



HOLLAND ON SEA  
RESIDENTS ASSOCIATION  
established 1926

# Community Magazine

SPRING 2024



# 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](mailto:littlemaur199@gmail.com)). Final date for submission is the 6th of May 2024.*

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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

Dear Reader, I hope by the time this edition of the HRA magazine reaches you, Spring will have decidedly “Sprung”. Daffodils and tulips will hopefully be forcing their way towards a sometimes faltering sunlight. So, let’s keep our fingers crossed that warmer weather will soon be on the way.

The HRA have plenty of events organized for the coming year. You will be able to read about them in this and forthcoming magazines. That said, a brand new initiative has been put into place already. Every third Saturday of the month (August excluded) between 10.00 a.m. and 11.45 a.m. a “drop-in” chat room will be held at the Holland Community Hall. At these drop-in meetings you will be able to raise any local concern directly to one of our Councillors and two members of the HRA committee.

We are very lucky to have Councillors ready to become fully involved with our community and willing to give of their time. The first “drop-in” was on Saturday, 17th February. Further dates can be viewed on the HRA’s Facebook page, website or on our noticeboards.

Several of you entered the latest poetry competition and the winning poem is

shown in this edition. As always, the adjudicator had a difficult decision in selecting the winner. Thanks must go to all those that submitted their entries.

The HRA relies heavily on our advertisers to produce and help pay for each HRA magazine but if you feel that you have an article or contribution that you would like to share with others in our neighbourhood please get in touch and if possible, we will try and include it. Personally, I love reading the history articles presented by Richard Walker. I cannot help but wonder what future generations of readers will say about the world’s largest offshore wind farm being built which will, I am told, stretch from Clacton-on-Sea to Margate in Kent? Who remembers that the first telephonic communication between lighthouse and shore was initiated at Frinton in 1893? The most interesting facts are about the people who live in our area so let’s start making history!

If you are reading this magazine but have yet to join the Holland Residents Association, please consider doing so as the stronger our membership the more influence we have in our locality.

Keep well and safe.

**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

Are you gearing up for Spring and sorting out your sheds? Remember to keep your sheds locked and tools out of sight. So easy to take for granted well-worn implements that may have been handed down from parents and sometimes grandparents. Nevertheless, they can be worth something to opportunists so it is worth take a little time to take precautions.

Years ago, ancient superstitions were used to deter "evil" forces that may try and invade our territory. A popular herb plant, dill, was believed to ward off evil spirits when worn or when made into a wreath and hung above doorways. Dill was also used as a herb to encourage and welcome prosperity into the home. Other popular herbs said to protect the home and self from evil include rue, oregano, rosemary, and thyme. All of which, in some capacity, are said to drive negativity from the home.

Thank goodness there is an easier way to protect our homes, join the Tendring Neighbourhood Watch by contacting the Chairman, David Sexton at [tendringnhw@outlook.com](mailto:tendringnhw@outlook.com) or 07900430088.

## Tendring Talking Times

Tendring Talking Times, the local talking newspaper for the Tendring District has just completed a major revamp of its Engineering Room in their local studios.

Starting six months ago, a new computer was secured to cope with upgrades in the software they were using. A new sound mixer desk was also purchased coincidentally just as the one they were using expired.

In the last few weeks, the two engineers' positions have been relocated to a new orientation alongside each other on a new desktop and facing an upgraded screen showing the recording room so the engineers can better see the readers. The studio has also been connected to a full fibre internet connection.

The latter will enable the weekly output of a digest of local news and information to be uploaded to the proposed website which is expected to be operational early in 2024.

Potential listeners can then access the output by means of a computer, tablet or an Alexa or similar device.

The new setup was utilised for the last recording before Christmas and everything is functioning well.

The charity's Chairman, Adrian Robinson, commented that "It has taken a while to complete the work required but we are grateful to those of our engineering volunteers who brought the plan to fruition and it is hoped that the changes underway will bring our weekly digest of local news and events to a wider audience."

You can contact us by e-mail on:  
[tendringtalkingtimes1976@gmail.com](mailto:tendringtalkingtimes1976@gmail.com);

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

By leaving a Voicemail on: 01255 422307.

