



HOLLAND ON SEA
RESIDENTS ASSOCIATION
established 1926

Community Magazine

WINTER 2023



Holland Residents Association Community Magazine

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

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Deadline for the next edition (Spring 2024): Friday 2nd February 2024.

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Half Page (130mm x 92mm)	£45
Full Page (130mm x 187mm)	£80

An invoice will be sent via email following the publication of each issue and payment is requested by BACS.

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). Final date for submission is the 2nd of February 2024.

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Whilst every care has been taken to ensure that the data in this publication is accurate, neither Holland-on-Sea Residents Association nor its editorial contributors can accept any liability to any party for loss or damage caused by errors or omissions resulting from negligence, accident or any other cause.

HRA does not officially endorse any advertising material in this publication.

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 HRA Committee Members page.

Our front cover picture was provided by Nigel Wood. Thank you Nigel.

Welcome to your Community Magazine

Welcome, once again, to another edition of the HRA Magazine. Festivities to look forward to with either delight or perhaps guarded enthusiasm. Either way, the coming months will arrive, accompanied by colder weather and darker evenings. We are extremely lucky within our community, however, in that there is never a lack of clubs or activities to keep us involved: the HRA being one of them.

In this edition you will come across the Treasurer's reminder to pay your annual subscriptions. There are more non-members than there are actual members. We are community-based and hold events such as garage sales, Jubilee and Coronation commemorations; fetes (weather permitting!), Christmas events, quiz nights and creating a wildlife garden at the Ipswich Road site.

We also donate to local good causes. This magazine is delivered to almost all households in Holland-on-Sea and is funded entirely by adverts. We just manage to break even.

The HRA works very closely with local Councillors who are invited to attend

a part of our committee meetings. This gives them a chance to inform us of local matters which will affect our community, which we can then impart to members. Likewise, we can tell Councillors about local concerns raised by members.

With a strong membership, Councillors know they have local backing when it comes to introducing issues in their council work. For this reason particularly, we need as many members as possible. For a minimum of £2 the HRA offers incredible value for money, so please renew your subscription and if not already a member, please join us.

So whatever your festive intentions, and to use some good old Essex dialect, have a good season and :- Don't 'Goffer' (eat your food too fast) whilst having more than a 'Noggin' (small quantity of drink) thus ending in 'Piggatory' (great trouble). To finish in old English; Gōd Gēol sīe þē! Gōd Crīstes mæsse sīe þē! In other words, I wish you all a happy and healthy Christmas and New Year.

Carol Cooper
Chairperson of HRA



HOLLAND ON SEA
RESIDENTS ASSOCIATION

*Keep up-to-date with your community
Visit www.hollandresidents.co.uk*

This magazine can also be viewed online



Tendring Neighbourhood Watch

Affiliated to Essex County Neighbourhood Watch Association
Charity Number 1168988

Fortunately, we live in a relatively crime free and anti-social behaviour free neighbourhood with only the occasional hiccup. Briefly the objects of Neighbourhood Watch are to prevent crime; to help with the detection of offenders; to reduce the fear of crime; to improve Police Community Relations; and to build a community we are proud to live in.

We must remember that at this time of year, when many households will be preparing for the festivities, there may be lots of goodies in your house 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.

In 1840 the parish constables were replaced by full-time police force in Essex. Recruits had to be literate, numerate, less than forty years of age and over 5' 7" tall. The first detectives were appointed in Essex in 1888. Whatever today's height or gender requirement we are very lucky to have them.

If you would like to join our army of "hue and cry" please get in touch with the Chairman, David Sexton at tendringnhw@outlook.com or 07900430088.

HRA Raffle

Owing to the fete being cancelled, we continued with the raffle. Tickets were sold at the recent Quiz night, and at various outlets in Holland on Sea.

The draw took place at the recent Holland Residents Association Public Meeting held on 18th October. We had a total of 17 prizes, and they have all been claimed, well done to all the winners.

We would like to thank the following for the donation of Raffle prizes, McColls, Chas Bower and Frinton Road butchers, The Golden Fillet and Petes Fish and Grill. Kingscliff and Grandma Lilly's. The Box cafe, Farmfoods, Asda's, Tesco and the Roaring Donkey. The £100 first prize was donated by Holland Residents Association - three were donated by Committee Members of the Holland Residents Association.

The Association have also received a cheque for £50.00 from Clacton Carnival for the Holland Residents Association helping out at the carnival. This will be donated to the Macmillan Fund and supporting the Christmas Afternoon Tea being organised by one of our residents.

We have already decided against a fete next year, but we are hoping to plan something for later on in the year.

Purple Pals



In the blink of an eye, that's another year nearly done, and the festivities will soon be upon us! I do wonder sometimes if animals have any idea what is going on – suddenly there's more lights in the house, a tree appears and the food – so much food everywhere! (Keep those chocolates and other treats away from your fur babies – nice for us but not so good for them!). It must be a bit weird for them but it's not as if you can explain what it all means.

Purple Pals have continued to grow and be supported by so many which is amazing. Friendships have formed and they continue beyond the walks which I find truly humbling. Animals bring people together and they do not even realise how important and precious that is, they just give us unconditional love regardless and are happy to please and in return all they need is to be fed, watered, and kept warm. Simple really.

