



HOLLAND ON SEA
RESIDENTS ASSOCIATION
established 1926

Community Magazine

AUTUMN 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 Winter edition of the HRA Magazine are to be submitted to Maureen Cochlin (littlemaur199@gmail.com). Final date for submission is the 4th of November 2022.

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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 Nigel Wood. Thank you Nigel.

Welcome to your Community Magazine

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

Our English summer did not disappoint this year, with locals and visitors enjoying all that our area has to offer; and we certainly offered a lot.

Given the Queen's Jubilee, a garage sale and the Village Fete, members of the committee were kept extremely busy. You may well have seen HRA's President, Colin Sargeant, sitting at a table on the corner of Kings Avenue promoting our Village Fete as an example.

It is hoped we will soon see new flowerbeds surrounding the memorial stone in Eastcliff Ward. Cllr Baker kindly initiated this by donating his Queen's Jubilee grant. The flowers are awaited with much anticipation, being a permanent reminder of our Queen's Jubilee.

All these events were organized alongside our dealing with queries and requests from HRA members. One concern in particular has been raised regarding Seagulls. Apparently, some residents of the village are leaving food out for these birds. As a consequence, the loud screeching and fighting starts as early as 3.20 in the morning. The noise can go on for more than an hour and makes it very difficult to sleep. Notwithstanding, the gulls leave a trail of mess behind which is a health hazard. Breathing dust or water droplets contaminated by bird droppings can lead to several diseases. Added to this consideration, Seagulls' digestive enzymes are incredibly strong and makes their droppings highly corrosive

and damaging to car roofs and bonnets in particular.

Although Summer may be over and Holland's tourists and day-trippers wave goodbye, those of us remaining can once again enjoy our "village" peacefully. Never say we go into hibernation though – the HRA is already gearing itself up for the forthcoming festivities.

Resident, Jennifer Kersey, kindly sent us several poems she has composed. I set out below an excerpt which I believe sums up feelings for the end of summer:

"Neat piles of leaves into secluded corners blown,

The remains of the 'harvests' in early summer, sown,

In a wood, nearby, 'of horse chestnut collecting' mem'ries unfold,

Crisp foliage under foot now like a thick carpet of gold,

Somewhere a bonfire burns and steadily consumes

Its "Autumnal feed" – I know well the scent of these fumes.

Yes, I do love Autumn – my favourite time of the year

A time to reflect on all to me that is dear."

Keep safe and well.

Carol Cooper

Chairperson of HRA

Purple Pals



I still can't believe Purple Pals has been running for over 3 years now, we continue to grow and have new faces turning up which is so lovely to see! All the while raising awareness of the Purple Poppy and service animals past and present. Thank you one and all!!

Our focus is of course the dogs – our little friends who basically just want to please us no matter what. It has been hard watching in the hot weather that was with us over the summer period seeing owners taking their dogs out in the heat of the day and seeing the little fur babies struggle. Sad to say some didn't live to tell the tale.

A dog will want to please you regardless and will come with you for a walk wagging their tail just to please their hoomans – therefore it is down to the owners to stop and think before going out – is it too hot? Can the walk wait? A dog has never died from missing a walk....

As temperatures rise in this country, we will of course moan while others bask in the heat but let's try and be kind to the ones that give us unconditional love

Stay safe and enjoy your fur babies!!

Naomi Lawrence

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 3500 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 Winter edition is 4th November 2022.

Quarterly Meeting

The next public meeting of the HRA will be at Holland Public Hall on Wednesday 19th October at 2pm.

As always, we will be inviting the three ward councillors – Cllrs Baker, King & Winfield and Essex County Councillor Mark Stephenson.

Our guest speaker will be Eileanor Dixon from Essex County Council Residents' Panel. She will be explaining how we can have our say at grass roots level about services.

This meeting is open to all residents.

Stephen Collitt, Hon Secretary
E-mail: secretary.of.hra@gmail.com

Holland Residents' Association

This year's sale attracted over one hundred participants. At the beginning of the year the committee had decided not to have a sale as we felt we'd be preoccupied with making arrangements for the fete. However, we were asked to change our minds; Sandra and her team had got the fete in hand. The committee decided to make the event free for sellers and this may well have boosted numbers. Our overall aim was to make this a community event and this decision appears to have been the right one.

