

# Community Magazine

**SPRING 2021** 



#### **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 Summer edition of the HRA Magazine are to be submitted to Maureen Cochlin (littlemaur199@gmail.com). Final date for submission is the 26th of April 2021.

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The HRA Magazine is collated and edited by Dave Gough and committee members and printed by Dolphin Artwork, Walton-on-the-Naze.

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

# Welcome to your Community Magazine

Welcome to the Spring edition of your Community Magazine.

Spring is in the air! Or at least it will be by the time the Spring Edition of the HRA Community Magazine is delivered to households in the Holland on Sea area. At the time of writing however in January when England is in another national lockdown it does seem a very long way off. The weather for the past few days has been wet and windy. And unrelentingly cold. From my window I can see people on the seafront walking their dogs, heads bent against the biting wind. And that's just the dogs. The owners look even colder.

And yet when I go out into my garden I am greeted with crocuses. Bulbs that I planted a few years ago that seem to have naturalised. To be honest (as we say in Essex) they are underwhelming. Just a few pale blue flowers. But they are defiant. "I am here for you" is what they seem to say as they turn their faces into the strengthening light. They are the like the gaily painted beach huts along our south-facing seafront – not the grumpy ones painted in a sullen Eeyore brown but the ones painted in stripes of yellow and pink and blue and green. Spring is on its way!

In a change of tone I must give you a bit of housekeeping information. This HRA magazine has slightly fewer pages since we are carrying fewer adverts. This was a deliberate decision made by the Committee as we did not want to put additional costs on those local businesses who had been forced to suspend trading. This means that this edition of the magazine will not cover its costs but will be subsidised out of reserves. We have tried to include more articles that we hope will be of interest to local people. What it does mean however is that this edition has become a bit slimmer - a phrase that you don't often hear after a winter spent in lockdown.

More housekeeping – it's really helpful if the HRA has your email address. The database of HRA members has over 500 names but we have valid email addresses for only about 300. We have sent out a number of messages recently - mostly about Frinton Road surgery but obviously we can only send these to people for whom we have an email address. So please next time you fill in a membership form for the HRA and it says May we contact you by email? The answer is yes not no. I can honestly say that to the best of my knowledge the HRA conforms to all of the requirements of the Data Protection Act 2018 which is the UK's implementation the EU's General Data Protection Regulations (GDPR) - but that's only because I don't think anyone on the Committee has read it (all 261 pages to be exact). Life is too short. But we will try to ensure that you don't get any unwanted emails from the HRA.

Even more housekeeping – there have been some useful new additions to the Committee recently most notably to fill the vacant posts of Secretary and that of Communications Officer. The individuals involved haven't yet formally accepted but on the assumption that they will accept I can now confirm that the post of Secretary will be offered to

Stephen Collitt who I'm told used to own the Post Office in Stratford Road before it was sold to the present owners. And the role of Communications Officer will be offered to Dave Garnett who spent his professional career working for the OPCS (now the Office for National Statistics (ONS)). Of course what is now called 'Communications' used to be known as PR. But that's had such a bad press recently.

Before I finish I must tell you a story and it's about needing our neighbours and feeling that you belong. Stop me if I have told you this before. In November I collected about 70 membership forms and membership subscriptions from Kings Avenue Post Office that the postmistress Tracy had kindly bagged up for me. I entered all the names on a spreadsheet and then I sorted them alphabetically because that's what you can do in Excel. This enables you to check for duplicates and - sure enough - three people had filled in the form twice and paid twice (I also checked the physical forms). What this means is that there are at least three people who had gone into Kings Avenue Post Office and paid their HRA subs and then gone in there again a few days later and paid again, forgetting that they had already paid. Anyway the point of the story is not that there are some people in Holland who are bit forgetful - frankly we all are - but that for those people it was important for them to make their

contribution to the community and for them to feel that they belong. And if you are reading this little magazine I hope you too feel that sense of community and that you feel at home in Holland on Sea.

Finally please visit our website at www.hollandresidents.co.uk which now contains a new collection of old photographs of Holland on Sea (with captions by former HRA Chair Richard Walker). The tab is labelled 'Local History'.

Reasons to be cheerful? If you are old enough to qualify for the vaccine then you will have had it by now and if you are too young then you probably don't need it. But whichever applies to you – be careful, be considerate, and be kind. And last of all it's March. Drying winds. Daffodils and wallflowers on the cliffs. Spring - the very best time of year to be living in Holland on Sea.

#### Andy Dunnett

Treasurer, on behalf of (Chair) Rita Garnett.



PHOTO: ROB WOOLF



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

This magazine can also be viewed online

# Festive Lights 2020

Thank you all for joining in leading up to Christmas 2020 showing us your Festive Light skills. Everyone made a fantastic effort.