Please keep an eye on the Facebook page for confirmation of walks and our special



festive walk – hopefully the weather will be kind to us on walk days!

I would like to wish everyone who attends the walks, those on the Facebook page, and everyone who we meet when out and about a very peaceful and relaxing rest of the year. Whether you celebrate Christmas or not, with family or on your own, may it be a happy time for you all.

Stay safe out there and I look forward to seeing you on a walk – everyone is welcome even if you don't have a dog!

Naomi Lawrence

HRA Advertise with us!

Have you got a small business selling services in Holland on Sea? Then why not advertise with us? A half-page ad in this magazine costs only £45 and we deliver 3600 copies to households in Holland on Sea. This magazine is well regarded and well read so your advertising with us is likely to be more cost-effective than by any other means.

For more information please contact andrew.dunnett@live.co.uk

So why not help us to help you?

Closing date for the Spring edition is 2nd February 2024.

Holland Residents' Association

POETRY
Competition 

FREE ENTRY

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

Last year's competition entries produced some beautiful poems. It was very hard to decide upon a winner. So, due to popular demand, we are holding the poetry competition once again. However, this time the theme has changed, so I hope you are all up for the challenge.

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 "*Things I value Most*".
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 2024.
5. Entries must be emailed to carol.cooper17@talktalk.net or by post to 28 Cliff Road, Holland-on-Sea, CO15 5QQ by 15th January 2024. Name and details on a separate sheet please.
6. The poem will be judged in January 2024 by an independent adjudicator and the winner announced and poem published in the HRA Spring edition magazine.

Supporting Local Business

As the clocks fall back on another glorious summer, we cross our fingers in anticipation of an equally forgiving winter. So far, so good! There was one piece of bad news however, the temporary closure of The Oakwood Inn, due to a freak lightening strike, a truly frightening ordeal for all the family, to be sure. Let's hope the re-building works progress quickly and we can once again, enjoy a cosy meal and our favourite tipple, early in the New Year.

So, as Christmas slowly creeps up on us, our attentions turn to the festive holiday and those 'happy' hours spent in the kitchen preparing the cakes, mince pies and sausage rolls, prior to the main event. So if cooking is your thing, why not check out our local butchers for your perfect roast. A fresh goose or turkey perhaps, a duck, a joint of beef, pork or lamb, or even a thick juicy steak. And don't forget the pigs in blankets. You will always get a warm welcome and a great choice of fare. So get your orders in quickly to avoid disappointment! (And a novelty apron and Marigolds for Dad, as he attacks the washing up).

Leading up to Christmas our excellent eateries in Holland on Sea will be advertising their own Christmas fayre. Whether it be a lunchtime brunch, or a three course evening meal, we are spoilt for choice. A chance for family, friends, work colleagues, and loved ones, to get together and just chill out.

And don't forget the bakers, for your bread, rolls, cakes, and mince pies (should you not relish the idea of making your own). Or that extra special, spiced fruit Christmas cake. OK, so bang goes the diet for another year but, who cares? It's Christmas and there's always next year!

But before all that, take time to make yourself beautiful. With a hair do, have your



nails painted; enjoy a relaxing pedicure, a facial or perhaps the full wax treatment, at your favourite salon. So don't be shy, guys and dolls, be sure to book an early appointment.

For some, Christmas has a terrible habit of biting you in the bum, especially when it comes to home maintenance issues. A precautionary boiler service is a must, though burst pipes, blocked drains, a broken door lock, can catch you unawares, and adds to an already stressful situation. Make sure you know where to get help, should the need, unfortunately arise. You need look no further than the pages of this magazine, where many of our local companies advertise. Make sure you keep your copy to hand. Just remember the Boy Scout motto: 'Be prepared'!

Finally, when it comes to buying Christmas gifts, we have two lovely gift shops offering some unusual and original items, to suit all ages and budgets. Or uncover a little gem, at the charity shop, all well worth a visit. So keep up the good work, by supporting our local businesses, and to plagiarise a market-leaders catch phrase: 'every little helps'!

So that only leaves me to wish you all a very happy Christmas and a healthy and prosperous New Year.

Shaz Pritchard, Trade & Commerce

Having Faith in Holland on Sea

A long, long time ago... hundreds of years before the birth of Holland on Sea, as we know it, there stood a small settlement at Little Holland, recorded in the Domesday of 1086 as Hoilanda. It was to form part of the manorial rights, as part of the extensive holdings, of Eustace of Boulogne; it then passed to the Earl of Guisnes (where the name Gunfleet is believed to be derived), before passing to the Bishop of London, and then to the Batayle and Talworth families. By the middle of the 15th century it passed to the abbey of St. Osyth. But some time before, in the 12th century, a small church of solid Norman design was built close the manorial house (where Little Holland Hall stands) to serve that very small community, and in the middle of the following century the church was enlarged, with the nave lengthened, a chancel formed, and the apse squared off.

A small belfry, along with a porch, existed and in 1552 it was stated that there were *"iii small belles in the steple"* (3 bells), and over the following years there were a number of rectors, one of whom, Tomas Evans, achieved some fame as the author of a rare poem. The House/Hall was let to farmers and it is likely the vicars were not resident; the parishioners keeping their place of worship in good repair.