With the number of sellers and most roads in Holland having a sale, it was clear that this would indeed be a community event. We were about to face the hardest part: from the closing date for registration to the sale itself we had only two weeks to promote the event.

The Clacton Gazette was helpful in providing an article and posters were displayed throughout the village. Beyond that we concentrated on displaying posters at focal points in the area, such as the community boards of large stores, and post-offices and independent shops in the larger area. Social media also played an important role: we used the community pages on Facebook as well as advertising to members who are on our e-mail list.

In view of the number of sellers, we decided to split the area into sectors and devise a kind of circular route around each sector. This would provide some sense of order for buyers, and on the list



of addresses we asked viewers/buyers to visit by sector rather than go around the sale randomly.

On the day of the sale, we visited around thirty sellers to get feedback and overall the sale was a resounding success.

Unfortunately there were some sellers who did not do very well - despite our route planning - and it appears that these residents may have been at locations which were on the outskirts of the village. However, most of those we visited reported good sales with some donating proceeds to charity. Sadly one resident reported a theft. Another resident said that he was selling particular items that not might be found elsewhere and it would be helpful for both sellers and buyers to know where such items might be for sale - noted.

Thank you to all who advertised and took part, whether as buyers or sellers. It was good to see so many people around the village. The fine weather obviously helped and this year's success will probably mean another next year.

Shaz and Stephen, plus help from Colin.

Also thank you to the Emporium and McColls.

SUMMER VILLAGE FETE

Well, what can we say? The Village Fete, held on Saturday 6th August at Brighton Road Village Green, proved a great success.

At 1 pm the Fete was opened by Cllr Peter Harris, Leader of Tendring Council, who took time during the whole event to interact with all stall holders and visitors. In no time at all the green was buzzing with people, enjoying the fete and the sunshine.

Two of the sideshows were kindly sponsored by District Councillor Andy Baker and County Councillor Mark Stephenson. Bravely, they volunteered to spend some time in the Stocks, where they soon became the recipients of a lot of wet sponges!

The Clacton Sea Cadets and 1st Clacton Guides did a fantastic job, watching over the sideshows, encouraging people to take part as well as assisting with the Litter Picking and general help throughout the day. They proved to be a fine example of what local organisations are offering for children and young adults in the Local Area.

We were entertained by Pauline's Pink Flamingo's Dance Troop, the children from Aces Performance Academy and to finish off the afternoon we had Rewind to sing us out.

A multitude of local organisations set up their stalls in order to raise funds for their own particular charity, offering information in addition to increasing their membership.





So much generosity was shown in the purchase of raffle tickets. One kind gentleman refused to give his telephone number, saying, "Should I win please donate the prize to someone who may need it." A reflection on the community.



The Holland Residents Committee would like to thank Blake & Thickbroom Estate Agents and Fisher Jones Greenwood for their support and contribution to the event. Also, a big thank you to the music DJ, the photographer, the Fairground Provider, and firms that helped the day happen. Members of the HRA and members of the public who came and supported us cannot be thanked enough. HRA has received so many positive and complimentary comments, both verbally and on Social Media. For example:-



'Best organised and attended event they had ever attended'

'Brilliant afternoon had by all at the HRA Fete great to see the Community together'

'Superb 4 hours of fun, thanks to everyone concerned, was lovely to put faces to names'

'WHAT A BRILLIANT AFTERNOON'

'Lovely Afternoon let's hope it continues every year'



It was HRA's intention to make the fete an entirely local affair which would benefit all of Holland-on-Sea's residents, businesses and local organisations. We think it is safe to say, that it fulfilled its' wish.

Next year's fete is becoming more than a certainty.

Sandra Tank, Social Secretary and Carol Cooper, Chairperson



A Smugglers Tale

Living by the seaside always attracts romanticised stories of smuggling and secret tunnels, embellished by time, but few hold any relation to fact. Smuggling, of course, goes on to this day, but is not something we want to get mixed up with, and at present the focus appears to be on human trafficking.

Several hundred years ago the Essex shore, because of its nature and isolation, was the scene of considerable smuggling activity, and many of the inhabitants of the remote coastal villages were involved in landing the contraband, in concealing it as necessary, and in handing it over at agreed rendezvous to those "gentlemen" who disposed of it in London and elsewhere, not forgetting the "brandy for the parson 'baccy for the clerk".