Our village was lit up and for those who entered the HRA Festive Lights Competition listed below are the winners.



1st: 107 Dulwich Road - £25 Butchers Voucher



2nd: 46 Brighton Road - £15 Butchers Voucher



3rd: 86 Slade Road - £10 Butchers Voucher

# A Real Cliff Hanger

One of the many attractive features of Holland on Sea is the seafront cliffs that lead from the boundary at Sea Lane, by Eastcliff Playing Fields, and stretch to the Haven Country Park where the land then drops away to sea level (or below!).

However, the cliffs have always needed careful attention, and recently some £4million was spent on stabilisation work; whilst even more recently there have been a couple of cliff slips to the east of York Road.

Turning back the clock nearly 100 years the cliffs and foreshore at, then, Little Holland, were in the private ownership of the Lord of the Manor - C. W. Havne. Areas were leased-out and from Sea Lane to the east of Star Point the land was leased to the Callow family, whilst the substantial stretch eastward to Cliff Road was with Walter Johnston. who features so prominently in the development of Holland on Sea. The Holland Cliff Development Company leased the land up to Bournemouth Road, and from here to the west boundary of "Penny Plain" - the fourth property along The Esplanade, it was leased by Dr. Thurston. The final stretch, up to Holland Sluice gates, remained with Mr. Hayne. At that time there were no real sea defences although the owner, and the tenants, did build some sea walls in places, but of varying standards as the cost was significant. It also became evident that whilst the greatest attack appeared to be from the unforgiving North Sea, there was equally an issue with leaching water from the landward side.

If one was to slice through the land, at right angle to the sea, it would be discovered that it comprises of layers of sand and clay. Any water accumulating on the surface soon soaks through the sand until it hits a layer of clay and then it runs along until it can find an escape: in this instance the cliff face. As you can imagine, with heavy rainfall, assisted by the vibration of the waves pounding on the beach, the cliff face would become unstable and down would slide another chunk of land. Extreme cold weather would only exacerbate the problem as the underground water froze. Now this wasn't, in some way, all bad as it was natures answer to topping-up the foreshore! Any clay that fell into the sea was soon dissolved by the action of the waves, whilst the sand remained to top-up beach levels and help maintain a natural protection. Of course the down side was that Holland on Sea was diminishing, and the buildings close to the edge were under constant threat.

Little Holland was, at that time, under the auspices of Tendring Rural District Council, but in 1934 was transferred



The unprotected cliffs of Holland on Sea in 1939.



A cliff slip east of Hazlemere Road, with a wartime defence structure in the background.

across to become a natural extension. of Clacton Urban District Council, Four years later CUDC acquired ownership of the cliffs and foreshore with the intention of extending its existing sea defences that stopped at First Avenue. Despite the commencement of the Second World War, such was the seriousness of the continuing erosion that the government agreed to the start of coast protection works to protect Holland. Although there was no promenade as we know it, CUDC began constructing groynes and breakwaters to help reduce the damaging power of the sea; these also assisted in holding the sand in place and slowing down its natural desire to be dragged away. Sand might be seen, to the innocent eye, as a wonderful play area, particularly



A path that lead down to some beach huts, owned by Walter Johnston, at York Road having collapsed following a cliff slip in 1939.



It's February 1954 and there has been a serious seawall collapse below Southview Drive.

for children, but it actually provides a key component in depowering the waves and so providing a natural defence. After hostilities ceased, and the country started to return to normality, so the Council sought funding to build a proper sea wall; at the same time contouring the cliffs and installing cliff drainage. The sheer size of the overall scheme, coupled with the enormous cost involved, meant the works had to be carried-out in more "bite-sized" chunks, focusing on the areas of highest risk first. It was not until the late 1960's that the whole frontage was properly protected, and this had included some additional groynes to halve the original gaps left from the first installation during the war. Unfortunately the conclusion of the overall schemes did not allow the Council to take its eve off the whole seafront issue as beach levels started falling, but that's a story for another time, along with the answer to the following question posed, in order to get you pondering until then.

Why, when you walk from Clacton Pier to Holland Haven, do you find yourself going round "dog-legs", over "humps", around bulges, and finding beach level to the sea wall at different heights?

Richard O. Walker

#### MEMBERSHIP REMINDER

Membership of the Residents Association now runs for 12 months from 1st January to 31st December. **NOT** from the date subscriptions are paid.

Therefore, if you haven't paid since September 2019 subscriptions for 2021 are now due.

It would be appreciated if you could renew as soon as possible please.

Thank you.