In Cromwell's days it was reported that there were just eight families in the parish and in 1683 it was recorded that *"the Church is adowne and has bin downe for about 24 yeares"*. In 1696 it was further recorded that the church had been *"for at least these forty years demolished and the place almost eaten up by the sea...and that the inhabitants of Little Holland do now repair to Much Clackton..."*. The three bells had been lowered to the ground and



A drawing of what the Little Holland church might well have looked like in the 16th century.



Holland's "tin church" – the first St. Bartholomew's.

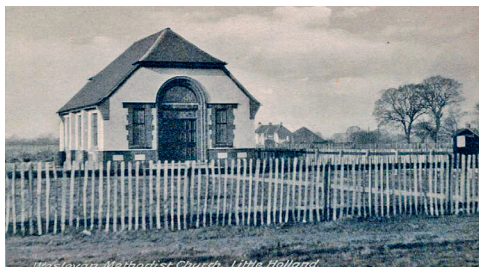
left in the adjoining farmyard but later removed to Great Clacton.

Little Holland continued its very quiet existence with just a few properties, mainly resided in by people working on the farmland; their nearest place of worship being St. Johns at Great Clacton. Despite no church there was a place to meet when a farm cottage was turned into a beer house and was known as The Princes Helena, although the spirit was less than holy! In 1899 James Mayhew Balls purchased some 94% of the land making up Little Holland (this excluded Kents Farm) and had surveyors divide the area into sixty lots which were auctioned, and acquired, a year later by David Cripps

Preston who had plans to develop the area. Recognising the need for a church to serve the planned village which had already been divided into plots with appropriate road layout, the Church of England had a corrugated iron building erected on Holland Main Road, close to Kings Avenue; St. Bartholomew's was open for worship. Unfortunately, when it rained, such was the noise as it hit the metal roof that it quite drowned-out the congregation's singing!

Little Holland, as a residential village, grew, although not quite as quickly as Preston had hoped, and in 1924 a parcel of land was acquired by the Wesleyan Methodist Church on the corner of Kings Avenue and Preston Road and a hall was built for use as a lecture room, school, and church services. In October 1925 the building was officially opened by the Reverend Gould. Three years later an institute hall was added; Little Holland Parrish Council using it as the only hall then available in the village. The inadequacies of the "tin church" of St. Bartholomew's was soon realised and a plan to replace the building with something more suitable was put in place. Land was acquired next to the existing church and fund raising schemes established; and so it was, in March 1929, the new St. Bartholomew's Church was dedicated by the Bishop of Chelmsford – the Right Reverend Henry Wilson. The new church ran from west to east, parallel with the main road, as opposed to the previous south to north; this was to serve the village for 43 years.

Little Holland's third church was to arrive in June 1934 when, in a tent opposite Kenilworth Road, the first Baptist service was held. The accommodation progressed to an asbestos clad bungalow in 1935 on the corner of the Holland Main Road and Norman Road and the building was known as Beulah



The Wesleyan Methodist Church on the corner of Kings Avenue and Preston Road, shortly after its opening.



The second St. Bartholomew's, serving Holland on Sea from 1929 to 1972.



The most recent church to arrive in Holland on Sea, All Souls Roman Catholic, was also the first to close.

Baptist Mission Hall; the present church being built in 1955.

By 1969 the Methodist Church had built a new place of worship around, and integrated into, the existing building, and in February the opening ceremony took place. In 1970 those of the Roman Catholic faith were able to attend their

own church in Holland on Sea with the opening of All Souls Roman Catholic Church on the corner of Frinton Road and Brighton Road, where originally the land had been earmarked for a hotel.

1957 saw the start of fundraising towards a new church at St Bartholomew's but the much needed amount was somewhat slow in materialising; construction commencing towards the end of January 1971. The steel framed building was erected behind the existing church in order to allow services to continue, and by March 1972 it was completed, being dedicated on 31st May by the Bishop of Chelmsford. Seven years later saw the arrival of the Reverend Ivor Pagett and many will remember him riding around Holland on Sea on his motorbike and

sidecar with the registration BAT 1X; the author recalls pushing him down Kings Avenue as he tried to bump-start the thing! Some might also recall the elderly lady of Holland who would 'religiously' attend all the Weddings at the Church, dressed in her "Sunday best". Several group photographs would have her in them and one can only wonder if she occasionally ended up at the Wedding Breakfast, both families assuming she was a part of the other half!

Sadly, the most recent milestone in the life of the churches serving Holland on Sea was the decision by the Roman Catholic Church to close All Souls when, on 11 September 2016, the doors of the building were shut for the last time.

Richard O. Walker

Tendring Talking Times

We are Tendring Talking Times and we produce a weekly audio recording of local news and other items of interest. We are looking for new listeners who are visually impaired or who have some temporary or permanent disability which makes reading a strain.

If you know someone who fits into one of the above categories yet does not have a subscription with ourselves then please see the contact details below and get in touch, provided you have that person's agreement.

This recording comes out each week via the Royal Mail and should arrive on a Saturday morning. This comes in the form of a memory stick that can either be played on a computer, laptop or even a tablet. However, the listener does not need to own one of these devices as we will lend the listener a playback device, free of charge, and demonstrate how the listener can use it.

The memory sticks are then returned in the wallet that it arrives in at no cost to the

listener under the Royal Mail's concession for "Articles for the Blind". The wallet is then reused on another occasion.