Holland Residents' Association

# POETRY

Competition Winner



## ***The Company Pets Provide***    *By Martin Young*

The time we dreaded came that day  
Our pet cat Lucy passed away  
She had been with us for twenty years  
We knew the day would end in tears.  
Lucy gave us so much pleasure  
Memories we shall always treasure.

Two weeks later to the day  
Into our garden came a stray  
Very thin, not very old  
Came each day, came rain or cold.

We spoke to neighbours, nobody claimed her  
We took her in and then we named her.  
I took Honey to the vet to check the health of our new pet.  
All was fine, and we were told  
He reckoned her about two years old.

She settled into her new home  
Never more the need to roam  
We cherish the love of Lucy and Honey  
Love you could not buy with money.

# Holland on Sea at War

During the 1930's Holland on Sea was flourishing, both as a tranquil residential village, and as a modest tourist destiny. Holland's golden beaches, safe bathing, and favourable climate drew those happy to relax away from the "razzmatazz" of neighbouring Clacton; a number of pavilions and beach huts had been established on the base of the unprotected cliffs. The area's public realm responsibility had recently transferred from Tendring Rural District Council (TRDC) to Clacton Urban District Council (CUDC) and some serious investment in Holland's infrastructure was just starting to get underway, but on Sunday 3 September 1939 the country went to war and things dramatically changed. At first, the government organised children to be evacuated from the large towns and cities, most likely to be targeted by enemy action, to the coast, and Holland on Sea received its quota, primarily from Edmonton, North London. However, it was soon evident that the east coast wasn't necessarily the safest place as German aircraft flew overhead on their way to bomb London. On 30 April 1940, some eight months after hostilities

commenced, Clacton was the recipient of the first civilian deaths in the country when a German minelaying Heinkel crashed in Victoria Road. At that time the newspapers were not subject to the censorship that followed and the national and local press were full of the incident; front page news with several photographs. My father went straight out and purchased a copy of every newspaper of the day and they are bound and sit in my study as I type this. Holland on Sea was not to escape fatalities and on 18 June 1940 a deliberate bomb-drop in the Kings Avenue area resulted in a direct hit on "Whitethorns" in Salisbury Road, fortunately empty at the time, but less fortunate was 34 year-old Holland resident Harold Widen who incurred a serious leg wound whilst in his kitchen. He was taken to Clacton Hospital where he had his leg amputated but died shortly after.

It was also feared that the Germans were planning an invasion by sea and the east coast was therefore the most vulnerable; many postcards of east coast seaside resorts had been printed in Germany prior to the war and the authorities therefore had a clear picture of the terrain and vantage points. The previously evacuated children, along with many local families, moved away from the area, to safer climates, whilst the army moved in, requisitioning many homes in the area for billeting the soldiers and setting up observation posts; the Queens Hall Theatre, in Kings Avenue, becoming a NAAFI and entertainment centre. Later on the RAF had a presence in Holland at a requisitioned property on the Esplanade, with staff billeted at the Oakwood Hall (later to become a public house).

But those local residents not conscripted did not sit idle, they formed the Local



*"Whitethorns" in Salisbury Road received a direct hit from German bombers on 18 June 1940.*



*Soldiers of the Royal Artillery mix with Holland on Sea's Home Guard for this photo, taken outside the NAAFI in Lyndhurst Road. Fifth from the left, in the front row, is local butcher Charles Bower whose shop in Kings Avenue still carries his name.*

Defence Volunteers that soon became known as the Home Guard, with some of them supporting the regular soldiers of the Royal Artillery. All along the coast there appeared the concrete architecture of war; as well as raised observation posts, and pillboxes, two six inch former Naval guns were situated on the cliff top at Star Point, opposite Hazlemere Road. These were sited in a form of concrete fortress and camouflaged with netting and foliage. Situated under the ground, close by, were magazine and ammunition stores, and close by stood the concrete observation tower which was disguised with, amongst other things, pine trees that had been transported from outside the area and replanted (without roots) all around. Like the rest of the country, air raid shelters started to appear in back gardens but, being a seaside town, miles of barbed wire was placed on the beach and cliff top, and areas of beach had anti-invasion measures such as scaffold towers and mine fields.

