



HOLLAND ON SEA  
RESIDENTS ASSOCIATION  
established 1926

# Community Magazine

AUTUMN 2023



*An image from the Ipswich Road garden.*

# Holland Residents Association Community Magazine

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

To advertise in this magazine please contact: [andrew.dunnett@live.co.uk](mailto:andrew.dunnett@live.co.uk)

**Deadline for the next edition (Winter 2023): Friday 3rd November 2023.**

We offer **FREE ARTWORK DESIGN AND TYPESETTING.**

Choose advert size and send your artwork or copy, together with any images/logos. PDF proofs for approval sent via email.

## Advertising Rates

Advert Size (Width x Depth)	Per Edition
Eighth Page (63mm x 43mm)	£20
Quarter Page (63mm x 92mm)	£30
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 Winter edition of the HRA Magazine are to be submitted to Maureen Cochlin ([littlemaur199@gmail.com](mailto:littlemaur199@gmail.com)). Final date for submission is the 3rd of November 2023.*

No advertisement is to be reproduced without written permission.

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 to the Autumn 2023 edition of the Holland-on-Sea Residents' Association Community Magazine. Are you, like me, amazed how the Summer seems to have flown by? In the last two months we have experienced cold; extreme heat; torrential rain; high winds and overcast skies. So difficult to plan our BBQs and fetes in the hope that the weather will behave as it should, during these valued months. Let us hope that the climate will favour us well into the Autumn.

Of course, we all should be used to these vagaries and, being the residents we are, adapt ourselves accordingly. It certainly hasn't stopped the visiting families enjoying our sands and Pier entertainment this year. There is something about a bucket and spade clutched in the hand of a small child that brings back instant, enjoyable memories of our own childhoods.

Since the last edition of the magazine, we have seen the Ipswich Road Wildflower Project blossoming, literally, thanks to a wonderful band of volunteers and a defibrillator outside the Golden Fillet Fish Shop, with thanks going to the Golden Fillet and Lions Association for their contributions. The HRA committee is always busy, addressing local issues with which they might be able to assist, as well as organizing future events. The

committee's aims are high, always seeking ways to improve our village and engender a strong sense of community. That said, the HRA's efforts are sometimes thwarted by "red tape" and officialdom, resulting in, "What we want" being adjusted to, "What we are allowed to have!"

At the public meeting on the 14th July, we were visited by an almost unprecedented gathering of eminent local speakers. First was a presentation by our local MP, Giles Watling, followed by Mark Stephenson, Essex County Councillor and Leader of Tendring District Council. Holland's newly elected Councillors, Carrie Doyle and Adrian Smith, spoke next, each representatives of St Barts Ward, followed, in conclusion, by Andy Baker, Councillor for Eastcliff Ward. For me, their attendance was evidence of commitment and willingness to engage with the HRA in making a positive difference within the area. Their presence also prompted HRA members in the audience to ask questions of concern about a range of topics.

Ultimately, and irrespective of constraints, resources and manpower in particular, everyone continues to give of their best and to approach the future positively. Surely, that is all we can ask of them.

**Carol Cooper**  
Chairperson of HRA



HOLLAND ON SEA  
RESIDENTS ASSOCIATION

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

*This magazine can also be viewed online*



## Tendring Neighbourhood Watch

Affiliated to Essex County Neighbourhood Watch Association  
Charity Number 1168988

I have it on great authority that thousands of years ago, when England comprised simple mud huts in widely dispersed compounds, each would employ a "Lert". This was a mythical creature with two pairs of eyes, one at the front of its huge round head and another pair at the back. The Lert's ears were also huge, enabling it to hear sounds from miles away. The Lert was invaluable to the villagers who valued its warning signals, allowing them to prepare and protect themselves from those who meant harm.

I am not quite sure when the Lerts died out or even if they really existed, but I still think we all need to be "Alert" to criminal activity that may be a threat to us. So, become "alert" (large ears and an extra pair of eyes no longer required of course); join your local Neighbourhood Watch and warn friends and neighbours of any potentially harmful activity. Help make our "village" safe.

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](mailto:tendringnhw@outlook.com) or 07900430088.

**HRA** HOLLAND RESIDENTS ASSOCIATION

## SUMMER VILLAGE FETE

Unfortunately due to the very un-fete like weather, we had to cancel the fete for this year.

We had been checking the weather for a week previously, but we had to make a decision on the Thursday, to give us time to inform our stall holders and displays.

We were all very disappointed as so much work had gone into the planning of the event.

We thank all our stall holders for their understanding.

We are still selling raffle tickets and they are available from McColls in York Road, The Emporium in Kings Avenue, and from 23 Park Boulevard. Tickets will also be on sale at our quiz night on 23rd. September.

The draw for the raffle will be at our public meeting on 18th October.

*HRA would like to thank residents for their support with the fete by having boards on their property and for their offer of help on the day.*

**Sandra Tank**, Social Secretary



# Purple Pals



It only seems like yesterday we were looking forward to the summer months and the warm weather and now autumn is almost upon us!

Purple Pals (for the Purple Poppy) has been running now for over 4 years and in that time, we have had so many people join us on our walks – some on a very regular basis and others dipping in and out when they can. I am very proud of how it has grown but would be slightly concerned if every member on Facebook turned up one Sunday morning as we have over 500 on the page!

The main reason for the group was to remember all the service animals that served and continue to serve in many different ways for our benefit. It has also become a great way for people to meet and make friends that have also gone beyond the group.

I hope it is something people look forward to once a fortnight. Can be interesting

when mother nature decides to treat us to a shower or a full deluge of rain, but I have always said skin is waterproof and most dogs (mine didn't like the rain) don't care as they still want to go for a walk!



Anyone is welcome to join us – even if you don't have a dog but just fancy a stroll along the front on a Sunday morning. Summer months or when it is hot, we meet at 9am at York Road car park on the front and then when it cools down we meet at 11am in the same place.

Hopefully see you one Sunday morning!!

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 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](mailto:andrew.dunnett@live.co.uk)

So why not help us to help you?

*Closing date for the Winter edition is 3rd November 2023*

# Holland on Sea for Health and Sunshine

In 1931, according to the population census, the residents of Holland on Sea numbered 780, and the village came under the auspices of Tendring Rural District Council, having its own Parish Council. In that same year, the Holland on Sea Publicity Association published the first Official Guide, enriched with such slogans as “Maximum Sunshine...Champagne Air”, “All Roads lead to Holland on Sea”, and the alliteration “Holland on Sea for Happy, Healthy Holidays”. This 28 page booklet introduced the reader thus:

*Somewhere in the compartments of the mind of the city dweller there is cherished a picture of a quiet village in which some day, he hopes to find himself a member of the community.*

*A cosy cottage or bungalow, a neat garden and pleasant neighbours form part of the picture. The village has social amenities that are bright and agreeable – has a climate in which sunshine plays a predominant part – the sea near at hand – all reasonable transport facilities and, in its essential appointments, has a suggestion of progressiveness. Such are the things that compose the picture of the ideal which the average city man, grown weary of the hurly-burly of urban existence, carries in his mind.*

*It is however, much easier to visualise such places than to find them. Nevertheless there is in England many villages that correspond to the ideal and if there is one that would appear to be more than ordinarily adapted to the purpose of providing for the city man a refuge for his days of retirement then the place is Holland on Sea.*