If, for some reason, the listener does not wish to listen to a particular article, the listener can simply fast forward to the next article or rewind to listen again. The listener can stop their free subscription at any time simply by contacting us.

Tendring Talking Times is produced by the Tendring Talking Newspaper Association which is a registered charity established in 1976. We are members of the Talking Newspaper Federation which supports and represents the work of all local UK Talking News organisations.

You can contact us by e-mail on:
tendringtalkingtimes1976@gmail.com;

**Tendring Talking Times, 29 Church Road,
Clacton on Sea, CO15 6AS.**

By leaving a Voicemail on: 01255 422307.

Community Pages

Useful Numbers

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*

Surgery News



In the Autumn edition of the HRA Community Magazine you were informed about a new surgery appointment system to start in October 2023. The launch date has been delayed and will now be early in the new year. The surgery will keep you informed of any updates.

Winter is upon us. Some people are more vulnerable to the effects of cold weather, including:

- people aged 65 and older
- babies and children under the age of 5
- people on a low income (so cannot afford heating)
- people who have a long-term health condition
- people with a disability
- pregnant women
- people who have a mental health condition

If you're in one of the at-risk groups, it's important to get medical help as soon as you feel unwell. You can get help and advice from:

- a pharmacy – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor
- NHS 111 – go to 111.nhs.uk or call 111 if you have an urgent medical problem and you are not sure what to do
- your GP surgery
- Clacton Urgent Treatment Centre provides medical help when it's not a life-threatening emergency and can treat many minor injuries and conditions. The UTC is open from 8am to 8pm every day.
- in an emergency, go to A&E immediately or call 999.

For more information please visit www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/

The CVST Resilience Project targets our most vulnerable residents of Tendring, to encourage them to keep healthy and warm during the winter. People who need assistance, or who want to refer others for help, should contact CVST on 01255 425692 option 3, or email: Resilience@cvstendring.org.uk.

Please visit <https://www.cvstendring.org.uk/what-we-do/resilience/> for more information.

Kennedy Way has access to a Social Prescriber and a GP Care Advisor (GPCA).

Social Prescribing is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

The role of the GPCA is to facilitate people to access social care, welfare benefits and self-help support to help them maintain their independence at home.

Please contact the surgery if you would like more information.

We are pleased to announce the practice now has a Child and Young Persons Counsellor based at Kennedy Way. Imogen is able to see patients aged between 4 and 17 years. Referrals to Imogen can only be made with prior assessment by one of the clinical team.

Upcoming half day education closures for the practice will be:

Tuesday 30th January

Thursday 22nd February

Wednesday 27th March

Please note the practice will be closed on Monday 25th and Tuesday 26th December. Patients will be advised to go to 111.nhs.uk or call 111 if they have an urgent medical problem and are not sure what to do.

Wishing everyone a very happy Christmas and healthy New Year from all the team.

Lisa Maddox,

Practice Manager, Kennedy Way Medical Centre

Tending Specialist Stroke Services

TSSS The Stroke Charity, continues to develop services across North Essex. We have therapy services at the centre at Holland on Sea, Brightlingsea Football Club with hydrotherapy on Monday afternoon 2pm to 4pm, Dovercourt Wednesday 2.30pm to 4.30pm, Thursday Morning 10am to 12noon at the Greenstead Neuro Gym within the Ninja Gym. The charity also holds carers morning every first Thursday of the month. The nursing team, work in Hospitals with patients, making them aware of the support once they are discharged from the hospital team.

Charitable funds and donations are vital to keep the work of the charity going, and we are always grateful to all our supporters. We are happy to take donations of good quality books, and any unwanted Christmas gifts, for our events.

The charity provides vital ongoing stroke therapy, physio and a range of therapies to improve the lives of stroke survivors. We are always happy to recruit volunteers who would like to work along with the team in a variety of roles. The charity would like to thank all donors, volunteers and supporters for their help, donations and loyalty through the year. Wishing you all a peaceful and happy Christmas and a healthy and bright 2024.

If you need support please contact us on 01255 815905. Info@tendingstroke.org.uk or call in and see us.

Kennedy Way Community Garden

Kennedy Way Community Garden has had a successful growing summer with delicious strawberries, tender peas and plenty other vegetables. We are expanding our vegetable beds and are going to experiment with 'Hugelkultur' where you layer rotting wood, mulch, half rotted compost and manure. In the garden we are aiming to be self-sufficient so this way of gardening will feed the soil and be a long-lasting solution. Time will tell.

The flower beds have also looked stunning with the tall purple Verbena swaying in the wind alongside the Buddelia bushes which have been popular with the butterflies. The fennel has also been popular with the insects. The wildflower bed was stunning with the blues and purples of the cornflowers and the shocking pink of the *Lychnis coronaria*. We have collected the seeds for next year and to raise funds for the garden. One of our volunteers, Carole, led a successful propagation workshop where everyone learnt to propagate rosemary. We hope to run more skill sharing workshops in the future.

There are exciting projects being planned. The Polytunnel is going to be reorganised and there will be a raised bed built in there to add to the accessibility of the site. The volunteers recently built a wheelchair accessible raised bed outside. A new bed with prairie planting is being planned which will be an extension of the Sensory Garden. The Sensory Garden is being designed focusing on creating a space of silence and calm. The Woodland Trust has donated hedging plants which will encompass the garden. The hedging will provide food and sanctuary for wildlife. The hedging is going to be planted in the last week of November.