#### Holland on Sea Branch of the Royal British Legion



Unfortunately due to Covid 19 we have still not been able to hold any branch meetings and our planned Remembrance Sunday on the 8th November was cancelled but hopefully if things go as predicted with the roll out of the vaccinations we can start to get back to something like normal before too long.

The one positive note that came out before the second lockdown is that we managed to organise the annual 'Poppy Appeal' during the weeks leading up to Remembrance Sunday and thanks to the residents of Holland on Sea, local shops for displaying poppies and collecting boxes, and members of the branch for their contribution with this we, despite the restrictions imposed upon us, collected in excess of £2300.



#### A local charity caring for the community of Tendring for over 35 years

Following the government regulations, our therapy groups have had to cease for the time being, until it is safe for us to operate. Prior to Xmas, Tendring Specialist Stroke Services held very successful groups. which were therapy led, for stroke survivors. This gave individuals the opportunity to meet with others, develop their communication and mobility skills, take part in activities and to be supported with expert advice. We also held Xmas shopping days to support people to shop independently, and feel in control of their planning for Xmas, which is very important if you have had a stroke, which changes many aspects of your life, and reduces your control over many things. Tendring Specialist Stroke team are working at the centre and are here to support with any questions or concerns that a stroke survivor or carer may have. Please call us on 01255 815905. We will open the centre as soon as we receive a communication from Government that it is safe to do so. For updates please email me at <a href="mailten@tendringstroke.org.uk">indira\_allen@tendringstroke.org.uk</a>.

H.R.A. ANNUAL MEMBERSHIP (1st JANUARY TO 31st DECEMBER)		
Personal Details PLEAS	SE PRINT	
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e-mail		
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Minimum £2 per household per year or part year		
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# **Community**Pages

### **Useful Numbers**

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

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

Frinton Road Surgery	01255 814936
Clacton Urgent Treatment (ex Minor Injuries)	call 111
Clacton Hospital (outpatients X-rays etc.)	01255 201707
Colchester Hospital	01206747474
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 129 Club is a friendly Ladies Club that normally meets at Holland-on-Sea Methodist Church Hall in Kings Avenue on the 1st Wednesday of every month at 7.30 pm. The Club was set up originally as a Young Wives group by the founding member Ann Dover in her home at 129 Fleetwood Avenue – hence the name of our Club. There are many residents over the years who are still, or have been in the past, members. The Club has been running for 55 years, with a full programme of speakers and social activities during the year. When we are up and running again, we welcome visitors (£3) to come and join us for the evening and consider joining (£20 annual membership). Refreshments are served at each meeting.

During the last year, we have had to postpone our Emerald Anniversary celebrations, Annual Garden Party and Christmas Dinner but maintained contact with our members by email and phone calls. We had a virtual rose competition with members submitting photos and a small socially distanced picnic on the playing field in September. Some of our members have been busy making masks PPE, ear defenders and so on for local care homes and hospitals.

At our last meeting – our AGM on 4 March 2020 - who would have thought that we would still be in this position nearly a year later because of this deadly virus. Like other Clubs unable to meet due to Government restrictions, hall closures and lockdowns. We can only hope that the roll-out of the vaccination programme will move us sooner to the day when we can meet again. Until that time, all keep safe and well.

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

#### **Holland Public Hall**

We would like to wish all users of the Holland Public Hall a healthy and happy 2021 and to thank everyone for their continued support.

Unfortunately due to the Covid 19 pandemic we have been unable to re-open for our groups. We were very optimistic just before Christmas and had some groups returning on January 11th, as it turned out the pandemic reached new ferocity and this was cancelled. Hopefully by the time this issue is out things may have changed for the better, vaccinations will be taking effect and some level of normality will be returning.

The hall is all ready to re-open as soon as we are allowed. Please keep safe and well.



#### From Holland on Sea Methodist Church



Dear Friends,

As I write this, we are in January and I realise that I'm writing this for a Spring issue. It is currently unknown whether the lockdown or tiers situation we are in will still be in place as you read this or whether it will be part of our recent past.

It has been my pleasure over the past few days to look out of the window at the birds in the garden. Just outside one window is a Cotoneaster with berries on it. At one stage, there have been berries all over it but they have gradually been eaten by the birds. This happens each year in a very systematic way. The berries at the top are eaten first, and the pigeons do particularly like that moment! Yet now the berries at the top have gone and the branches are hanging down it is much more problematic for the birds to get at them. A highly industrious blackbird has been sitting on the patio, flying up, grabbing a berry and then back to the patio to eat it. This has become a bit of an exercise routine for him! He has shown great persistence but also great joy in the moment. It's also given me joy in watching him work and then eat his rewards.