So, the scene was set, and as the reader delves deeper they discover the delights on offer. The principle hotel in Holland was the Suffolk House which was situated on the corner of Holland Main Road, now Frinton Road, and what was to become Norman Road. The guide map enclosed still showed Kents Farm and Bennetts



*William Collitt standing in the doorway of his chemist shop. He boasted “twenty-five years experience of seaside photography” in his advert. The building subsequently had the first storey removed and now forms part of “Masters & Mistresses”.*



*On the left is A. G. White's Garage that undertook motors, cycles, and general repairs, as well as selling oil, tyres, and BP petrol. On the corner of Holland Main Road and Coronation Road (now Windermere Road) is the Orwell Dairy, with milk supplied by Bennetts Farm, and opposite is Arnold J. Carter – Estate Agent.*

Farm, plus two roads that never came to fruition – Wansted Road and Leyton Road that were marked as cutting through from Kings Parade to Holland Main Road, east of Bournemouth Road. Auctioneer and Surveyor Arnold J. Carter, with his office on the corner of Kings Avenue and the Holland Main Road, was busy encouraging “speculators” to buy building land, with over 100 acres available on the East Cliff, High

Cliff, King's Cliff, Empire Cliff and Preston Park Estates; the freehold land being available by the acre or plot. Also available were seaside residences, boarding houses, furnished houses, business premises and hotels. Although a provisional license for the King's Cliff Hotel had been granted, the hotel itself was not yet fully completed and had to wait until the following year, 1932, before opening its doors to the public.

It was evident from the guide that it was aimed at a mix of attracting both visitors and those looking to reside in the village, whilst also hoping to appeal to possible developers. The many adverts were for a broad spectrum of services and facilities, ranging from Marguerites Cafe, offering hot and cold luncheons and fish suppers to Geo. Kennell & Sons – builders and contractors of York Road. The advert for F. W. Hazleton of Kings Avenue would have put Arkwright (Ronnie Barker) to shame, selling cigarettes and tobacco, hairdressing, photographic films (and developing), book lending library, a hire service for pushchairs, prams, cots, high chairs, deck chairs, sea horses, gramophones, tennis racquets, the sale of everything for the beach, bathing and seaside sports such as plimsoles and rubber bathing shoes; whilst G. Hazleton & Son, also of Kings Avenue, was the leading fruiterers, greengrocers, and newsagents, plus a fine assortment of seaside postcards, comics and birthday cards. And let us not forget our daily bread, with the Empire Loaf, available from Holland on Sea Bakery on the Main Road, next to St. Bartholomew's Church. The village was growing all the time and another advertiser in the guide was C. H. Chaston & Co – building contractors with the telephone number 6y4. In 1931 work was underway on the Queens Hall Cafe and shops, where Maplin Court now stands, in Kings Avenue; a 350 seat theatre being a slightly later addition which did not open until 1935. The guide concluded with a list of apartments and board residence, where the wording "Terms moderate" was commonly used.



*Situated where the Tavern now is, on the left of the picture is Wayside Stores, whose proprietor was John S. Starling.*



*Rutland Post Office, on the corner of Kings Avenue and Preston Road, was a single storey building that later had a first floor added and subsequently became D. G. Pettit. You could buy Holland on Sea rock and local view postcards, as well as stationery. It is now the home of "Scizzor Sisters".*

One will never know how successful that 1931 Holland on Sea guide was to attracting visitors, residents and developers but hopefully the compiler and editor – Noel C. Clarke was pleased with its sales, for there was a 4d (2p) charge for it. Things were certainly moving though as, in 1934, Holland on Sea transferred over from Tendring Rural District Council to Clacton Urban District Council and, at the same time, it lost its parish status. That same year the population of Holland on Sea had increased to some 1,500. Holland on Sea was to continue to grow over the coming decades but, one hopes, that it has never lost its charm as a unique village tucked away in North-East Essex.

**Richard O. Walker**

# Tendring Talking Times

The current Chairman of the Charity which produces Tendring's Talking Newspaper, Hollis Drake retired at their 47th Annual General Meeting held this week after 14 years in the chair as well as being a Producer and Reader.

The Charity produces a weekly summary of local news primarily for people who are blind or visually impaired which is recorded onto Memory Sticks which are posted out to the listeners. Each listener is provided with a simple device on which the recordings can be played and once listened to the Memory Stick can be mailed back to the Charity at no cost to the listener using the same envelope as it arrived in.

Hollis Drake was thanked by everyone present for his service and hard work on behalf of the Newspaper and Hollis Drake in return wished his successor Adrian Robinson an enjoyable time in the Chair even if it may at times be challenging.

Recordings are created by the volunteers in

their own studio premises by rotating teams comprising of engineers, producer, editors and readers on a Thursday evening and other volunteers. The Charity is now very keen to hear of others who can give some time mainly on a Thursday afternoon to join these teams as some are quite short of people but despite these shortages there is a good spirit within the teams.

Adrian Robinson also stressed that the Charity is keen to learn of visually impaired persons in the Tendring area who do not already receive this weekly digest. There is no charge for this service which is largely funded by legacies. Unfortunately, during the pandemic the number of listeners dropped from 400 to a current 75 so the Charity feels there must be many more people out there who would enjoy using this service.

To request to go on the list then please call 07831 704078 or e-mail: [tendringtalkingtimes1976@gmail.com](mailto:tendringtalkingtimes1976@gmail.com)

## HRA QUIZ NIGHT

At Holland Public Hall on Saturday 23rd September.

Doors open at 7pm for 7.15pm start.

Teams of up to six per table - £3 per person payable on the night. Bring your own food and drink.

To book: e-mail [secretary.of.hra@gmail.com](mailto:secretary.of.hra@gmail.com) OR call 01255 483321. Please provide your name and contact details along with team name.

All proceeds to benefit the local community.



# 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](http://www.tendringdc.gov.uk)*

# Surgery News



COVID-19 has unsuspectingly enforced digital change across all areas of health and social care. It is now a contractual requirement for all GP practices to have a digital first solution. Digital First is a nationally funded, transformational programme of work with a focus on delivering equitable access to digital services, for all patients. Kennedy Way Medical Centre is undergoing planning to comply with the programme and therefore you will see some changes in the near future on how you can access the surgery. Please keep an eye on our Facebook page for any updates.

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 will be eligible for a free flu vaccine if you are aged 65 year and over, under 65 years if you are in a clinical risk group, or pregnant. The surgery will also be vaccinating all children aged 2 or 3 years on 31st August 2023. We will be sending out links via text to eligible patients to allow self-booking online. Appointments can also be made via telephone or at the surgery.

Half day education closures for Kennedy Way Medical Centre are as follows:

**Wednesday 27th September**

**Thursday 19th October**

**Wednesday 29th November**

Please remember if you are having any issues with Kennedy Way Medical Centre please contact the surgery ask for our Clinic Co-ordinator, Alana Mawby, who will be able to assist you

**Lisa Maddox,**

Practice Manager, Kennedy Way Medical Centre

## New Surgery Appointments System

The Department of Health have decreed that patients should be able to contact their surgeries via on-line services. To that end the East Suffolk and North Essex Integrated Care Board (ICB) have decided to move all surgeries in their area to an APP based system in our case *askmyGP* powered by evergreen life. There are several APPs available but our surgery considered this to be the best option for us.