The Men's Shed is popular and growing. We are looking for more volunteers who are trained or experienced in woodworking and want to



share knowledge to our beneficiaries. The men have been busy making birdboxes and bird tables and planters.

It has also been astonishing to see how different groups have engaged with the garden. The garden has welcomed a couple of gentlemen from the Seaview Care Home and beneficiaries from ECL. A volunteer has been running Tai Chi sessions. In November there will be Seated Yoga as well.

As the garden with its various projects are expanding, we are always on the lookout for new volunteers to get involved. Also remember that this is a community garden, and everyone is welcome to use the space. If you would like to be involved, please get in touch with Lynn Reed-Golden on 07759 128447 or email on lynn.reed-golden@cvstending.org.uk.

For more information about CVST and its ongoing projects and activities visit www.cvstending.org.uk. Or visit us on Facebook: CVSTending, Twitter: cvstending.

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



KINGSCLIFF

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.



From St. Barts



Dear Friends

We look forward to welcoming you to St Bart's Church over Advent and Christmas. In addition to our usual Sunday Service at 9.30am you are most welcome to join us for the additional seasonal events.

25th November 10.00am - 1.00pm - Christmas Market

17th December 4.00pm - Traditional Carol Service

24th December 6.00pm - Christingles & Carols

25th December 9.00am - All Age Holy Communion

Wishing you a very Happy Christmas.

Clubs

Holland-on-Sea 129 Ladies Club

Holland 129 Club is a friendly Ladies Club and has met in Holland-on-Sea for 58 years – when it began as a Young Wives Club in 129 Fleetwood Avenue. We meet at Holland Public Hall, Frinton Road on the 2nd Thursday of each month. Doors open for members at 7 pm for a 7.30 pm start. Visitors very welcome and pay £5 for the evening. New members and visitors will be made very welcome at any time during the year.

We have had an interesting few months this Autumn starting with a talk by Terri McLean Bowman from Cancer Research UK in September, who enlightened us to how the many donations have contributed to researchers finding cures to improving life chances for many people.

In October following our Harvest Supper of fish and chips, we had a talk and quiz on many different types of vegetables. The Salvation Army were delighted with the many boxes of tins and dry foods which were our Members' contributions for their Food Bank.

In November we had a demonstration on how to make a Christmas Wreath, willow animals and other decorations as well as celebrating our Club birthday of 58 years.

In December we put on our glad rags for our Christmas party evening of seasonal celebration of festive fayre, music and dancing.

Our Spring 2024 programme is as follows.

Thursday, 11 January	Fun and Frolics to welcome the New Year Bring and Share Supper
Thursday, 8 February	All about Alpacas – Jayne Overett Items for Sale
Thursday, 14 March	Annual General Meeting – starts at 7.00 pm Followed by Talk - Steve Gibbs <i>'My life as a Police Officer'</i>

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

Cards & Crafts Collection



90 Kings Avenue ,Holland on Sea ,CO15 5EP
OPENING TIMES: MON-SAT 10AM-4PM

Are you bored with seeing all of the same things on the High Street?
Why not pay us a visit and get something that is a little bit different.

Gifts for Him

- Wallets
- Scarves
- Tobacco
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- Socks
- Pens
- Cufflinks
- Mugs
- Beer Glasses
- Snoozies
- Age Gifts
- Socks



Gifts for Her

- Faux Fur
- Scarves
- Snoozies
- Snoods
- Hats
- Socks
- Fingerless
- Mittens
- Crystal Pens
- Age Gifts
- Purses
- Bags

Best Quality Greeting Cards in Town



Arriving January 2024

Valentine. Mothers Day & Easter Cards

Telephone 01255 815792

Returns
Access point

A big Thank you to All our customers, old and new, for all your kind words
and continued support.



Holland Art Society



At the Public Hall, Frinton Rd, Holland

WORKSHOP with tuition, 7 - 9pm on October 9th,
November 13th and December 11th.

We are currently working with pastels, but will go on to
acrylics and watercolour.

DEMONSTRATION nights are October 30th (with AGM)
and November 27th (Fish 'n' Chip supper plus quiz).

Contact - Steve Howell, club Chairman
on **07952343424**

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When this is a response to ongoing long- term stress (chronic) it starts to affect all organs of the body.

Our bodies respond by saving energy to deal with the impending problem. When stressed our digestive processes slow down. We don't feel like eating or suffer from symptoms, including **acid reflux, bloating, stomach pains, diarrhea, or constipation**. Recent research is now showing the Gut, Brain connection and how this is affecting your health.

Other symptoms of chronic stress can include **Joint Pain, Fatigue, Weight Gain or the inability to lose weight, Cardiovascular conditions, Respiratory problems like asthma, Gastric problems and Low immunity**.

Ways to help:

*Look to reduce stress, relaxation techniques, tai chi, yoga, breathing exercise, natural medicines, herbal teas. Supplements can be good, but always get medical advice.

*Eat in a relaxed atmosphere. When we see or smell food our brain sends a signal to our stomach to increase stomach acid to breakdown food and optimize absorption.

*Make time to eat, don't rush food or over fill your stomach as it will have to work extra hard to try and process the food.