In this time of uncertainty and the unknown it's not easy to know where things will be, what we can do or what the restrictions will be from one day to the next. Yet in the midst of it all we are reminded by the blackbird that joy can be found. We can delight in God's creation, that the bright berries are there acting as food for the birds. We can be thankful for the time to notice all that there is in the moment instead of rushing on to the next thing. We can rejoice in the certainty we have of the rhythms of the seasons in this time of uncertainty.

As we read this we will be in the season of Lent and preparing for Easter. At Easter we celebrate the resurrection of Christ, our living Lord and Saviour. The resurrection brought such great transformation, joy and hope for the future. In these uncertain times we need to hear this message of hope of eternal life. There is no doubt here at all. Hope in Christ is a total certainty!

We may be feeling uncertain of the world, of what tomorrow may bring in terms of what we can do but we can rejoice in the certainty and hope we have in Christ. As we see the wonders of creation shown to us in the life of a blackbird let's reflect on the joy and hope that we have in Christ for all the days to come.

Take care and God bless, Rev. Chris Preece 01255 851179

#### What's on at St. Barts



Dear Reader.

Greetings to you all at the start of another challenging year and I really wish I had something to report but sadly I don't as I am writing this in January and by the time you read it our situation may well have changed.

All thanks to those hard working, exhausted people in the NHS, the Emergency services, the shop workers, the delivery people, post office workers and my personal unsung heroes the refuse collectors.

On the instruction from the Church of England we have had to shut the church until we are given permission to open and that is for the safety of all. This is my paramount concern, particularly as if anyone caught Covid19 from a church gathering and died I would have to live with that, the virus has no respect for the courageous they seem as vulnerable as the rest of us.

When we do re-open there will be decisions to be made regarding services, Lent of course and Easter; there is also the question of Women's World Day of Prayer which should be held on the first Friday in March this year the date is 5th but as we are unsure when and if we will be open this event like everything else is on hold or may even need to be cancelled as a last resort. Looking forward the better weather should see a drop in infections and together with the vaccine programme we may hopefully resume some of our lost liberty but a degree of vigilance will be needed for the foreseeable future I think.

So stay safe.

Please be assured of my best wishes and prayers,

Susan Wiggins, St Bart's Church



# From Holland on Sea Baptist Church

Greetings to you. I trust you are well. This has been an extremely difficult Time for all of us. There is light at the end of the tunnel we just need to Trust.

So, I thought I would just share this Illustration with you.

#### Would you stand on the rock in this picture?

It's called Kjeragbolten (now, you to try to say that out

loud) and it's a boulder which is wedged in a crevasse in the Kjerag mountain in Rogaland in Norway. The rock itself is a 5-cubic-metre (180 cu ft) glacial deposit wedged in the mountain's crevasse. It is a popular tourist destination and is accessible without any climbing equipment. However, it is suspended above a 984-metre (3,228 ft) deep abyss.

Kjeragbolten is safe to stand on but some of us (ok, I) might be afraid to do so because it is suspended above such a deep abyss and because it looks so precarious.

God is our Rock. He is our solid foundation and strength in life but at times we can struggle to trust in him because sometimes things around us are going wrong. This past year is an example of this for all of us. Our faith says that God is our Rock but our experience is that everything is spinning around us. It can be difficult. God can seem so far away yet our problems are close at hand, that's why we need faith.

Where is our focus when life is difficult? Can we look to God in faith or do we focus just on the problems in such a way that we are effectively exclude God?

Who or what are we ultimately trusting in?

Holland on sea Baptist Church are following Government and Denominational guide lines. We have a track and trace system in place, cleansing stations, one way system, masks are worn, no singing, we are using monitors to watch worship songs. Using plastic seats for easy cleansing. Booking is necessary to attend services.

We are open daily for Private Prayer 9-12. Our Worship Services are on Sundays 10:30 lasting one hour.

Special Services - 14th March Mothers Day, 28th March Palm Sunday
Good Friday 2nd April 10:00 Communion Service, Easter Sunday

If I can be of any assistance feel free to contact me - Rev Chris Collict Holland on sea Baptist Church. T: 01255 814617, E: revcollict@aol.com

#### **Mindfulness**

My name is Nicola. I practise Mindfulness. I teach Mindfulness. I can teach you. You can practise Mindfulness. Mindfulness is scientifically proven to reduce stress and improve physical and emotional well-being.

To be Mindful means to be aware of the present moment, without your mind chattering away and distracting you with thoughts about something that happened in the past or something that might happen in the future. The mind rarely stays in the present moment. Take a moment to ask yourself. "Where does my mind mostly take me and how does it make me feel".

Mindfulness offers a selection of Relaxation Techniques of Breathing, Body awareness, awareness of feeling, sensations and mood.

Mindfulness **is a** practical skill that lends itself to supporting growth and personal development in daily life, from the age of 4 to 104.