Some members of the Kennedy Way PPG (and others from Ranworth and Caradoc surgeries) attended a demonstration on 2nd August. There will be two ways of contacting the surgery, either patients can use the APP or they can phone, at any time of day, and the reception staff will enter details on their behalf. The APP can be accessed by smartphone, tablet or PC. Patients will be asked four or five simple questions and asked to give a brief description of their reason for making contact with the surgery. Whichever route they choose, the information will find its way onto the *askmyGP* system and will be triaged by a clinician at the surgery. Patients will then be contacted by the surgery with a hopefully same-day appointment or advice as to how to proceed.

We have some reservations having gone through the ACE era, but we are assured this is not a return to that system. Evergreen systems are now in place in many surgeries across

the country and we were told that in the surgeries in Suffolk that have already moved to this system 70% of the contacts now come on-line via the APP. As a result, it is far easier to get through on the phone and you can phone any time of day as triage will be on-going throughout the day. It was pointed out to us that many GP appointments are currently wasted by patients insisting on seeing a GP when they could be dealt with more effectively by specialist clinicians. An effective triage system will prevent this happening and thereby free up more GP time for those who actually need it.

Ranworth surgery will be the first to transform on 10th October 2023, followed by Kennedy Way on Tuesday 24th October. We understand that all surgeries within the ICB area will eventually use an APP based system.

**Rita Garnett,**

Chair – Kennedy Way Patient Group

## **Tending Specialist Stroke Services**

---

The Stroke Charity TSSS has had a busy Summer with an Afternoon Tea for our wonderful volunteers at the Kingscliff Hotel and a well-deserved trip for our wonderful carers to Dedham. The service continues to provide therapy support across Tending, in hospitals and reviews for people at home, as well as emotional counselling support. The charity will feature its work at an event on 6th September at Frinton on Sea Golf Club from 5pm to 8pm, Let's Talk Stroke is about having discussions, conversations and facing our fears about stroke, hearing from guest speakers with the lived experience. All are welcome to attend. Nurses and experts will be on hand to support with any questions or issues with regards to the stroke condition.

Going forward The Stroke Charity will be having a Book Fair on Saturday 13th October and the Xmas Fayre is planned for 4th November, to get those Christmas gifts nice and early. The charity would like to thank local companies, individuals and volunteer groups for ongoing contributions and fundraising to help stroke survivors with the often-arduous and emotional journey to acceptance and gaining confidence to negotiate the world. Our team are a group of dedicated professionals with a wealth of experience. Our major work this year is to grow the awareness of the stroke condition and to work on community wellness and awareness, promoting prevention. October is World Stroke Day and we will have a series of events to ensure we improve the health and wellbeing of the community and those experiencing a stroke.

Weekly Events: Stroke Therapy sessions Monday to Wednesday 9.30am to 12 noon at Holland on Sea, Brightlingsea Football Club Monday afternoon 2pm to 4pm, Young Stroke Support Group 2pm to 3pm Tuesday Afternoon, Yoga with Dave Tuesday Evening 6.30pm to 7.30pm, Wednesday Friendship Lunch £6 12.10 to 1.30pm, Dovercourt Hub Wednesday 2.30pm to 4.30pm. Home Reviews.

There is a contribution for attendance at our services to support the charity with providing the services of trained Physio, wellbeing and Nursing teams.

If you need support please contact us on 01255 815905. [Info@tendingstroke.org.uk](mailto:Info@tendingstroke.org.uk) or call in and see us.

# Community Diagnostic Centre

---

People living in north Essex can now get fast access to health tests at a time convenient to them at Clacton's brand new Community Diagnostic Centre (CDC), which is open 12 hours a day, seven days a week. The new modern facilities provide:

- CT scans
- MRI Scans
- Xray scans
- Ultrasound Scans
- Blood Testing
- Pacing checks
- BP monitoring
- Echocardiograms
- ECGs
- 24hr Heart rate monitoring
- Lung Function testing
- Spirometry
- Sleep Studies
- Dermoscopy (available Autumn 2023)
- Endoscopy (available Autumn 2023)

This means that when you need diagnostic tests for you and your loved ones that live in the area, you can now be seen quicker and more likely not needing to travel up to Colchester. Unlike Colchester, the Clacton Diagnostics Centre doesn't see any emergency patients, which means there's far less chance of your appointment being cancelled, and it's also much more likely to take place on time.

To be referred to the Clacton Hospital Diagnostics Centre, please speak to your GP or consultant and let them know that you would like a referral to the Clacton Hospital Diagnostics Centre.

As well as modern changing rooms and comfortable waiting areas, work is now taking place to upgrade the footpaths outside the building, while up to 30 additional spaces are also being added to the existing car park, where patients can park for free.

It has also seen additional jobs created in the local community across a range of specialities.

For further information please visit <https://www.esneft.nhs.uk/get-fast-convenient-health-tests-at-clactons-community-diagnostic-centre/>

You can also take a look at the new centre here: <https://youtu.be/xRqjCzRu3vc>



## 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



Tending 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.*



# 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.

Membership renewal was in April 2023 with Subs for the year £25. Visitors welcome and pay £5 for the evening. New members and visitors will be made very welcome at any time during the year.

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.



## 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**

or Email: [hollandartsociety@email.com](mailto:hollandartsociety@email.com)

# Cards & Crafts Collection

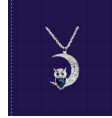


Are you bored with seeing all of the same things on the High Street?  
Why not pay us a visit and get something that is a little bit different.

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



**Wedding**



**Jewellery**



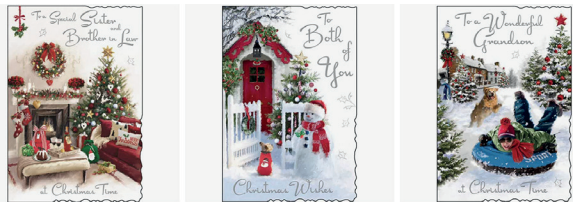
**Baby gift**

## Gifts for Him

- Wallets
- Scarves
- Pens
- Gloves
- Mugs
- Beer Glasses
- Snoozies
- Age Gifts



## Best Quality Greeting Cards in Town



## All New 2023 Christmas Cards

Arriving

Telephone 01255 815792

## Gifts for Her

- Pashminas
- Scarves
- Snoos
- Gloves
- Snoozies
- Socks
- Crossbody
- Bags
- purses
- Crystal Pens
- Age Gifts

## Leather bags



Other colours

Available



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



A HIGHLY RECOMMENDED BEAUTY SALON BASED IN HOLLAND ON SEA WITH A PERSONAL EXPERIENCE AND TREATMENTS TAILORED TO YOU.

MICROBLADING OFFER CURRENTLY RUNNING WITH THIS ADVERT.

GUT HEALTH CLINICS COMING TO THE SALON AS OF SEPTEMBER.