If we go back to the days of Little Holland in the 18th Century, the area was made-up primarily of farmland, with just a few dwellings for the workforce. This was long before David Cripps Preston had a vision for a residential development that we now know as Holland on Sea, and then there were at least two areas that did attract the



This is a 1930's picture of the rough cliffs at Little Holland; typical of a long stretch of desolate seashore of the 18th century.

people trying to avoid the customs man and payment of any duties. One was the very border of Clacton and Holland, and was an ancient highway known as Sea Lane; it is now a pleasant footpath between the seafront and Holland Road.

A house that was once part of Lilley Farm was occupied by a gentleman farmer who had an isolated boathouse by the gap in the cliffs which seemed to be useful to the smuggling fraternity, and contraband was taken up Sea Lane, the high hedges at the time (as indeed now) acting as a screen.

One of those involved in the operation, a local carrier, had the use of stables behind the cottage on the site of Eaglehurst in Valley Road (next door to the Ship Public House). He received the goods from one, Fred Nicholson, known locally as "Captain Nickers", and hid them in the stable until they could be taken on one of his regular journeys to Colchester.



The "Viper" of Harwich; its purpose was to keep a watchful eye on smuggling. It has just sailed past the Gunfleet beacon, a predecessor of the Gunfleet Lighthouse that still remains, disused, off our shores.



The gap at York Road would help make easy access to the foreshore, and it was cuts like these that appealed to potential smugglers.

Holland Gap was the other place ideal for smuggling and one such man closely linked to these nefarious activities was James Bushell. He was born in 1673 and lived for a while at Little Holland where he “fished for wrecks”, apparently sailing out to wrecks on the sands, and there taking all that was of value. He married Joanna, daughter of Thomas Warren, a mariner of Wapping, from whom he inherited Frinton Hall where he lived until his death in 1738.

Bushell could claim to be the person who invented the diving suit as he made himself a watertight leather suit that incorporated a tube that would lead to the surface, in order to gain fresh air. With this suit he would dive onto wrecks to help himself to anything of value. Bushell was known to be involved in smuggling and, along with others, would bring various goods, including gin and tea, ashore, engaging the services of locals to help transport it to various hideouts for later disposal. The reward for the helpers was often a generous helping of the contraband (whether as official or unofficial payment) but this did, at times, lead to tragedy.

In 1830 Richard Brett, a labourer from Great Holland, was working with others

on the sea wall and on Christmas Eve assisted some smugglers to bring ashore some ‘cargo’. Rewarded with a good supply of gin, Brett and the others became so inebriated they could hardly walk. In crossing over the Holland Brook, on a makeshift bridge, from Little Holland to Great Holland, Brett fell off the plank into the icy water. His companions managed to get him out, covered him up as best they could and left him by a haystack but on returning to collect him the next morning, Christmas Day, they found him dead; Brett left a wife and six children.

Just a few years later, Martin Lott, a young man from Little Holland who, having assisted some smugglers, died from having consumed too much raw spirit.

Whilst there is sufficient recorded evidence to confirm the above did actually occur, the stories of tunnels have never been validated and much as one might wish to imagine such engineering feats, there would seem little purpose as simply landing contraband on the desolate shores of Little Holland (and what was to become Clacton) was simple enough...and worked.

Many years ago there was much excitement that there was a possible tunnel from St. John’s Church at Great Clacton, but on closer examination proved it to be nothing more than an early form of under-floor heating system to provide warmth to the congregation in the winter.

Much closer to home, some have suggested that Turpins Avenue was named after Dick Turpin, who presumably had taken a wrong turning at some point in his travels! In fact the name of the road comes from Turpins Farm, but that story can wait until another quarter.

Richard O. Walker

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*

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 in Fleetwood Avenue. Our Founding Member is Anne Dover, who will be celebrating her 90th birthday with us at our Garden Party in August.

We enjoyed a great evening celebrating the Queen’s Platinum Jubilee toasting the Queen in June with the Air Raid Jivers who had us all tapping our feet, singing and dancing.

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.

Our Autumn programme 2022 is as follows.

Thursday, 8 September We welcome back the amazing Andy Scholar with ‘Memories of his Edinburgh Childhood’.

Thursday, 13 October Annual Harvest Supper – 7 pm. Followed by a talk and Sea Shanties from Andy Malcolm. Items for sale in aid of Fishermans Mission.