Mindfulness is not a Religion or Spiritual Practice.

#### Some of the possible benefits of Mindfulness are:

- Helps you to manage stress which helps to maintain a healthy immune system and improved well-being.
- · Helps you to reduce over thinking.
- Helps you to be more aware that you can control anxious and fearful thoughts.
- · Helps you to reduce emotional reactivity to difficulties and events in life.
- Helps you to improve your ability to take care of difficult emotions.
- Helps you to understand your thought processes and change them.
- Helps you to relax emotionally and physically. May help with improving sleep.
- Helps you to manage pain, both emotional and physical.
- Mindfulness helps to improve relationships with oneself and others.
- · Mindfulness helps you be more positive, with better focus and clarity in life.
- Increases greater awareness of happiness, gratitude and joy for the simple things in life.

Come along to an online class and give it a go. The classes run weekly on Monday Evenings and Thursday afternoons via Zoom. You don't have to commit every week. It is up to you.

Call/ text Nicola Robinson 07885758196 Email: <a href="mailto:info@hello-mind.co.uk">info@hello-mind.co.uk</a> www.facebook.com/ourmindfulawareness



#### **Surgery News**

#### New Contract to run Frinton Road and Epping Close Surgeries

For those who have not heard the GP partners from Ranworth Surgery (Dr Farrukh Shamshad and Dr Saima Qurban) have won the tender to run both Frinton Road and Epping Close surgeries for the next five years. Green Elms in Jaywick is also part of same contract and we will be known collectively as Clacton Community Practices. Caradoc surgery in Frinton will also be run by the Ranworth partners but under a separate contract.

#### Move to Kennedy Way

The move to Kennedy Way is still on target for the end of March. Frinton Road surgery will move in first followed two weeks later by Epping Close. The two surgeries will merge. This might not be apparent from day one as some IT operational issues need to be resolved. The combined surgeries will be known as Kennedy Way Medical Centre.

The new surgery will have several consulting rooms, treatment rooms and a dedicated phlebotomy room. This will allow for extra services to be offered. There will also be a digital suite which will be available for patients to have online consultations with hospital consultants when appropriate plus iPads will be available for patient use.

In addition to the above there will be a meetings room available. This can be used for clinics, general education purposes and patient meetings. This will be attached to the staff rest area which allows the provision of refreshments.

The move will happen over a weekend. Patients will receive a letter from the surgery to tell them when the move will occur.

#### Staffing

The partners are keen to recruit salaried staff rather than relying on locums. We will therefore have four salaried GPs when we open in March. Dr Carlos Knoor, Dr Lobna Meleeka, Dr Paula Chilvers and Dr Faiza Murad. Dr Knoor is also a GP Trainer and we hopefully will benefit from the presence of GP Registrars throughout the year.



We will still have access to the current nursing, paramedic and clinical pharmacist staff as well as a psychiatric nurse and a care co-ordinator (who will both start in March).

#### **Prescriptions**

In order to facilitate the move any patient needing a medication review up to the end of March will have their review dates extended automatically. Please check the top of your prescription where it states the current review date.

The issue of how patients from Frinton Road can apply for repeat prescriptions (if not on-line) is still under review. Possibilities include extending the use of the existing box outside Frinton Road surgery (although the building will no longer belong to the Practice) or using a dedicated phone line. The letter from the surgery will confirm the details.

#### Car Parking

There is a car park for use by patients opposite the surgery entrance. There are also dedicated disabled bays outside the surgery. There will be double yellow lines to stop people parking on the road and dropped kerbs for buggies and wheelchairs.

#### Social Prescribing Project

The central part of the car park (currently waste land) will be refurbished. The NHS Property Services (NHSPS) have allocated a sum of money for this "Social Prescribing" project. (See attached plan). The project itself will be managed by CVS Tendring, they will also have a presence within the surgery for help and support.

It is not going to be possible to finish all of the work by the time the new surgery opens but it is hoped to get the pathways in and some sort of sheds (probably building container types for at least the time being). The planned modular building is likely to be far too expensive, something smaller will be provided at some future point. The gym area was deemed essential and hopefully will be available from day one.

#### **Surgery News**

The "men's shed" is actually meant to be a repairs and skills exchange area. It will be open to all.

This project will benefit the whole area not just the surgery patients.

#### **Transport**

For those unable to get to the new surgery arrangements have been made with the Community Voluntary Services to provide a bookable service in one of their buses. The service is free for bus pass holders. The buses are Covid safe and are sanitised and cleaned throughout the day. The number to phone to book this service is 01255 436962

#### COVID - 19

As most of you will be aware Frinton Road Surgery have had a number of positive cases in the last few weeks and it was necessary to close it for some time. Care was still being provided by staff at Green Elms and the phones were automatically transferred to them. During this time clearly staffing has been extremely difficult and we should thank the staff for their hard work in very difficult circumstances.