*Increase stomach acid to aid digestion, a tablespoon of apple cider vinegar or lemon in a little water 10 minutes before food.

Many foods and herbal medicines can help reduce stress and aid digestion. There are a range of tests to look at your stress levels and your digestive process.

Dealing with the stress and anxiety in a natural way will also help your overall wellbeing. If you would like to know more, book a 15-minute free introduction call to see how I can help.



Lucille Cowell *DipHomACH N. D DipN.Adv*
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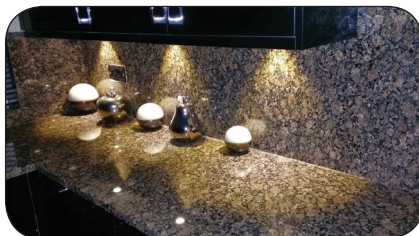
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- Bacon & brie French stick with hand cut chips **£9.95**
 - Baked cod with parsley sauce **£15.95**
 - Prawn & crayfish salad **£16.95**
 - Deep fried cod, hand cut chips & mushy peas **£15.95**
 - Home cooked ham, 2 eggs & hand cut chips **£13.95**
 - Grilled fresh salmon, lime butter sauce **£15.95**
 - Breast of chicken, mushroom & herb sauce **£15.95**
 - Roast of the day – see specials board
 - Choice of fresh cut sandwiches or French stick
 - Choice of free range egg omelettes with hand cut chips
- All prices include 20% VAT**
See black board for 'specials' of the day

EVENING MENU

- STARTER**
- Garlic bread **£2.95** with cheese **£3.95**
 - Fresh 'New Season' mussels marinere with French bread **£9.95**
 - Chicken liver parfait, red onion marmalade, granary toast **£6.95**
 - Broccoli & stilton soup with granary bread **£5.75**
 - Deep fried fish, red currant jelly with granary toast **£6.95**
 - Grilled whole Mediterranean king prawns with garlic butter & granary bread **£9.95**
 - Prawn & crayfish cocktail with granary bread **£7.95**
- MAIN**
- Slowly braised shoulder of English lamb with mash, rosemary & redcurrant gravy **£22.00**
 - Pan roasted breast of Gressingham Duck, spinach, orange & marmalade glaze sauteed potatoes **£21.00**
 - Slowly roasted belly of pork, apple puree mash crackling, Aspalis cider sauce **£18.95**
- Cherry & mushroom risotto with hazerardish mash, peas, cauliflower, tomato & mushroom sauce, new potatoes & vegetables £25.00*
- Grilled fresh fillet of plaice, citrus & caper butter hand cut chips salad **£19.95**
 - Pan fried fresh Cornish monkfish tail Provencale sauce, new potatoes & vegetables **£24.95**
 - Cauliflower, sweet potato & puy lentil curry with rice & naan bread **£15.95**
 - Chargrilled steaks 8oz fillet **£33.00** 8oz sirloin **£23.00**
- All prices include 20% VAT**

SUNDAY MENU

- STARTER**
- Garlic Bread **£2.95** Garlic Bread & Cheese **£3.95**
 - Fresh 'New Season' mussels marinere with French bread **£9.95** or as a main course **£16.95**
 - Chicken liver parfait, red onion marmalade, granary toast **£6.95**
 - Broccoli & stilton soup with granary bread **£5.75**
 - Prawn & crayfish cocktail with granary bread **£7.95**
 - Grilled whole Mediterranean king prawns with garlic butter & granary bread **£9.95**
 - Deep fried fish, red currant jelly, granary toast **£6.95**
- MAIN**
- Roast topside of 'great bantley' beef **£16.95**
 - Roast crown of Suffolk turkey with sage & onion stuffing and chipolata wrapped in bacon **£15.95**
 - Slow roasted loin of free range pork mash & roast potatoes, crackling & aspalis cider gravy **£15.95**
 - Maffia's mixed roast, beef, pork & turkey, with chipolata sausage wrapped in bacon **£18.95**
 - Breast of chicken, Dijon mustard sauce mash & roast potatoes **£15.95**
- Slowly braised shoulder of English lamb, mash potatoes, rosemary & redcurrant gravy £22.00*
- Chargrilled 8oz sirloin steak **£33.00** OR fillet **£33.00** with mash & new potatoes, peppercorn sauce
 - Pan roasted fresh fillet of halibut, fennel & mussel sauce, new potatoes & vegetables **£25.95**
 - Grilled fresh fillet of plaice, citrus & caper butter sauteed potatoes & salad **£19.95**
 - Pan fried fresh Cornish monkfish tail, Provencale sauce, new potatoes & vegetables **£24.95**
 - Cauliflower, sweet potato & puy lentil curry with rice & naan bread **£15.95**
- All prices include @20% VAT**

Please note these are just samples of our menus

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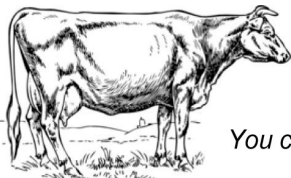
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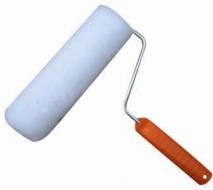
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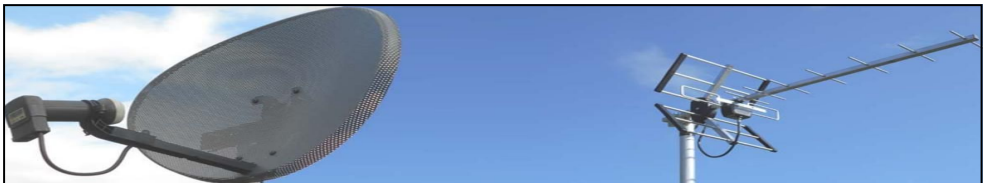
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Holland Residents Association