Holland on Sea, over the war years, suffered another attack that was fairly

unique, as the lack of coastal protection maintenance meant mother-nature continued to throw all it had at the village; either via the wild sea, or through the fresh water-sodden cliffs which resulted in landslides. This latter form of erosion was not helped by the large guns at Star Point which, when fired during exercise, caused such vibration as to weaken the subsoil. CUDC had to get special approval of government to carry out a



*The camouflaged six inch naval guns positioned on Star Point. The stench pipe above where Gunfleet Sailing Club now resides, helps to locate the exact position.*



*The Esplanade had both a pillbox and observation tower, as well as the ubiquitous barbed wire. The RAF set up its base here in a requisitioned property.*



*A pillbox cunningly hidden inside the frame of Mr Johnston's Pavilion below York Road. Two of his many beach huts are seen as just skeletons on the crumbling cliff.*

coast protection scheme which stretched from Star Point to Holland Haven, and in 1942/43 groynes (as we remember them prior to the Coast Protection Scheme of 2014/15) were installed. One has to be aware that there was no concrete promenade wall to abut them to, at the time, so they just stopped close to the rough cliff edge. Much later, in the 1960's, the subsequent "bays" were all halved when a second set of groynes were added equidistant from the original ones.

As the war progressed so the inhabitants had to get used to low flying enemy aircraft, and the periodic bomb being dropped, and this could well be as the German aircraft returned home and disposed of any shells left over before leaving the British coast. Three bombs were dropped near the Empire Cliff Garage of F. A. Rolt in Holland Main Road (more recently Nucleus Watersports Shop on the now named Frinton Road) but fortunately nobody was hurt. In 1944 the village was subject to an incendiary bomb raid that went wrong and a container of these bombs, which should have burst from their container on its release from the plane, landed as a whole just off the Frinton Road. The only damage caused was a crater as the heavy load hit

the ground but with the bombs themselves not going off; in this instance Holland on Sea remained relatively unscathed.

Those residents deciding to remain in Holland throughout the duration were, like so much of England, suffering the full effects, hostilities from the air and shortage of everyday supplies; several of the shops closing for much of the war. As the war progressed so the Americans hit town, although not in huge numbers, and the attacks on the country moved up a notch with the arrival of the V1 and V2 rockets. In response to this new form of attack, rocket launchers were situated close to the six inch guns at Star Point, and coupled with the 40mm Bofors guns positioned on the cliff top, were actively used to destroy the latest German weapons before they could reach their target.

Despite the enemy "upping their game" the end was in sight and on 25 May 1945 the Germans surrendered, and peace returned to Holland on Sea (as well as the rest of the country!). However, the immediate aftermath on the village must wait until the next quarter's magazine.

**Richard O. Walker**



# Community Pages

## Useful Numbers

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

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

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

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

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

# Surgery News

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Some good news, some bad news and some not so bad news.

First the bad news is that our Practice Manager Lisa Maddox has left the surgery. We wish her well in whatever she does next. We have a temporary Manager Sandra Coxell who is on secondment from Ranworth Surgery.

The really good news is that we have managed to recruit two new GPs. One started just before Christmas and a second will hopefully have started before you read this. This will give us four permanent Doctors; one will be working four days per week, two will work three days and the fourth will work three days at the surgery and a half day at home dealing with telephone queries. This means that the need for Locum GPs should be much reduced and only needed to cover holidays and sickness. The surgery also has a number of prescribing nurses who offer a range of services and are highly qualified. If you are offered an appointment with one rather than a GP please take it, I can assure you that you won't be disappointed.

The good or bad news depending on your perspective is that the askmygp system has once again been delayed. At the time of writing, it is not expected to be introduced before Easter. The system has now been running at Ranworth surgery since November and early indications are that it is making a big difference. At the moment about 75% of contacts are being made on-line. This has freed up the telephone lines for those unable (or unwilling) to use the new system. Also, patients can contact the surgery either on-line or by phone at any time during the day.

