Cross. They seem to be springing up everywhere! As a matter of urgency, I wrote to the Secretary of State for Levelling Up, Housing and Communities, The Rt Hon Simon Clarke MP, objecting

outright to the Planning Inspectorate's decision to overrule local democracy and wreak havoc in our community.

This outrageous decision to impose new traffic lights was neither requested or approved by the planning nor the highways authority. Essex County Council was forced to issue a permit under the tutelage of one individual, the Inspector. Local knowledge would inform that these lights effectively cut off a peninsula which not only already has access issues but is also growing exponentially in population.

The temporary works to install these lights in Kirby Cross has brought a large chunk of the constituency of Clacton to a halt. The excellent local County Councillor, Mark Platt, and I have been opposing this robustly.

My mailbox exploded with supplications from residents asking to remove the works and reinstate the perfectly effective roundabouts at this junction. I heartily concur! Some care home workers are having to add up to another forty minutes to what should be a ten-minute journey to work.

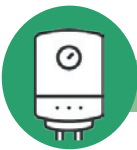
This can still be fixed. The new lights are not yet installed. I sincerely hope the Secretary of State takes immediate action to rectify this outrageous imposition.

Finally, you may be interested to know that I have now dealt with nearly 23,000 pieces of casework, helping individuals with issues that concern them. If you have something with which I can actively help, please don't hesitate to get in touch!

With best wishes,

**Giles Watling**, Member of Parliament for Clacton.

## WINTER HOME ENERGY SAVING TIPS



### TAKE THE BOILER CHALLENGE

Cut gas bills by £100/yr. Many gas combi boilers' (the type most homes have) flow rates are set higher than necessary as default - this is the temperature of the water that circulates around this system. As it's too high, the boiler doesn't operate in its most efficient mode.

It can cut gas bills by over 9% and you're unlikely to notice the change, as your hot water and room temp is unchanged (they just may take a little longer to heat up). Innovation charity Nesta has a Boiler challenge tool that shows you what to do.

# Your County Councillor

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It always surprises me how quickly time goes by as it feels like only last month that I wrote the report for the HRA magazine, yet here I am writing the last one for this year. I shouldn't complain as I am enjoying this mild Autumn/ Winter.

I'm not going to do my usual road/path report but rather wanted to share a bit of a report that came through one of Essex County Council's Scrutiny Committees last week. In it, they said "the value of annual deterioration is modelled at £77.7m/annum across Essex. When compared to ECC's investment of £36.675m/annum it is clear the asset is in managed decline." So we are short of £40m each and every year just to maintain the roads to the current level, which wasn't great to start with. It was the same story for "other assets" which basically includes footpaths, streetlights, PROW's, School crossings, etc. We are roughly £26m per annum short just to maintain what we have. Worst still "we no longer have a revenue budget for potholes and are totally reliant on capital maintenance allocation and the DfT pothole fund." In my opinion, this is a very, very bad situation for ECC to be in. I wanted to mention this as it makes it so much harder for me to even get the most basic repairs done with residents disappointed that things aren't done quicker. I will continue to try my best and believe my persistence has kept the area to a better standard than neighbouring Divisions.

On to something lighter, I was approached by Cllr Baker to address the problems of overgrowing trees and bushes where Seafields Gardens meets Deanhill Avenue and he has talked about this in more detail in his report so I won't spoil it for you. We also planted daffodils in Great Clacton and getting our hands dirty on these two (and other) projects has got us thinking that it might be time to start a gardening group that covers my Division. We have to look at a few issues such as insurance, storage of tools, support from local authorities and how we communicate to volunteers but of those we have asked, it has been well received. We will look to launch it in January and I am happy to receive any emails about possible areas to look after, volunteers that might want to join us and any tools that residents might want to donate. Whilst it is early days I would point out that there is a great sense of achievement when we do these projects along with a healthy camaraderie for all involved.

One final thought. The winter is coming and we have the cost of living crisis constantly appearing in the news alongside the ever-increasing cost of heating our homes. If you are struggling please call me confidentially, at 07775537722, and I will endeavour to help. Even if it's not ECC related, in this day and age people are entitled to a roof over their heads, food in their stomachs and to be warm. We should not have to compromise one for the other and there is far more help out there than you might imagine, so please reach out as whilst I make no promises, it might be the best thing you've done in a while.

**Mark Stephenson**  
County Councillor  
Clacton East

# Your District Councillor

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As I write this article in my office, just before submission deadline, I realise there are just over 8 weeks until Christmas. Where did 2022 go? That lovely summer has given way to a pleasant autumn and now in late October. some days it is warm enough to walk around Eastcliff with only a fleece on. A mild winter to come maybe.

So on the Council front, I am still dealing with many issues that affect us all. Earlier this year complaints were received from residents that the hedges next to the pavements in Seafields Gardens/Deanhill Avenue were so overgrown that they had to walk into the road to avoid them. Trying to get someone to take responsibility to tackle this was not forthcoming.

Due to the time of year, nesting season, there was little that could be done, however in very early September, myself and Mark Stephenson, along with a local resident, tackled, and cut back, one side of the road, filling up four large bags, and the pavement was passable. A few weeks later, in very hot weather, the other side, with the same resident as before, and a couple of others, was tackled and cut back so that the pavement was again passable. That day earned us all a nice cold beer in the Kingscliff, lovely!