**EYELASH EXTENSIONS**

**LASH LIFT & TINT**

**HD BROWS**

**BROW LAMINATION**

**FACIALS**

**MICROBLADING**

**EAR PIERCING**

**GUT HEALTH CLINICS**



CONTACT ME



lucyburtonbeauty@outlook.com



07794089686



Rooms from  
**£975**  
per week



**BLACK SWAN**  
Care Group

**High quality residential care in Clacton-on-Sea**

**High quality short-term, respite care and longer-term support is available at Maitland House and Spring Lodge – our homes in Clacton-on-Sea.**

In both homes, rooms are decorated to an exceptionally high standard and feature ensuite facilities. There are large, communal living and dining areas and access to the beautiful, well-kept gardens where we host events with families and our local community.

To find out more, please contact us or visit us online at [www.blackswan.co.uk](http://www.blackswan.co.uk).

**Maitland House**  
33 Church Road,  
Clacton-on-Sea CO15 6AX  
Tel: **01255 421415**  
Email:  
[MaitlandHouse@blackswan.co.uk](mailto:MaitlandHouse@blackswan.co.uk)

**Spring Lodge**  
23 Vicarage Gardens,  
Clacton-on-Sea CO15 6AX  
Tel: **01255 420045**  
Email:  
[SpringLodge@blackswan.co.uk](mailto:SpringLodge@blackswan.co.uk)



# *Lola's Hair Boutique*

## Hair Salon

Lola's is a salon with a relaxed, cosy vibe where every client is met with a smile and a warm welcome as soon as you walk through the door. We take the intimidation out of going to the salon, taking you out of the production line whilst giving a personal and comfortable service.

Our experienced stylists are passionate about hair and pride ourselves on being well educated in all aspects and developments throughout our industry, achieving perfect results for clients every time, making Lola's 'the' salon in your local area. We offer leading professional products for your hair including the revolutionary Olaplex bond repair system ensuring your hair is always in safe hands at Lola's.



### Thank you NHS & Emergency Services

To say thank you to our hard working NHS staff & Emergency services, Lola's deduct 10% off your bill on all hair services. Please bring your ID with you to receive this offer.

\*Offer not to be used in conjunction with any other offer.

\*\*Discount does not include products.

### 50% off cut & finish on your first visit

Please bring this coupon with you to receive this offer.

Not to be used in conjunction with any other promotions.



### Pop in and see us in person!

315 Holland Road, Holland on Sea, Essex CO15 6PD

Tel: 01255 814413

*Late nights are available by appointment only*



[www.lolashair.co.uk](http://www.lolashair.co.uk) [info@lolashair.co.uk](mailto:info@lolashair.co.uk)





# *Ivy Grace Home Care*

Your local Community Care Agency

---

## *Inspiring Better Health*

It is our goal to meet and exceed the needs of individuals who wish to remain in their homes, but cannot without some form of assistance.

We not only want to make a difference in our clients lives, but in their family's lives as well. We believe every voice counts and want to be a care company with a difference.

We are committed to our Clients Health, Quality of life and Wellbeing.

We want you to feel confident and safe with the carers providing your care. We carefully hand pick our staff to ensure we are providing the best carers. Each carer undertakes extensive checks and training. Your carers are introduced so you will never have a stranger at your door. Ivy Grace carers deliver compassionate and customizable services to each service user. Our care system allows us to provide you with a family

## *Our Care Is Your Independence*

Personal Care  
Medication Support  
Meal Preparation  
Palliative



Appointments  
Shopping/Errands  
Companionship  
Dementia Care

## *Contact Us*

01255 441155

[info@ivygracehomecare.com](mailto:info@ivygracehomecare.com)

[www.ivygracehomecare.com](http://www.ivygracehomecare.com)





## The Natural Approach

For many years it has been known that a lot of our health issues come from our gut. It is only in the more recent years that research is now showing how complex this area of our body is. **'We are what we eat'.**

Our gut microbiome is like a fingerprint and unique to ourselves, some is inherited at birth from our mother the rest acquired up to around the age of three.



Our Microbiome is the name for bacteria, viruses, fungi and other micro-organisms that are found on our skin and in our intestines. They are a key influence on our health by helping with digestion, immunity, brain health / central nervous system and many other body functions.

The main groups of bacteria found in your microbiome are Bifidobacteria and Lactobacilli, there are over 1000 different species of bacteria. Good balance = good health.

Unfortunately, there are many ways to have an imbalance of microbiome, when there are more bad bacteria present than good. This can happen through poor diet, low fibre diets, medications, stress, and other lifestyle choices.

An imbalance can lead to **weight gain, high blood sugar, high cholesterol, digestive issues, IBS, bloating, brain function, sleep, chronic fatigue, frequent illness and low immunity, allergies plus many more health issues.**

To increase your good bacteria it is important to have a varied diet including fruit, vegetables and fibre, use a good probiotic, eat fermented foods, i.e. yogurts, sauerkraut, kefir. Avoid antibiotics when possible as they kill the good and bad bacteria. Eat foods that contain Polyphenols (plant compounds) in red wine, dark chocolate, whole grains.

Having a stool test can show your balance of bacteria, plus how well your digestion process is working. You will receive a personalized therapy plan to improve your health.

Appointments are online via video or phone. Face to Face by request

Lucille Cowell DipHomACH N.D DipN.adv

Phone : 07720385068

Email : [Gutandwellnessclinic@gmail.com](mailto:Gutandwellnessclinic@gmail.com)



# Love your Feet!

PODIATRY CHIROPODY PEDICURE

HCPC Registered Podiatrist / Chiropodist



## DON'T LET FOOT PAIN STOP YOU PUT A SPRING IN YOUR STEP

Gait Analysis Orthotics & Insoles, Sports Injury Clinic



The Society of  
Chiropodists and  
Podiatrists



Don't let embarrassing nails spoil your feet  
Cosmetic & Medical treatments for unsightly  
nails

Medical Pedicures, Toe & Nail Paint,  
Gel Toe Nails for a Perfect Finish  
Routine Podiatry & Chiropody



**PAINFUL UNSIGHTLY VERRUCA? INNOVATIVE & HIGHLY EFFECTIVE TREATMENT AVAILABLE**

Holland Clinic: 98 Kings Ave  
Holland-On-Sea, CO15 5EP  
Tel: 01255 813673

Frinton Clinic: 82 Old Road  
Frinton-On-Sea, CO13 9BY  
Tel: 01255 678600

# Electric Bed & Chair Co

Suppliers of Quality Beds & Rise and Recline Chairs  
Open 9:30am-5pm Monday - Saturday Closed Wednesday



Bespoke  
Chairs & Beds



Shop  
Local



VAT  
Exemptions  
May Apply



FREE  
Local Delivery  
Within Tendring

329-331 Holland Road, Holland on Sea, Essex, CO15 6PD  
TEL: 01255 812211 Email: electricbedandchairco@gmail.com





## Fitsteps with Pauline's Pink Flamingos

Saturdays 8:50am & 10am @ Holland-on-sea Public Hall, CO15 5UR.  
FB @fitstepswithpaulinespinkflamingos  
Contact 07788984206



- Heaven facials
- Pedicure
- Massage & sports massage
- Eyelashes
- Nail extensions
- Gel Manicure
- Universal contour wrap
- Hopi ear candle
- Non surgical face lift
- Waxing
- Eyebrows
- Spray tan
- Luxura v6 tanning sunbeds
- high speed tanning
- Bluetooth technology



[www.beaches309.com](http://www.beaches309.com)