Thursday, 10 November The history of our well loved comedy – *Dad’s Army* – as told by Charles Garland.

We celebrate the Club birthday this month.

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

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

Public Hall

‘VOLUNTEERS URGENTLY NEEDED. This is a BIG SHOUT from the Holland on Sea Community Association, the registered charity managing Holland Public Hall. As I’m sure many of you are aware the Hall is the hub of the community with more than 30 social clubs and activity groups meeting regularly, including Art Workshops, Men’s Club, several Ladies social groups, Yoga and fitness classes, Sequence, ballroom, line dancing, Age Concern group supporting people with mental health difficulties, Arts and crafts, WI, Short Mat Bowls. Parkinsons Society, Active for Essex. The hall is open 6 days a week with a Caretaker on site. We are urgently seeking volunteers to join us in running the Hall. Is there anybody out there with admin skills, ideas for fund raising that you would be willing to share or perhaps has a couple of hours to spare to help fund raising events occasionally.

Since COVID forced the Hall to close for nearly 2 years, we need some help in recovering, getting the Public Hall back to health.

Jumble Sale: Saturday September 24 - 10 am - 12 noon, we are having a good old fashioned Jumble Sale all monies to Hall funds. If you’ve had a clear out and would like to donate to the Public Hall, please contact the caretaker 10 am - 4 pm to arrange drop off. No furniture or large items thank you.

Christmas Bazaar: Saturday November 12 - 10 am - 1 pm come along and buy your Christmas gifts or just come along and have a browse. A wide variety of goods for sale, refreshments available. We have a few tables available at £10 a table. Please contact Barbara: 01255 220309 to book or for more information.’

Please message Barbara: 07850 428712 or leave your contact details with the caretaker at the hall if you think you would like more information and support this essential community project.’

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.

Sunday 2nd October – 10.30 **Harvest Service** with special focus on Food Bank followed by Poverty Lunch.

Feel free to contact us on 01255 814617 or revcollict@aol.com

Hall hire, Weddings and Funerals.

From St. Barts



Regular Events

Sunday Holly Communion service at 10 with refreshments

Midweek service on Wednesday's at 10am

September:

22nd and 28th (Thursday's) we commence a course of **Christianity Explored** at 11am in the Rainbow Room at the church, all are welcome. Refreshments available and sessions are approximately 75 minutes.

October:

Sunday 2nd is our Harvest service at 10 am please see the Notice Board for further updates.

Christianity Explored on Thursday's 6th; 13th & 27th. 11am in the Rainbow Room at the church all are welcome. Refreshments available and sessions are approximately 75 minutes.

Email us on: stbartsholland@gmail.com



*If you enjoy singing we would like to hear from you
St Bart's Church is looking for new members for
their choir.*

Don't be shy all are welcome.

Email address: stbartsholland@gmail.com



Surgery News



Kennedy Way Medical Centre is currently reviewing their processes to improve the patient experience. We have made changes to our prescription team, and we now have a dedicated prescription line accessible from between 10am until 4pm Monday to Friday. There will be an option to leave a message if the line is busy or if the call cannot be taken at the time of calling. We are pleased to say we have an additional Prescription Clerk to help support the team.

The triage system for Kennedy Way Medical Practice has now ceased. Patients wishing to see or talk to a GP or Nurse Practitioner should still call between 8am and 10am Monday to Friday where they will be offered either a face to face or telephone consultation on that day or if appropriate on an alternative day. We will continue to monitor the new system and changes may take place to accommodate the winter pressures.

Flu season will be shortly upon us, Kennedy Way Medical Practice will be holding flu clinics from late September and appointments are available to book now.

You may be aware that Kennedy Way Medical Centre is one of four member practices within the Ranworth Primary Care Network (PCN). The other member practices are Ranworth Surgery, Caradoc Surgery and Green Elms Health Centre with its branch surgery of Nayland Drive.

The purpose of the PCN is to facilitate close working between a group of practices to provide integrated services to the local population. This is achieved across the following roles that we have available to our surgeries: Clinical Pharmacists, Physician Associates, Pharmacy Technicians, Mental Health Practitioners, First Contact Physiotherapy, Care Co-ordinators and Social Prescribing Link Workers.