Committee Members

President	Colin Sargeant	
Chairperson	Carol Cooper	Email: Carol.cooper17@talktalk.net
Secretary	Stephen Collitt	Email: secretary.of.hra@gmail.com
Treasurer	Andrew Dunnett	Email: andrew.dunnett@live.co.uk
Magazine Editor	Mo Cochlin	Email: littlemaur199@gmail.com
Planning, Highways & Transport	Andy Baker	Mobile: 07773 008077
Seafront & Open Spaces	Penny Gagne	Email: penny.j.gagne@gmail.com
Social Secretary	Sandra Tank	Email: SandraTankHRA@outlook.com
Trade & Commerce	Shaz Pritchard	Email: s4azza@aol.com

The committee can be contacted through the Hon. Secretary at:
secretary.of.hra@gmail.com

Who to Contact

MEMBER OF PARLIAMENT

Giles Watling House of Commons, London, SW1A 0AA
Tel: 0207 219 0795 Email: giles.watling.mp@parliament.uk

ESSEX COUNTY COUNCILLOR

Mark Stephenson Email: cllr.mark.stephenson@essex.gov.uk

DISTRICT COUNCILLORS

St. Bart's Ward	Carolyn Doyle	Email: cllr.cdoyle@tendingdc.gov.uk
St. Bart's Ward	Adrian Smith	Email: cllr.asmith@tendingdc.gov.uk
Eastcliff Ward	Andy Baker	Email: cllr.abaker@tendingdc.gov.uk

Your County Councillor



As usual, a lot has gone on and I must admit to still loving the job even if sometimes I get frustrated with ECC. Firstly, a quick apology for not attending the HRA meeting at the hall, the first I have missed in quite some time. I have a good excuse though, I was receiving the Prime Minister to discuss levelling Up for Clacton, so hopefully I get away with that one.

Let's start with Sladburys Lane which has become very problematic over the last year. Flooding continues to be an issue although flooding like we saw a few weeks ago is rare it still affects the local bowling club each and every year. As a county councillor I have been unable to get any action done to remedy this, but I am hopeful that my new position as leader of the council may help. On top of this, we have the new construction which has damaged the roads leading into Holland-on-Sea and although it's not my Division I am now looking into it as it is dangerous and many of you use that road. As a side note I am now also exploring resurfacing of the road which is in desperate need, but cautious that construction traffic and flooding will undermine that good work.

Our zebra crossings have had a bad time of it over the last couple of years with traffic bending or even flattening the beacons, but a couple of weeks ago I watched as they installed the last repair meaning that all zebra crossings in my division are working as they should. I know some residents want more visible beacons and halo rings, but like most things with ECC it is about timing, and I have not found the right opportunity or pot of money to make these upgrades happen.

Your district councillors have done you proud and gave me thirty potholes that needed doing as part of the first stage of the Member led potholes scheme. As I am only allowed 18 with a further 18 to come later in the financial year so we had a walk around and picked out the very worst, some of which have now, already been done.

Finally, and I know I know this isn't Holland-on Sea but, I did manage to finally get the Great Clacton ends of Old Road and Valley Road resurfaced. Whilst it did bring some disruption, this has been something I have been trying to get done since before I was even a County Councillor, and I am over the moon that it has now been completed.

Mark Stephenson
County Councillor
Clacton East

Your District Councillor



I have mentioned previously about benches being put in above Gunfleet Sailing Club, as well as maybe one more on Eastcliff, as well as some more tree planting, and I continue to discuss this with TDC Open Spaces.

You will all have seen the excellent work being done by the 'Bakes and Rakes' volunteers in the open space next to Ipswich Road car park, and would welcome suggestions for any areas within Eastcliff that might benefit from something similar.

In the last few magazines, I have commented that I hoped the Changing Places Toilets, near Beaches Café, would have been started and completed. Unfortunately, due to various issues which I will not bore you with, it has not been completed as yet, but I am confident it will be done before Christmas, and be ready for the beginning of next year.

I hope you have all had a great summer, the weather was variable at times but hopefully you all took advantage of the sunny days which have shone on our lovely village and beaches.

I attended the HRA public Quarterly meeting in October and took away some questions that I need to follow up on. Hopefully I will have some answers to those in time for the next public meeting.

I hope you all have a healthy Christmas with family and friends.

As always, if you need to contact me, those details are elsewhere within the magazine. Stay safe and keep well.

Andy Baker
District Councillor
Eastcliff Ward

Your District Councillor



I hope you are all keeping warm and are well as the winter months draw in. If not, please do alert us as there are winter warmer schemes currently running and we may be able to support you in accessing some help.

Adrian, Andy and Mark and I have been busy helping residents sort out issues that are concerning them. Which we will continue to do – so again please contact us with any worries you may have that you feel the council may be able to help with.