01255 818039

309 holland road  
Holland on sea  
Essex  
Co15 6pd

- Fashion handbags
- Jewellery
- Watches
- Himalayan salt lamps
- Essential oil bath soaks
- Available in salon come take a look

Gift vouchers



Our expert friendly therapists excel in treatments, warmth, service and advice



# Holland Heating

Your Local Plumbing & Heating Engineers

Boiler Installations

Full Central Heating Installations

Gas Servicing & Breakdowns

24 hr Call Out

Landlords Certification

Bathroom Design & Installation

Telephone : 07872967517

Email : hollandheating17@gmail.com



## They only get one start in life

Make it a good one with Ace Tuition

Professional & experienced tutoring for primary through to high school students



- Reading  Spelling  Comprehension
- English  Maths  Science
- 11+ tuition  GCSE (all subjects)

Fees start from £12



Home Tuition from £7

Call or email us today for a FREE assessment

01255 688896  
 acetuition@hotmail.co.uk  
 www.acetuitioncolchester.co.uk

## APPLIANCE SERVICES

www.appliance services-hollandonseaco.uk

Visit our shop (opposite Roaring Donkey)  
369 Holland Road, Holland on Sea, Essex  
Washing Machines from £129

FREE local delivery

Fridges, Freezers,  
Dryers, Cookers,  
Vacuums, etc  
Batteries, Bulbs, Belts,  
Filters - And Lots  
More



APPLIANCE  
REPAIRS

VACUUM  
REPAIRS

Repairs - No call out charge  
Vacuum Repairs - Free Estimates  
(All cleaners repaired at our shop)

Dyson & Hoover Specialists  
Spares in Stock for All Makes

**Tel: 01255 815760**



# granite-unlimited

BRINGING STONE TO THE HOME

Bespoke Granite, Quartz & Corian  
for your Kitchen, Bathroom & Fireplace

Full Design & Installation Service  
from your local team based in Essex

Over 33 Years Experience in  
all aspects of Stone Masonry



PLEASE CALL  
FOR FRIENDLY  
ADVICE & FREE  
QUOTATIONS



**Tel: 01206 257 303**  
[www.granite-unlimited.co.uk](http://www.granite-unlimited.co.uk)

Unit 5, The Old Stone Yard  
Hockleys Business Centre  
Valley Road, Clacton-on-Sea  
Essex CO15 4AE

**Email:** [info@granite-unlimited.com](mailto:info@granite-unlimited.com)

- Kitchen Makeovers Using Genuine Granite/Quartz with Same-day Fitting Service
- Kitchen Worktops & Bar Tops
- Bathroom Vanities, Bathroom Cladding & Shower Enclosures
- Over 50 Types of Granite Supplied
- Quality & Accuracy Guaranteed
- Also Quartz & Corian Worktops
- Quartz Products Available
- Seamless Solutions from Conception to Completion



OFF-CUTS  
ALWAYS  
AVAILABLE



SCAN ME





# A&E WINDOW DOCTOR



**CARE & REPAIR LTD**  
**ESTABLISHED 1998**

**BRING YOUR WINDOWS  
& DOORS BACK TO LIFE**



**GET IN TOUCH FOR A FREE ESTIMATE**



**01255 763 942**



**info@aewindowdoctor.info**

**www.aewindowdoctor.info**

# A&E WINDOW DOCTOR



**CARE & REPAIR LTD**

We have more than **two decades** of experience in **repairing** and **restoring** different types of **doors** and **windows** for customers from locations across **Essex**.



**BRING YOUR  
WINDOWS  
& DOORS  
BACK TO LIFE**

## OUR SERVICES:

- Affordable uPVC windows and doors
- Window, door and conservatory repairs
- Misted sealed units replaced
- Locks, handles and hinges replaced
- Extra window and door security
- Polycarbonated roof panels replaced
- Emergency boarding
- Letterbox and cat flaps fitted
- New full/half door panels
- Guttering, fascias and cladding
- Driveway and conservatory power washing



*Great service as always from this company. They arrive on time, do a great job and clean up afterwards! Would recommend them.*



**CERTASS**  
CERTIFIED INSTALLER



Discounts for over 60's on all repairs and installations  
Full Public Liability Insurance (PLI) Certificate

**GET IN TOUCH FOR A FREE ESTIMATE**



**01255 763 942**



**info@aewindowdoctor.info**

**www.aewindowdoctor.info**



**Yell.com**





# R. GWINNELL & SONS

Family Funeral Directors and Monumental Masons

R. Gwinnell & Sons pride themselves on offering a full and personal funeral service tailored for you or your family's wishes, bespoke funeral plans and memorials suitable for any location. We are proud to say, "We never take commission from florists, probate advisors, printers or caterers." We are happy to offer free information and advice, without obligation

351 Holland Road  
HOLLAND-ON-SEA  
01255 815600

We are available at anytime, day or night.

TRADITIONAL BLACK ROLLS ROYCE HEARSES AND LIMOUSINES  
AND SILVER ROLLS ROYCE HEARSE AND LIMOUSINE

Members of the National Association of Funeral Directors

# CHAS. BOWER

KINGS AVENUE  
HOLLAND ON SEA

## BEST QUALITY MEAT ONLY

FARM FRESH TURKEYS - BONELESS TURKEY BREAST  
DUCKS - GEESE - CHICKENS - GAMMON  
LOCAL BEEF, LAMB AND PORK  
FREE RANGE EGGS

**A TRADITIONAL FAMILY BUTCHERS WHERE QUALITY COUNTS  
AND THE CUSTOMER ALWAYS COMES FIRST**



FRESH VEGETABLES  
*Business goes where it is invited  
And stays where it is well treated  
You can, with confidence, place your order with  
Chas. Bower.....01255 812333*





**Hurst**  
Financial Management

Providing Face to Face Independent Financial Advice

*We can help you with:*

- \* Pensions
- \* Retirement Planning
- \* Investments
- \* Care Fees Planning
- \* Savings
- \* Estate Planning
- \* Life Cover
- \* Inheritance Tax Planning

14 Crusader Business Park, Stephenson Road West, Clacton on Sea, Essex, CO15 4TN  
Telephone Number: 01255 254441, email: [support@hurst-group.co.uk](mailto:support@hurst-group.co.uk)

Hurst Financial Management is a trading name of R J Hurst & Partners Ltd  
Authorised and Regulated by the Financial Conduct Authority



### **We can make it easy to prepare an LPA today!**

When they are needed, the absence of Lasting Powers of Attorney results in additional time, stress and cost for those trying to help look after your affairs. Putting LPAs in place before they are necessary provides you with protection in regard to your financial affairs and welfare choices, which many people wrongly believe their loved ones can deal with for them if they ever become unable.

**Contact us today to protect yourself and your loved ones.  
Legal advice with a conscience.**

**FJG** FISHER  
JONES  
GREENWOOD  
SOLICITORS

Fisher Jones Greenwood LLP,  
104-106 Kings Avenue,  
Holland-on-Sea, Essex, CO15 5EP  
Offices across Essex and London

**01255 818900**  
[www.fjg.co.uk](http://www.fjg.co.uk)  
[enquiry@fjg.co.uk](mailto:enquiry@fjg.co.uk)





# swimming pools & spas



01255 818381

FANTASY SPAS®

0% Finance  
is Back!