Some of the quality improvement projects currently being undertaken within the PCN are annual Learning Disability Health Checks; confirming or excluding hypertension for patients with an elevated blood pressure reading and with no existing diagnosis of hypertension; ensuring patients with a cardiovascular risk of greater than 20% are offered treatment with a statin; ensuring care home residents have a personalised care and support plan; review of patients living with severe frailty.

From October 2022 there are new Government requirements to extend surgery opening hours from 6.30pm to 8pm Monday to Friday and Saturdays 9am to 5pm. Ranworth PCN have to provide an additional 42 hours across all member practices within these times. Subject to agreement with NHS England the weekday evenings will be telephone appointments with Saturday's being mainly face to face appointments. The Saturday clinics are planned for all Ranworth PCN patients to be seen at the Kennedy Way Medical Centre site. More information will be added to our Facebook page once plans have been approved.

Finally, Mandy Double will be stepping down as Clinic Manager at Kennedy Way Medical Practice. We would like to thank her for all her hard work and dedication to the role.

Lisa Maddox,

Practice Manager, Kennedy Way Medical Centre

Kennedy Way Community Garden

NEW container sheds are in place at the Kennedy Way Community Garden in Clacton as the next stage of work gets underway.

Phase Two of development on the site, run by Community Voluntary Services Tendring, has begun.

Work has started on creating a recycling shed and community hub in two new containers, with new pathways and designs for new garden areas.

They will join the Men's Shed, outside exercise equipment, raised vegetable and flower beds, accessible paths, seating area and polytunnel already being enjoyed in the garden, which was created from a unique collaboration with NHS Property Services and the now named Suffolk and North Essex Integrated Care Board.

Nicola Vella, volunteer co-ordinator, whose vision was the foundation for Phase one, said: "It's so exciting to see Phase Two beginning.



"The community garden is such a welcoming space and has a wonderful atmosphere for local people to come along and enjoy.

"We are keen to build on the amazing activities we already have and look forward to these new containers being ready for use."

New volunteers are needed for Kennedy Way Community Garden on all weekdays to volunteer either in the Men's Shed, help out at the outdoor gym or in the garden.

For information or to volunteer call 01255 425692 or email

admin@cvstendring.org.uk reference: Kennedy Way Community Garden.

Visit www.cvstendring.org.uk for more information.



Tendring Specialist Stroke Services

Tendring Specialist Stroke Services leads the way across Tendring in providing post stroke support and prevention work. Stroke is the leading cause of disability and a stroke occurs every 5 minutes in the UK. The service runs therapy sessions from Monday to Wednesday. Post stroke therapy includes neuro- physio and understanding how exercise impacts on brain activity and mood. Stroke is an injury to the brain and affects a person's mental health. Our trained counsellors support stroke survivors to understand the impact the stroke will have on their own self perceptions and confidence, and this is an important part on the journey to acceptance. Art and music therapy is also an important part of our range of therapies. Cognitive, speech and language therapy are vital as stroke often leaves a person with affected cognition or issues with speech. We also run a carers meeting once a month, to support carers. Tendring Specialist Stroke Services has a number of events to promote what we do and to raise funds to support the charity.

We are planning events as follows, details to be confirmed

National Stroke Day Saturday 29th October 2022

A Winter Ball Thursday 3rd November 2pm to 4pm 2022

Christmas Market Saturday 12th November 2022

The charity is always looking for volunteers to support stroke survivors. We are also keen to open our book stall through the week, and if you can support this , please get in touch. We accept donations of good quality clean books but may at times have to manage this as we have limited storage space. We are starting to request donations for our Xmas Fayre, if you have unwanted gifts or bottles we are happy to receive these and raise further funds for our charity.

TSSS is available for hire at certain times.

Please be in touch with us at the Stroke therapy centre, 01255 815905 if you would like any support or further information.

The Deanery Choir

The Deanery Choir was formed in 2021 with the aim of supporting church music in the Tendring area. We sing in a four part harmony, both unaccompanied and with organ.

We are able to provide music for various church services, including choral evensong, weddings and funerals, and for special festive times such as Christmas and Easter. Experienced support can be given to those planning such services in the choice of appropriate music if required. We regularly lead worship at St George's Church, Great Bromley, on the second Sunday of each month.