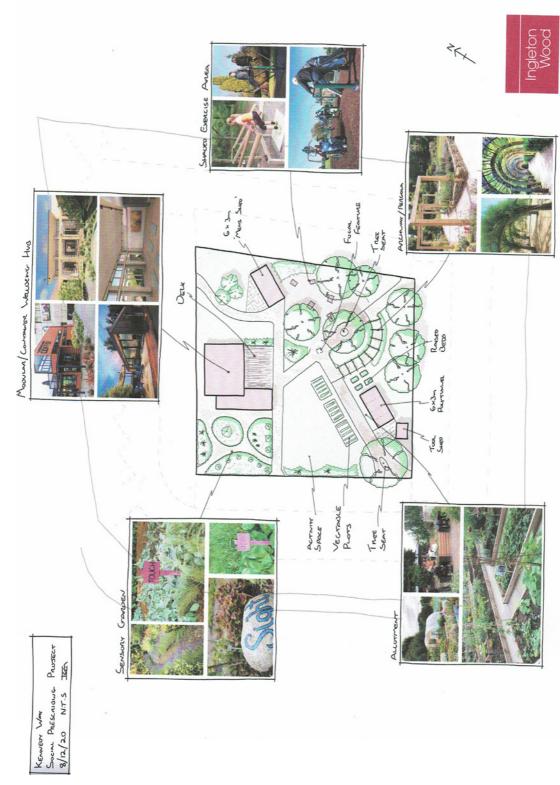
#### **Vaccinations**

All vaccinations for patients at Clacton Community Practices are being carried out at the St Helena Hospice site in Clacton under the leadership of Dr Shamshad. The surgeries themselves are hopefully going to start vaccinating patients soon. If you have received a letter from the National Centre and can't get to any of the ridiculous options offered, Don't Panic. You will be contacted by the local organisers and offered a local appointment. This is correct at time of writing.

There is transport available (free to those with a bus pass) to the site in Clacton which can be arranged by phoning 01255 43696.

#### Rita Garnett

Frinton Road Surgery Rep.



#### Wellbeing

#### What is Chronic Fatigue and how to deal with it?

It is important to look at your routine and look how you manage your activities, so you are not going from zero to warp speed in what feels like a matter of seconds.

Make a chart from when you get up right to when you are tucked up in bed for the night; Look at the activities you do during the day and work out when you are at your best.

- Get up, shower and dress (or you will end up in your PJ's all day by default)
- Remember to eat regularly and go for healthier choices
- · Exercise and get out in the fresh air!
- · Carve out time to just relax or meditate There is no shame in this
- Be honest Tell people what is going on
- · Never be ashamed to say NO!

Things you can do to Improve your fatigue and your well-being

- · Improve your diet and eat healthier, make healthier choices
- · Set a routine like getting up and going to bed the same time each day
- Delegate to others and if not leave it and relax
- · Planning is always best
- Relaxation through Mindfulness or Yoga
- Treat yourself to a Relaxation Massage (mine is an Indian head treatment)
- Set limits for home/work life balance
- · Make sure you have time limits with your mobile phone
- Ensure you are off any social media an hour before bedtime

Look at taking Vitamin B12 - This really helps but do get advice from your GP first if you are on medication to ensure that any additional herbal products are suitable for you.

For more information go and visit your GP who may refer you on to the Chronic Fatigue department for support and advice.

For more information on health and Nutrition go to <u>deborahlambarbonne.co.uk</u> www.heartmindandsoul.co.uk

#### **Sports & Leisure**



FREE & 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 10.30am.



**Active**Essex



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Cycling is at your own risk, please bring your own safety equipment.

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Heres wishing you a happy and hopefully healthy new year.





# **Parliament Update**

Dear Holland-on-Sea resident.

I hope you are safe and well. At the time of writing, we are making great progress with the rollout of the vaccine. And by the time of reading, it is my hope that we will have successfully vaccinated the top four priority groups, which will ensure that our most vulnerable population is more protected than ever – an important step on the road to normality. We should also have had the Columbine Centre and local GP surgeries come on stream to increase our local rate of vaccine delivery, as we begin to focus on vaccinating younger age groups. My heartfelt thanks to all those who have been involved in this significant national effort.

This pandemic has been hard for all of us, we have had to adapt to new ways of working and staying in touch with friends and family. Twelve months ago I hadn't heard of Microsoft Teams, I hadn't used Zoom or Webex. Now I spend hours each day having meetings online, this technology has enabled me to continue to represent you and also keep in touch with my friends and family, including my two daughters who I haven't seen in quite a while. This pandemic is hitting us all so badly.