[www.spspoolandspa.com](http://www.spspoolandspa.com)

125 Frinton Road, Holland-on-Sea CO15 5UP



## Eunice Clarke Podiatrist

Toe nail cutting service

Mobile: 07535 706807



£25



## TUDOR DECORATORS

Painting and Decorators Association Approved  
London Association of Master Decorators (LAMD)

Quality Interior/Exterior Decorating

*Free Estimates*

Mr T. McGregor (John)

15 Oakwood Avenue, Holland on Sea, Clacton, Essex CO15 5RN

Tel: 01255 812598 Mobile: 07967180657

E-Mail: [john.tudordec@btinternet.com](mailto:john.tudordec@btinternet.com)

## COMPUTER REPAIRS

30 years Corporate Experience

Ex-BT Engineer

Computer/Laptop Repairs,

Upgrades, Virus Removal,

Data Recovery

Telephone NIGEL

07702 399102



# KINGSCLIFF

BAR | RESTAURANT | TERRACE | POD | AFTERNOON TEA  
COCKTAILS | ALL DAY DINING | HOTEL | EVENTS

FOR ALL INFORMATION & BOOKINGS SCAN OUR QR CODE

T: 01255 818800 A: 55 Kings Parade, Holland-on-Sea, Clacton-on-Sea CO15 5JB





# NOW OPEN

Finance Brokers | Residential | Commercial


Equity Release  
Advice Centre

Telephone  
01255 754054

Bridging  
Loans  
From 0.48%  
Free Consultation

Secured  
Loans  
For Homeowners  
FREE Consultation

Buy  
to Let  
Mortgages

How Much  
Can I  
Borrow?  
  
How Much  
Does It  
Cost?  
FREE Consultation

Private  
Medical  
Insurance  
FREE Quotation

Equity Release  
Lifetime Mortgages  
FREE Consultation  
Ask for a FREE  
Brochure

Retirement  
Interest Only  
Mortgages

- Lifetime Mortgages\*
- Bridging Loans
- Purchases / Remortgages
- BTL Mortgages
- Life Assurance
- Mortgage Income Protection
- Secured Loans
- Business Insurance

\* This is a lifetime mortgage. To understand the features and risk ask for a personalised illustration.

Your home may be repossessed if you do not keep up repayments on your mortgage.

EQUITY RELEASE  
ADVICE CENTRE

Member of the  
Equity Release  
Council

**NACFB**  
HELPING FUND UK BUSINESS

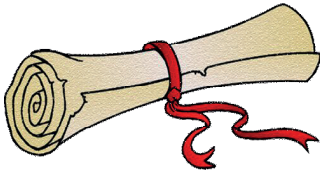
LIFETIME MORTGAGES  
WILLS, TRUSTS AND LASTING POWERS OF ATTORNEY  
YOUR QUESTIONS ANSWERED  
TO FIND OUT MORE CALL ALAN ON 01255 754054  
OR CALL IN TO 33 FRINTON ROAD,  
HOLLAND ON SEA, CO15 5UH

Equity Release Advice Centre

YOUR WILL from £40  
**Brenda Russell** is a  
Member of the Society of  
Will Writers and Estate  
Planning Practitioners  
And will be happy to visit  
You to offer advice and  
Take your instructions

Also prepares  
Power of Attorney  
**Phone 01255 821993**

Email: barnone1@bopenworld.com



## **Angel Landscapes and Designs**

a small, professional landscape gardening firm  
with RHS qualified staff that guarantees top  
quality with a personal touch  
portfolio available for inspection  
over 10 years experience  
local personnel

**Sean Hale**

01255 421721 07813 048278  
[www.angellandscapes.co.uk](http://www.angellandscapes.co.uk)

## **LEIGH'S LAUNDRY**

**62 FRINTON ROAD, HOLLAND-ON-SEA**

Free Collection and Delivery  
Service Available

**'Go on, Let's Take a Load off Your Mind'**

Telephone:  
01255 421470 / 07862 128057

Painting & Decorating  
Fence & Shed Spraying

Call Ray  
01255 820160  
07957 335184

**pride**  
PLUMBING, HEATING AND BATHROOM FITTING  
Take pride in your plumbing, we do

Andrew Carr

Mob: 07917 334363

Tel: 01255 507773

PridePlumbingBathrooms@outlook.com

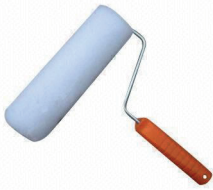


## **Holland Pet & Garden Supplies**



69 Frinton Road  
Holland-on-Sea  
Essex CO155UH  
Telephone  
**01255 815772**

"I am very pleased with the  
response to my advert in the Spring  
and Summer HRA Community  
Magazine advertising my  
gardening services. Being new to  
the area and looking to expand my  
business I have found this to be a  
valuable advertising tool. Great  
local magazine"



# *M&M*

*Painting, Decorating,  
Wallpapering*

Mick & Marie  
a husband and wife team  
All jobs a pleasure, no jobs too small  
Free Estimates

01255 812300  
07891 18 08 46



## **MJF HOME IMPROVEMENTS**

*For all your home needs*

## **KITCHENS & BATHROOMS**

**FREE HOME SURVEY & CAD SERVICE**

**FROM A RANGE OF OVER 60 HOWDEN KITCHENS  
& 45 BATHROOM STYLES TO CHOOSE FROM**

Call MJF Home Improvements  
**07905 709389 01255 812391**

Holland-on-sea



  @RLHESSEX LTD



**RESIDENTIAL & COMMERCIAL SERVICES:**  
**NEW BUILDS**  
**EXTENSIONS & CONVERSIONS**  
**FULL HOUSE RENOVATIONS**  
**LANDSCAPING**  
**UPVC WINDOWS & DOORS**

**PROFESSIONAL AND RELIABLE EXTENSION &  
RENOVATION SPECIALISTS BASED IN CLACTON,  
ESSEX**

**CONTACT US TODAY FOR A FREE QUOTE**  
**[WWW.RLHCONSTRUCTIONESSEX.CO.UK](http://WWW.RLHCONSTRUCTIONESSEX.CO.UK)**  
**[INFO@RLHCONSTRUCTIONESSEX.CO.UK](mailto:INFO@RLHCONSTRUCTIONESSEX.CO.UK)**  
**01255 235319 / 07934 982117**





**Skelmersdale**  
Centre

2 Kennedy Way (Off Valley Road), Clacton on Sea, Essex  
CO15 4AB

**Trade & Retail Welcome**

## **UPVC BUILDING SUPPLIES**

Including

*Conservatories-Windows& Doors*

*Double Glazed Sealed Units*

*Soffit Boards-Fascia Boards*

*Rainwater Goods-Polycarbonate Sheeting*

*Window Boards-Window Trims-Skirting*

*Soil Pipe-Underground Pipe*

*Silicone and Sealants-Cleaners & Adhesives*

*Flat Roofing Felt-Insulation*

*D/G Windows and Door Furniture-Locks*

**Tools and General Supplies**

**Lead Flashing-Exterior Cladding**

**Interior UPVC Panelling**

**Aluminium Self Supporting Roof System**

**Timber Fixed Roof System**

**Free Local Delivery**

Please phone for details and prices

Tel: 01255 688471 Fax: 01255 688472

info@skelmersdalecentre.com

Website: www.skelmersdalecentre.com

# HM

## HOLLAND-ON-SEA MOTORS

*Three generations of excellence*

UP TO 40 QUALITY USED VEHICLES IN STOCK  
LARGE INDOOR SHOWROOM  
LOW RATE FINANCE AVAILABLE  
SERVICING, REPAIRS, MOT MOST MAKES/MODELS  
TELEPHONE 01255 812205  
EMAIL [dave@hollandonseamotors.co.uk](mailto:dave@hollandonseamotors.co.uk)  
67 FRINTON ROAD HOLLAND ON SEA ESSEX CO15 5UH  
[www.hollandonseamotors.co.uk](http://www.hollandonseamotors.co.uk)