For further information please email our choir organiser Graham Bell.

grahambell493@gmail.com

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



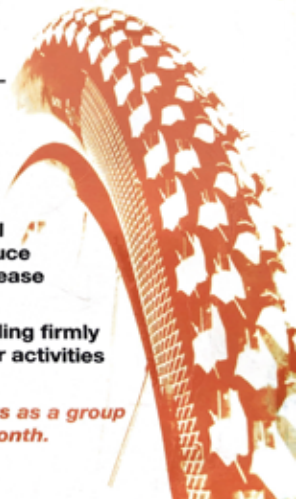
KINGSCLIFF

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.



Clacton Arts & Lits at The Princes Theatre on Monday Nights

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www.clactonartsandlits.com

For more information please contact David Needham 01255 429287



Holland Art Society



WORKSHOPS are being held on the second Monday of the month
September 12th, October 10th, November 14th, December 12th

DEMONSTRATIONS are on September 26th,
with Greg Lashmar, October 31st with our own Carol Paterson, and
November 28th our social evening including a fish & chip supper,
and quizzes.

If you have any questions please contact chairman Steve Howell
07952 343424

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Parliament Update



Dear Holland-on-Sea residents.

Whilst it has only been three months since my last article, it feels like a millennium has passed in Westminster!

The main news from Parliament is the resignation of Boris Johnson as Prime Minister, and the subsequent leadership election to replace him. Now that we are in Recess, the remaining two candidates vying for the job will be really stepping up their game.

I ran my own survey of Conservative members to hear from them directly what they are looking for in a Prime Minister, and I am also grateful to all the constituents who have chosen to share their views with me directly. Whatever happens, we must have a new leader that brings unity to the country and gets on with the jobs that matter. It may be interesting for readers to know, the top result from this poll was that members believe the Government needs to be more efficient. This is something I wholeheartedly agree with. We cannot fix the cost of living crisis unless we get the Government to be more efficient and therefore lean less on the taxpayer. The new Prime Minister needs to establish a long-term economic plan that shows a clear vision for our country of lower taxes that will lead to growth and a secure economy. This must not be a mere soundbite for the media.

Sadly, moving on, the war in Ukraine is still ongoing. The media seems to be reporting on it less and less, and I fear that the lack of attention may be feeding into Putin's goals. We must not lose sight of what is happening in Europe just a short flight away. I continue to urge media outlets and my ministerial colleagues to keep the focus on this abhorrent war until we see a satisfactory resolution.

In the next session of Parliament, I will be bringing forward a Ten-Minute Rule Bill to the House regarding the Marine Management Organisation. I have been openly critical of this public body – their entire handling of the licensing issue for the Naze was obtuse. It caused me to intervene at the highest level and bang heads together to get the licence issued. I believe that Tendring District Council, with its local expertise and knowledge, would have handled the situation with greater urgency. This bill will devolve these licensing powers back to local authorities who naturally should have a keen understanding of their own patches.

Over the coming months, I will be conducting more 'out and about' surgeries – where I will be knocking on doors to hear the views of residents directly. My team of fantastic caseworkers and I are here to take on and champion issues you might be having. If you need my help, then please do not hesitate to get in touch. You can write to me, call me, or have me knock on your door!"

With best wishes,

Giles Watling, Member of Parliament

Your County Councillor



It's time for another report and a lot is going on with a whole host of things to tell you about so I'll cut to the chase.

As usual, I'll start with the road repairs. Queensway is finally done! It's been a long battle and although residents were hoping for more, all the potholes and cracks have now been filled and the ride down Queensway is a lot smoother. York Road potholes have been filled, although for some reason they left one right at the end of the junction, so that had to be chased up and has now been done. I am now focused on the ones in Turpins Avenue and Seafield Gardens, which seem to have been ignored despite several requests and promises to get them filled.

Whilst we are talking about potholes, ECC has a new pothole scheme allowing me to pick 36 potholes that needed filling. I sent a message out to all the District Councillors but unfortunately, the only one to reply to me, with potholes that need repairing in his ward, was Councillor Andy Baker. A missed opportunity for those councillors that didn't respond and with an election coming up. I'm now going to throw it open to the public to nominate any potholes on their roads which I will take a look at, so feel free to send any my way.

Footpaths are still a problem in the area and I just can't fix them quick enough. There is very little movement by ECC to make footpaths a priority and it takes me on average about 7 months to get the really bad ones sorted. The minor repairs will probably never get done as I found out the other day when I checked on the status of one to find it had been a problem for 11 years. It staggers belief and is very frustrating, especially since I get at least one resident a week who has had a trip or fall and injured themselves.