I am so proud of the way that our community has come together to support and keep our vulnerable population safe. And when the most vulnerable are fully protected by the vaccine, it is my expectation that the restrictions will begin to ease. I have made the point repeatedly to Ministers that we should not spend any longer than necessary in lockdown, and I will not support any future restrictions if the public health situation does not warrant them, but the primary concern is to keep us all as safe as possible.

Instead, we must move onto the recovery phase of this pandemic. Many of our local businesses have been closed for months and should be able to reopen when the four priority groups are vaccinated. The best future for us all comes from allowing these businesses to trade as soon as it is safe to do so. We also need a proper recovery plan for the hospitality and

tourism businesses that are the lifeblood of our local economy. In recent months, I have been calling for that support and I will raise this matter again with Ministers in the coming weeks.

We also need to bring remote education to an end as soon as possible. Teachers, school staff, and students have faced down significant challenges during the pandemic and have risen to the occasion, with great personal sacrifice. Nevertheless, remote learning continues to present difficulties, especially for the most disadvantaged pupils who are being left behind. We must get schools open as soon as possible, and that requires a thorough vaccination programme for all school staff. I have asked the Government to move those staff up the vaccination list, alongside other frontline workers, and I hope, by the time you are reading this, that those vaccines have been delivered, so that all children can return safely and quickly to school.

Finally, we must maintain the sense of community we have engendered during this pandemic. It is amazing that, at a moment of crisis and maximum danger in this country, an army of volunteers stepped forward across the country. In fact, here in Clacton, we had too many volunteers - I am so proud of that!

When this is all over, we must bottle that community spirit for the future and continue to work together across political lines for a relentless improvement to our way of life. As we step out in a new direction following Brexit, that community cohesion could be incredibly valuable, if used in the right way.

Holland on Sea residents have been fantastic - the blitz spirit is alive and well here. Heads down, spirits up and we will get through this. I thank you all.

Giles Watling
Member of Parliament

# **County Matters**

#### **Dear Residents**

A New Year and with it comes hope. Vaccines have been developed and are now being distributed and although we got off to a shaky start, we are well on the way. I had hoped to update you, but things move so fast that information quickly becomes out of date. I'll leave it like this, if you need to talk to me about it or are having a problem please, please call me. My number is 07775537722. I am here for you.

Elsewhere my time has been taken up with the recent flooding issues which have plagued Slade Road and Sladburys Lane. It is already a bad situation as can be seen by the photographs on the Sladbury Lane facebook site but with the addition of another 130+ houses draining rainwater into Pickers Ditch will only make the situation worse. Currently, no one is taking responsibility for the ditch pushing the problem back on to the homeowners who have a boundary with the ditch. With no ward representative at the moment, I followed a request from the HRA and have "called in" to be heard by the planning committee. I'll update you on that when I know more.

We have good and bad news about the roads. Good news, I have had many potholes filled in over the Christmas period as part of ECC pothole plan through its councillors. Don't get me wrong there are plenty more to do but I was able to pick Fifty and I targeted those that wouldn't normally get done such as those in Fleetwood Avenue that has been missed for years. The bad news is that the road out to the marshes continues to deteriorate (again). An extensive patch will be done in the new financial year but that's not good enough as that could be March 2022. I am trying to get a definitive time for a repair, but budgets haven't been set yet, so I'll have to wait.

As usual there is not enough space to write everything I would like to. So, in signing off I'd like to say that my door is always open and I can be contacted via email <a href="mailto:cllr.mark.stephenson@essex.gov.uk">cllr.mark.stephenson@essex.gov.uk</a> or by phone 0777553722 to discuss anything.

Stay safe

**Mark Stephenson** 

# **From your District Councillors**

#### **Dear Residents**

Let's us believe that 2021 will be a year of hope.

As a country and as a community we have gone through and are still enduring horrific times, something we have never had to deal with before.

Like many of you I too have had some distressing news within my family regarding this disease, there are no boundaries it is not willing to attack, but... at last we have some much required hope with the vaccine.

All I ask of you is to abide by the rules so that we can get back to some sort of normality, this I know we can achieve as individuals, a community and as a united country.

Myself and King have been supporting the vulnerable, helping with shopping etc.

We would like to know if any local clubs, for example Stroke Club etc require any assistance as the council have promised to help where they can.

We have been holding virtual meetings throughout the entire time since the first lockdown trying to make sure business can continue as usual.

Another sad blow to the community is the passing of Cllr Joy Broderick, she was one of the most hardworking councillors I've had the pleasure to work with, even when she was on holiday (mostly cruises) she would still get in touch to see what was going on. Joy will be hard to replace and will be sorely missed by Councillors and residents alike.