## SELECT AUTO CENTRE

**FREE COLLECTION &  
DELIVERY SERVICE**

All makes servicing - MOT testing - Brakes  
Exhausts - Clutches - Steering - Suspension  
14-16 Agate Road, Clacton-on-Sea CO15 1RA  
**Tel: 01255 424309**  
[www.select-autocentre.co.uk](http://www.select-autocentre.co.uk)

## WASHING MACHINE REPAIRS



- 20 years' experience
  - No call-out charge
  - Domestic appliance repairs
  - All work guaranteed
  - FREE local estimates  
Holland-on-Sea  
ALL AREAS COVERED
- Roger Neil**  
(1255) 814931



## JOHN'S AERIALS & SATELLITES

**No Call Out Charge  
Freeview - Sky - Freesat  
Installations & Repairs**

**01255 476209 or 07761 355569**



# **B F C C GARAGE DOORS**

SUPPLIED • INSTALLED • AUTOMATED • REPAIRED

**FREE**  
SURVEY &  
QUOTATION



## **3 good reasons...** *for choosing **BFCC***

- 1** *Quality range of doors from leading manufacturers*
- 2** *First Class service for all budgets and tastes*
- 3** *Unrivalled, knowledgeable and friendly personal service*

BFCC supply and install garage doors in and around the Essex and Suffolk regions, located in Thorpe-le-Soken within the heart of the beautiful Essex countryside.

We offer a free of charge survey and quotation service so why not give us a call today or pop into our local showroom where you can view a variety of operational doors in various styles.

**Call: 01255 863815**

email: [sales@bfcc-garagedoors.co.uk](mailto:sales@bfcc-garagedoors.co.uk)

[www.bfcc-garagedoors.co.uk](http://www.bfcc-garagedoors.co.uk)

*Whether you're looking to send romantic red roses, a birthday bouquet or a tribute to remember loved ones. Mansion House qualified florists have got it covered. Same day deliveries are available in and around the local area.*



*Flowers & Gifts For All Occasions  
Weddings, Funerals,  
Plants, Balloons*

82 Kings Avenue  
Holland on Sea

01255 815995

[www.mansionhouseflorists.co.uk](http://www.mansionhouseflorists.co.uk)



GARDEN CARE

Tel: 01255 813518

Email: [hollandtrees@sky.com](mailto:hollandtrees@sky.com)

Paul Thomas

**TREE SURGEON**

75 York Road, Holland-on-Sea, Essex CO15 5NW

Felling - Crown Reduction - Pollarding - Shaping - Pruning  
Hedges Trimmed - Seasonal Tidy Ups - Disposal / Recycling

ESTABLISHED 1989

FULLY INSURED





# KINGS AVENUE POST OFFICE AND STORES

We are a friendly family run business

**We have easy parking and can assist with most of  
your Post Office and Banking needs including:**

Cheque deposit & cash withdrawals free of charge from most major banks Santander, Co-op, Lloyds, Barclays, HSBC, First Direct, Halifax, TSB, Yorkshire Bank, Smile and Cahoot.

No charge for Council Tax payments by cash or cheque

Free Utility bill payments on most bills including gas, electric and phone bills

Full Postal Services

Fishing Licences

## **WE ALSO STOCK**

Newspapers + Cigarettes + Basic Foods

Top Ups for Electricity, Gas & Phone

A good range of greetings cards and stationery for most occasions,

Locally produced Milk

**01255 812272**

Opening hours

Mondays to Fridays: 7am – 4pm

Saturdays: 7.30am – 12 noon

Sundays: Closed

**PAY YOUR HOLLAND RESIDENTS' ASSOCIATION  
SUBS HERE**

**SUPPORT YOUR LOCAL POST OFFICE**

# Holland Residents Association

---

## Committee Members

---

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

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

## Who to Contact

---

### MEMBER OF PARLIAMENT

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

### ESSEX COUNTY COUNCILLOR

Mark Stephenson Email: [cllr.mark.stephenson@essex.gov.uk](mailto:cllr.mark.stephenson@essex.gov.uk)

### DISTRICT COUNCILLORS

St. Bart's Ward	Carolyn Doyle	Email: <a href="mailto:cllr.cdoyle@tendringdc.gov.uk">cllr.cdoyle@tendringdc.gov.uk</a>
St. Bart's Ward	Adrian Smith	Email: <a href="mailto:cllr.asmith@tendringdc.gov.uk">cllr.asmith@tendringdc.gov.uk</a>
Eastcliff Ward	Andy Baker	Email: <a href="mailto:cllr.abaker@tendringdc.gov.uk">cllr.abaker@tendringdc.gov.uk</a>

# Your County Councillor

---



In contrary to my report in the previous addition a lot has progressed and I have fewer words to tell you about it, so I'll try not to waste any.

The foot paths in York Road and Princes Road have been started as part of a yearlong campaign that will see a few of longer paths completely resurfaced. I was also able to negotiate with the contractor to resurface the very top of Norman Road (an unadopted road) at his cost in exchange for using part of York Road car park as a base.

The pothole scheme is back and I have already been supplied 18 sites of the worst potholes by the newly elected ward councillors. These should be done pretty quickly as the scheme is only just being rolled out. I have another 18 to come in December so if you are having a pot hole issue, let your ward councillors or me know.

Some worrying news. ECC is looking to put on-street car parking along the seafront. I am not in favour as it brings no extra benefit to residents and will only cause problems such as increased parking down side roads. What we currently have works well with demand only increased in the school holiday periods. Debates on social media seem mixed, but most recognise that if there are no benefits to residents then it should not go ahead. By the time you read this I will have met with ECC to discuss, and hopefully prevent, this idea. If you would like to discuss this with me then please get in touch.

**Mark Stephenson**  
County Councillor  
Clacton East

# Your District Councillor

---



It is hard to believe that the May elections were only four months ago. Since then, a new Independent led Administration has been formed and I have been appointed the Portfolio Holder for Housing and Planning. Having never really dealt with Housing matters, that has been a steep learning curve for me, together with more meetings than ever before.

That does not mean the Ward has been neglected, although I have not been able to walk around it as often as I would have hoped to, I have been out and about, checking on things and reporting others, and of course dealing with resident's enquiries. It was good to see that several roads have had their white lines refreshed recently.

You may have seen that the Changing Places Toilets, near Beaches Café, were under construction, and I am hoping that, by the time you read this, they will have been completed.

By the time you read this the Fete will have happened, and no doubt I, as well as my Councillor colleagues, will have got wet in the stocks. I hope everyone had a great time.