In my last report I mentioned about some new planting of shrubs, above Gunfleet Sailing Club. I have been assured that this is due to be done, so by the time you read this I am hoping they will be in place.

Through our hard working County Councillor, Mark Stephenson, and in response to residents' concerns I asked, earlier this year, for speed surveys to be done in Marine Parade East and Kings Parade. Those came back showing that the average speed was either just under or just over the speed limit. Despite this, I will keep asking the police to monitor, and enforce if necessary, on these main roads.

I am sure that most residents will be aware of the proposal to Initiate the Property Dealing Procedure made by Cabinet in July, in regard to the majority of the open green spaces in Holland on Sea, and the potential sale or development of them.

As I said at the HRA's Quarterly public meeting in October, NO decision has been made. I must point out that only one is in my Ward, Lyndhurst Road/Hazlemere Road but my comments relate to them all as I am also a resident of Holland on Sea.

Each one is classified as Safeguarded Open Space, and there is a specific Policy within the Local Plan 2013-2033 that TDC adopted in January, that protects them from development. I will make this commitment to you all now, and in the future, I will fight with every tool available to prevent any development on these precious green open spaces.

As always, if you need to contact me for any reason, my contact details are at the back of the magazine. Stay Safe and Keep Well.

**Andy Baker**

District Councillor

Eastcliff Ward

# MEMBERSHIP REMINDER

Subscriptions for 2022 can be paid at any time from December 2021 onwards. The minimum subscription is £2 per year and the maximum £20. You can pay directly into our bank account the details of which are:-

Name: Holland Residents Association

Sort code: 30-65-22

a/c number: 81400160

For the reference please write SURNAME HOUSE NUMBER POSTCODE (for example: smith12CO151AB) which will enable us to record the payment against each household on our database).

It will of course still be possible to make payments by cash or cheque at Kings Avenue or Stratford Road Post Offices. Please complete the form opposite.

## CALL FOR MEMBERSHIP

During the past year there has been a steady increase in our membership. However, the number of non-members exceeds the number of paid-up members.

Membership of the HRA costs a minimum £2 per household per year (January to December) and I am asking the majority of you who are not members to join us. For the committee, it's not just about achieving a healthy balance sheet. We need as many members as possible in order to demonstrate strength and unity as a community.

As well as organising community events, we also watch for anything which may affect our village, whether it be connected with the seafront, health, planning applications or open spaces. Over the past few months there have been two matters of particular concern – an application to build a sub-station on the green area at Hereford Road (the application has now been withdrawn), and the proposal to build on a number of green spaces in Holland on Sea. Our committee opposed both.\* The latter affects many residents. We hope that this absurd idea is not pursued, and many of you will be aware that we wrote to Neil Stock OBE, the leader of the council, to object. If this matter should be progressed then our community will benefit from an even stronger voice than we have at the moment.

The easiest way to achieve that is by being a member of a large, influential group. The larger the opposition, the greater the chance of stopping this – and anything else in the future. So, if you are not a member but do support our aims and values, then please join us.

**Stephen Collitt, Secretary.**

\*Our letter of objection, together with the reply from TDC, can be found on our website at: [www.hollandresidents.co.uk](http://www.hollandresidents.co.uk)

The reply from TDC is also on our notice boards.



**H.R.A. ANNUAL MEMBERSHIP (1<sup>st</sup> JANUARY TO 31st DECEMBER)**

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Please take this completed form and your subscription to Kings Avenue Post Office or Stratford Road Post Office (cheques payable to Holland Residents' Association please) Our postmasters make no charge for this service

**Alternatively you can post or take cheques to *The HRA Secretary, 37 Ingarfield Road, CO15 5XA***

**Data Protection Act:** In providing your personal details you are giving consent for them to be stored on the Association's membership database. No Information will be divulged to any third party.

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# Holland Residents Association

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## Committee Members

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President	Colin Sargeant	
Chairperson	Carol Cooper	Email: <a href="mailto:Carol.cooper17@talktalk.net">Carol.cooper17@talktalk.net</a>
Secretary	Stephen Collitt	Email: <a href="mailto:secretary.of.hra@gmail.com">secretary.of.hra@gmail.com</a>
Treasurer	Andrew Dunnett	Email: <a href="mailto:andrew.dunnett@live.co.uk">andrew.dunnett@live.co.uk</a>
Magazine Editor	Mo Cochlin	Email: <a href="mailto:littlemaur199@gmail.com">littlemaur199@gmail.com</a>
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Social Secretary	Sandra Tank	Email: <a href="mailto:SandraTankHRA@outlook.com">SandraTankHRA@outlook.com</a>
Trade & Commerce	Shaz Pritchard	Email: <a href="mailto:s4azza@aol.com">s4azza@aol.com</a>

The committee can be contacted through the Hon. Secretary at:  
[secretary.of.hra@gmail.com](mailto:secretary.of.hra@gmail.com)

## Who to Contact

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St. Bart's Ward	K. T. King	Email: <a href="mailto:cllr.kking@tendringdc.gov.uk">cllr.kking@tendringdc.gov.uk</a>
Eastcliff Ward	Andy Baker	Email: <a href="mailto:cllr.abaker@tendringdc.gov.uk">cllr.abaker@tendringdc.gov.uk</a>



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