We are still working hard fulfilling our jobs for you the residents which we are proud and honoured to serve, and we will not allow this pandemic to stop us.

Keep well and stay safe.

Your Councillors Colin Winfield & King

### **Focus on Planning**

Having been asked to write a short article about the roles I am responsible for on the HRA Committee I thought it would be relatively easy, but Planning is not a particularly exciting subject!

My role is to check for any Planning Applications within the boundaries of Holland on Sea, that are shown on the online Planning Portal at TDC, and to see how, or if, they affect residents. If relevant I then inform the rest of the Committee as to the best way to progress, and a decision is taken to either not comment, support, or object to the application. I then write a document of support/objection and place it on the Planning Portal.

Of note at the moment is the Reserved Matters/Detailed application for the 132 homes at Sladburys Lane. Although this site is not in Holland on Sea, its building will have an effect on our residents. As is known this was refused by the Planning Committee but was allowed on appeal, and a lot of the issues surrounding traffic, schools and doctors etc were dealt with by the Planning Inspector, and a Section 106 agreement covers all those issues, as well as others.

This application was possibly going to be determined by a Planning Officer, however, there is the facility for the Ward Councillor to 'call in' any application. Due to recent unfortunate circumstances, this particular Ward does not currently have a Councillor, so having been in contact with the neighbouring Ward Councillors, it has now been 'called in' by Councillor Mark Stephenson, and will be determined by TDC's Planning Committee. This will enable the application to be looked at in detail around the issues that people are worried about, which in my opinion is the very high flood risk, along with a few others.

On a more positive note, the Emerging Local Plan (ELP) Part 1 has been found 'sound' by the Planning Inspector, which means that the Housing Need will be 550 per year, and that the Garden Community on the Tendring/Colchester Border was found to be sustainable and deliverable, albeit there will be some modifications to ensure the Plan remains sound. This hopefully means that speculative planning applications can now be 'fought off' in the future.

Part 2 of the ELP is scheduled to be heard over two weeks, between 23rd February and 4th March, however the final result will not be known for some time after that, as there may need to be revisions or further consultations, depending on what the two Planning Inspectors appointed decide.

Once Part 2 is found to be 'sound', then the whole Plan can be adopted by TDC and this will become how all planning applications will be decided against for the next 12 years, as this plan is dated from 2013-2033.

### **Andy Baker**

### **Focus on Highways and Transport**

In this role I am responsible for reporting defects, of which there are many, to both TDC and ECC, usually online, or sometimes with reference to County Council matters, such as potholes!, through our County Councillor, Mark Stephenson.

I often have a wander around Holland on Sea, but have yet to walk along every road, so if you see a man walking down your street, picking up litter, looking at road signs, holes in the road, grass verges, puddles etc, and taking pictures on his phone, it will probably be me!

With regard to the Transport side of things I have not been able to do as much in this role, as I would normally attend a Passenger Transport Meeting with representatives from ECC twice yearly, as well as a local Transport Liaison Group currently called 'Ontrack', which holds meetings with District Councillors, to improve all transport links within Tendring, and bringing pressure on Government to invest more in transport infrastructure within Tendring, on a monthly basis.

On a positive note I have been reliably informed that Queensway is due to be resurfaced sometime this year, and as it is one of, if not, the worst road surface locally, that is to be welcomed. There are I am sure many other roads that will require resurfacing and I will be impressing on Councillor Mark Stephenson that more should be done by the County in our area, which I know he is already aware of.

**Andy Baker** 

### Focus on Disability and Beaches

Hi my name's Penny and I am one of the members of the HRA committee. I am disabled and use a wheelchair or mobility scooter when out and about or walking my dog.

I joined the HRA in the summer of 2020. My hopes are to represent individuals in the community with, one voice, when putting forward our village's needs, wants and desires to the local authority.

My remit is Seafronts & Open Spaces, which includes the beaches, promenades, greenswards & public areas, including the public toilets. My specific interest is ensuring the needs of disabled people are met and our voice is heard.

We all are aware of how sandy the lower promenade gets, which makes it inaccessible to wheelchair users, prams and those with limited mobility. Since TDC invested in the bobcat the situation is a lot better, but there is still a long way to go.

We have an amazing beach, however none of it is accessible to wheelchair users. I will be attempting to champion an area of beach that is wheelchair accessible, all the way into the sea. It is done on beaches in other areas, why not ours?

This year I will hopefully be liaising with the beach hut owners association, the litter picking groups and the dog walking groups, plus strengthening my relationship with both beach Seafronts cafes (Flags and The Haven).

I am always willing and ready to hear from you on any of these matters.

### **Penny Gagne**



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Eastfield Ward Vacant