I hope you have all had a great summer, I had hoped that the sun would have shone on our lovely village every day, but we have seen some odd weather patterns in July!

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

---



Hello, can I introduce myself as one of the new independent councillors for St Barts ward, I have lived in Holland on Sea for 3 years, moving during the Pandemic. This was a challenging time for us all, but despite the challenges we also saw how communities could work together to achieve great things. My background is both as a district nurse, a Macmillan nurse, nurse educator and a manager. Nursing is a career I have enjoyed and loved over my 40 years plus career.

When moving here I was working at the Royal College of Nursing as the UK professional Lead for Community and End of Life care nursing, so you can imagine, I was very busy supporting our nursing workforce face the most difficult of situations. Many of our younger nurses had never experienced one death, let alone the numbers they had to experience at that horrendous time, many of them getting sick themselves alongside living with the fear of the unknown.

I continued to travel into London to work, eventually reducing my hours, then retiring at the end of December 2022. In the background I was doing some volunteering at St Helena hospice, supporting people who wanted to die at home in the role of an end-of-life Doula, a role I continue, alongside teaching on a very part time basis for City University London.

I am married to Sonny, and we have 3 adult children, one of whom has autism and dyspraxia. We also have two fabulous granddaughters who live locally. I know just how blessed we are to be living in such a beautiful place, close by the sea and the countryside.

My role, representing you all, on the local council is a privilege. I hope to use my skills to encourage a more compassionate and caring community, we have learnt so much through the last few years and it would be great if we can use that learning as a strong foundation.

Even in this early stage of our term of office, we have realised that it's the little things that make the biggest impact on how we are all feeling. As I've said before I will not make promises that I can't keep, but I do promise that I will always try to do my best and work with you to find solutions.

I look forward to keeping you updated as to what I am doing in our area. So now you know me watch this space.

**Carrie Doyle**  
District Councillor  
St. Barts Ward

# Your District Councillor

---



Dear Residents

Firstly, thank you so much for electing me.

What an incredibly busy 3 months, lots of training and meetings with Tendring District Council to prepare us.

As with all new jobs I am still finding my feet. Thankfully working with Councillors Stephenson and Baker for the last 3 years has been a good foundation.

As well as reporting potholes, fly tips, speeding and long grass, cutting back slopes, trees, strimming weeds and picking litter, it has also been a pleasure to be a part of the Ipswich Road open space gardening project. This group was formed by the HRA. It now looks amazing. This has been inspiring working with so many local residents, that want to transform and make use of our open spaces. Please come along and see for yourselves.

There have been several meetings with the Holland Community Association and also with TDC regarding the public hall. Which I and the other ward Councillors have attended. Hopefully this will now lead to the new HCA confirming the continuation of the Holland Public Hall In Holland On Sea for the foreseeable future. We believe that the Hall is an integral part of this community and will continue to support the HCA in securing a new lease.

Currently I am collaborating with Get Cycling in H.O.S and TDC on better marking of cycle route 150 and ways to make the cycle route safer for all, not just cyclists.

The library has agreed to display our details to enable everyone to get hold of us, I have only put an email address down and the reason for that is I have received several calls during meetings with no messages left and a couple of incomplete messages. I realise that email isn't convenient for everyone and I hope to announce that we will host a surgery sometime soon.

I look forward to meeting many of you at the fete and wish the HRA every success with it.

**Adrian Smith**  
District Councillor  
St. Barts Ward

# 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:-

Name: Holland Residents Association  
Sort code: 30-65-22  
a/c number: 81400160

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

It will of course still be possible to make payments by cash or cheque at Kings Avenue or Stratford Road Post Offices. 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 will be on Wednesday 18th October at 2pm at the public hall. Our guest speaker will be Dave Sexton from Tendring Neighbourhood Watch.

Also important changes at Kennedy Way Medical Centre.

Also invited to speak will be Essex County Councillor, Mark Stephenson, the District Councillor for Eastcliff Ward, Andy Baker, and representing St. Bart's Ward – Carrie Doyle and Adrian Smith.

This meeting is open not only to HRA members and associate members but also to all residents of Holland on Sea.

**Stephen Collitt, Secretary.**



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

*Final date for submission is Friday 3rd November 2023.*

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

**Name (Please print)**

---

Address

Post Code

---

May we contact you by e-mail?    Yes / No

e-mail address:

---

Please take this completed form and your subscription to Kings Avenue Post Office or Stratford Road Post Office (cheques payable to Holland Residents Association please). Our postmasters make no charge for this service. Membership forms and cheques can also be sent to:- Stephen Collitt, Secretary HRA, 37 Ingarfield Road, Holland-on-Sea, Essex CO15 5XA

---

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

---

For Post Office/HRA use only

Amount received..... Date.....

---

RECEIPT FOR SUBSCRIPTION FEE PAID  
TO HOLLAND RESIDENTS' ASSOCIATION

Amount Paid.....

Minimum £2 per household per year or part year

RECEIVED WITH THANKS







*The distillery on your doorstep.*



Free tours and tastings on Saturdays - book online.

Shop open Fridays and Saturdays 10am - 3pm, stocking produce from great local suppliers.



Landmere Farm Buildings 3A, Landmere, Thorpe-le-Soken, CO16 0NH  
01255 258833 | [www.eastcoastdistillery.co.uk](http://www.eastcoastdistillery.co.uk) | [hello@eastcoastdistillery.co.uk](mailto:hello@eastcoastdistillery.co.uk)

Est.1995

# Grandma Lilly's Tea Rooms



**01255 815583**

34 Frinton road,  
Holland on sea, CO15 5UL

*Family Run Business*

*Located in the Heart of Holland-on-Sea*

Full English Breakfast Served 9am Till 12  
Freshly Made Meals From  
Homemade Puddings And Pies,  
Roast Dinners And Much More.

**NOW LICENCED  
TO SERVE  
ALCOHOL**



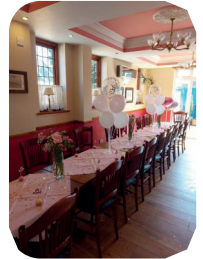
**JUST EAT**



**Home Delivery Now Available  
Order Via Phone Or Just Eat App**

## *Buffets and Platters*

We Can Cater For Any Occasion Whether It Be A  
Celebratory Party, Baby Showers Or With A Wake.  
Packages Tailored For You.  
Prices Start From £6.75 Per Person



## *Afternoon Teas*

Book Something Different And Enjoy An  
Afternoon Tea Party With Friends And Family.

Available To Be Delivered  
Or hire the Tea Room for a private event  
Contact us for further information



*'The Little Tea Rooms with the Big Heart'*

Open Tuesday - Saturday 9am-4pm, Sunday 9.30-4pm



Explore the  
**TENDRING HOLIDAY PENINSULA**

visit the  
**ESSEX  
SUNSHINE  
COAST**  
*Live, love, local*

Mistley  
St Osyth  
Harwich  
Dovercourt  
Manningtree  
Brightlingsea  
Jaywick Sands  
Frinton-on-Sea  
Clacton-on-Sea  
Walton-on-the-Naze  
*and surrounding areas*

*Tendring*  
District Council



**WWW.ESSEX-SUNSHINE-COAST.ORG.UK**

 @TheSunshineCoastOfficial

Download the  
Love Tendring app