As usual, I wander out of my role as your Essex County Councillor and found myself organising a meeting of opposition group leaders with concerns over the property dealing initiative that TDC was passing through Cabinet. It was heavily opposed at the meeting and already things are being put into motion to try to protect the green areas in Holland from this kind of speculative building. I feel there will be more to come on that in the months to come.

I continue to get stuck into local problems and was recently down at York Road tidying up the area around the car park. There is some thought to setting up a gardening group, similar to the one that existed before and I would be interested to know if many people would sign up to do a little bit here and there to keep the area tidy. Please let me know in an email.

Finally, I spent some time in the stocks at the HRA Fete last weekend. Many people took to throwing wet sponges at myself and Councillor Andy Baker. What a great day that was and a big round of applause to the HRA and all those that helped organise this event. With such a great attendance I am sure there will be another one next year.

That concludes my report for now but please call me if you need my help. My number is 07775537722

Mark Stephenson
County Councillor
Clacton East

Your District Councillor



Well, the Summer is now over, the extreme heat a thing of the past (or is it?) and soon we will be preparing for the Autumn. We have been lucky to have had our two eldest grandchildren stay with us for several weeks over the holidays, and in June I reached the ripe youthful age of sixty!

Since my last article, I am pleased to say the Planning has now reverted back to once a month, although online Councillor Development and Training sessions, along with All Member Briefings, are now more frequent.

TDC now has a new Chair and Vice Chair, Peter Harris and Valerie Guglielmi respectively.

As well as the usual work, resident queries, potholes, signs, rubbish, I have also recently dealt with two dead seals on the beach, which is so sad to see.

I am still reporting the never ending fly tipping at Valley Road, and had a meeting with senior officers in early May, which concluded with me asking for the complete site to be removed. I received a reply to that request in late July, that they would not be removed 'for now.' There are many reasons behind this which I will follow up on, suffice to say I will continue to press for them to go, as until they do, the problem will remain. I was also hoping to report that CCTV had been installed, however this has not, as yet, materialised. Maybe one of the questions I asked around this has presented a problem!

I was able to allocate all the funding granted by the Leader of the Council for organisations to celebrate the Queen's Platinum Jubilee. Some of the funding has been allocated to TDC's Open Spaces Team to landscape and plant the area, by the granite rock above Gunfleet Sailing Club, with appropriate coloured shrubs, as a lasting tribute. I have also asked for the area in front to have the concrete removed and re-grassed.

Earlier in the year I was pleased to announce at a previous public quarterly meeting that TDC had been allocated £300,000 from the government for three Changing Places Toilets, I can now inform you that one will be in the vicinity of Beaches Café, and the other near to the Haven Beach Café. Hopefully these will be completed by the end of 2022.

In June I was invited, by the then President of the Clacton Lions, to assist him in judging their colouring competition. It was not as easy as I thought it would be, but due to coffee and cake we got there in the end!

I hoped those who attended the Village Fete enjoyed themselves, and thank you for attending, and managed to throw a wet sponge or two at myself or Mark!!

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

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Since publication of the last magazine we have celebrated Armed Forces Day on the 25th June with a Tea, Coffee and Cakes event in the Village Hall which helped to raise funds for the branch, with thanks to all who attended.

By the time this article is published we will have attended the Holland on Sea village fete on the Village Green, on the 6th August, where we had Poppy Merchandise available in support of the Poppy Appeal.

A Quiz night, in support of the Poppy Appeal, is being sponsored by the Landlord of The Ship, Kirby Le Soken, on Sunday 2nd October. Further details can be provided by our Poppy Appeal Organiser, Tom Anderson on 07719291642.

The Branch is also holding a Quiz night, on Saturday 29th October, at the Tavern, Frinton Road, to launch the 2022 Poppy Appeal in Holland on Sea. To reserve a table of 6 please contact the Branch Secretary, Andy Baker, on 07980287991.

If you would like to become a member of the Royal British Legion please feel free to turn up at one our meetings or if you would like further information please contact either the Branch Secretary, Andy Baker, on 07980 287991 or the Branch Chairman, Geoff Manning, on 01255 212034.



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

Final date for submission is Friday 4th November 2022.

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