We, as an administration are settling in and of course are facing some challenges along with many other district councils, but our care and concern for our community will drive us forward.

I have also been busy providing free awareness training across our district alongside St Helen hospice. There are two courses running, both with the aim of supporting us to build a compassionate community for us all to enjoy. The first is around compassionate conversations, helping us all understand how to offer support to our neighbours and friends following the death of someone they love, and the second is looking at the things we can do to support our family and friends as they are approaching the last phase of their lives. Both are free and bookable by contacting Greg Cooper via compassionatecommunities@sthelena.org.uk or call on 01206 646275.

Secondly I would like to thank you all for the support you have shown to our School Uniform Bank, we have been donated so much and have been able to support so many families with items of uniform, so far we have provided over 600 items of uniform, this has been a great help to our community, especially with the current financial situation which is affecting so many. This has also meant these items have stayed out of landfill which is helping us maintain a decent environment for our future generations. The volunteers for this scheme have also been amazing along with the committee of the Holland Public Hall and their caretakers Steve and Tom who are always so willing to help.

I truly am so proud of our community and honoured to be representing you all.

Carrie Doyle
District Councillor
St. Barts Ward

Your District Councillor



It has been 3 months since the last magazine. Where did that time go?

Ipswich Road Open Space still looks amazing. I'm sure the Holland Residents Association and indeed the residents that have volunteered on the area would welcome you visiting. Not necessarily to join in but certainly to let them know how much we all appreciate what they have achieved.

Holland on Sea Public Hall - Glennis, Chair of the Hall Committee, told us that they are near to signing the lease. Just a few l's to dot. This is great news for residents of St Bartholomew's and Eastcliff wards, as well as all the organisations and others that use the hall. This should secure the hall for the next 25 years.

The cycle route, that runs along the top promenade, will be benefiting from new signage. This will be attached to the rails, helping to identify where the cycle route is. Hopefully once that is completed, TDC will be putting the white lines on the route, leaving people in no doubt where you can or cannot cycle. My sincere thanks to Dave and Lin from Get Cycling Sunshine Coast for all their help.

The shelter on Kings Parade will not be completed this year. As the repairs will come to more than the entire budget for the shelters in Tendring. We will look to find alternative ways to get this repaired. Please bear with us.

The Changing Places building at The Haven is coming along in leaps and bounds. It looks likely that it could be completed before the spring, ready for the warmer months.

In September Councillor Baker and I, along with many volunteers and many litter picking groups were at the Great Tendring Beach Clean (20+ miles of Tendring Coastline). It's an annual event and we look forward to next year, where we hope to cover (between us all) an even larger expanse.

There will be many events taking place in the coming months in St Barts Ward and I hope to get to many of them and I look forward to seeing you all there.

I wish you all a Merry Christmas and a Happy and Healthy 2024.

Adrian Smith
District Councillor
St. Barts Ward

2024 MEMBERSHIP REMINDER

The minimum subscription is £2 per year and the maximum £20. You can pay directly into our bank account the details of which are:-

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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) (if you are already on there.). If you have never been a member of the HRA before please email our Treasurer andrew.dunnnett@live.co.uk so that we have your details (surname, house number, postcode).

It will of course still be possible to make payments by cash or cheque at Kings Avenue or Stratford Road Post Offices. Alternatively, cheques (no cash) can be sent to: The Secretary, HRA, 37 Ingarfield Road, CO15 5XA.
Please complete the form opposite.

HRA QUARTERLY PUBLIC MEETING

The next public meeting held by the HRA will be at Holland Public Hall on Friday 26th January at 2.30pm.

We shall be inviting our councillors and our joint guest speakers will be Susan Taylor and Keith Lamdin. They shall be talking about U3a and why it may be of interest to residents.

Stephen Collitt, Secretary.



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

Final date for submission is Friday 2nd February 2024.

HRA ANNUAL MEMBERSHIP 2024 (1st JANUARY TO 31st DECEMBER)

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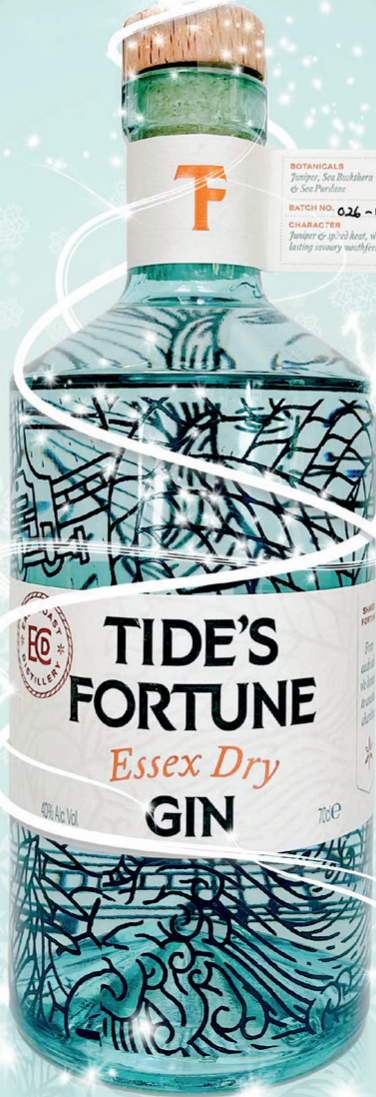
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