Upcoming half day education closures for the practice will be:

Wednesday 27th March

Tuesday 23rd April

Thursday 27th June

**Rita Garnett**

Patient Group Chair

## Tending Specialist Stroke Services

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There is a Big TSSS Stroke Charity Eggstravaganza Easter Fayre on Saturday 23rd March 2023 10am-2pm- Cakes, Plants, Books, Easter Egg Hunt, A Visit From The Easter Bunny, Easter Café, Crafts. We also have a sponsor-a-brick fundraiser for our stroke survivors for refurbishments to our therapy centre .

Pick up an envelope or run a fundraiser for our local charity and earn a place on our hall of fame. Pick up a leaflet today.

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.

# Kennedy Way Transport Survey

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When the surgery at Kennedy Way was first proposed over twenty years ago, many residents were deeply worried about transport. Free transport is available but has to be booked. This may not always be convenient. The surgery at Kennedy Way has been running for several years and patients may have adapted. However, the committee wants to know whether there is a need for regular direct public transport between Holland and Kennedy Way. We are conducting a survey to find out. If there does appear to be a need, our district councillors will pursue this.

We are asking all registered patients of Kennedy Way to take part in this survey.

Please complete this questionnaire and return it by 10th April. **DO NOT COMPLETE IT IF YOU ARE NOT A REGISTERED PATIENT AT KENNEDY WAY.**

Ways to return it:

1. By post, in an envelope marked "Kennedy Way Transport Survey" to either 63 Salisbury Road, CO15 5LL or 37 Ingarfield Road, CO15 5XA;
2. In an envelope, marked for the attention of Alana Mawby, Kennedy Way Transport Survey, and HANDED IN TO RECEPTION AT KENNEDY WAY;
3. Scan the form and e-mail to: [kennedywaysurvey@gmail.com](mailto:kennedywaysurvey@gmail.com).

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1. Are you a registered patient at Kennedy Way?

2. If there was a regular direct public transport route between Holland and Kennedy Way, and back again, would you use it as your preferred method of getting to the surgery?

3. Please give your reason for the above answer.

4. In the past 12 months, how often have you visited the surgery?

5. If you used the available free transport, did it meet your needs?

6. If not, why not?

# Kennedy Way Community Garden

At this time of year, we are reflecting on the year past and looking forward to the year ahead in the garden. This is the exciting time to plan what vegetables and flowers we are going to try. As the polytunnel is now finished with its raised beds, perhaps we will experiment with more exotic and delicate plants. You may find grape vines or a peach tree in there when you come to visit.

The hedging has now been planted around the garden. These hedging plants, donated by the Woodland Trust, are called Wild Harvest and will provide food for the wildlife. There is a mix of Dog Rose, Crab Apple, Rowan, Elder, Hazel and Blackthorn. They are still very small so it will be exciting to see how they grow and what birds will come to eat the fruits.

Tendring Open Spaces kindly donated two trailer loads of woodchip, and we were able to mulch all the garden which will protect the plants from frost. Birch Airfield Composting Services also donated two trailer loads of compost. We were able to fill the new raised beds with the compost and topped off with the mulch. The gardeners have also built new compost bins so we will have a rotating system of composting. The first bed for the sensory garden has been dug up and shaped. We have decided on ornamental grasses which has a soothing effect, and the colour palette will be mainly yellows. Treasure Holt Nursery has donated plants for this bed, and we purchased plants from Beth Chatto Nursery with funding we received from Places for People.

The Men's Shed is growing. There is a new system in place to make sure everyone has adequate Health and Safety training on the machinery. There are three main volunteers who train and supervise the members. We are actively looking for volunteers who have experience in carpentry who are willing to train



and supervise members. The long-term goal is for the Men's Shed to be open five days a week all day. We are also looking to organise the Upcycling hub. This part of the project aims to be a creative space where you could bring your own project or take part in a creative project. This is an ideal spot to be creative in the garden where it is calm and positive.



A date for the diary: We are planning an Open Day on the 1st May with activities. This will be the perfect time for you to come and see what we do and perhaps to get involved.

If you would like to take part in any of these projects at the garden, please pop in for a tea or coffee to chat to our lovely volunteers. Or alternatively give Lynn Reed-Golden a ring on 07759 128447 or email her on [lynn.reed-golden@cvstendring.org.uk](mailto:lynn.reed-golden@cvstendring.org.uk).

For more information about all the CVST ongoing activities and projects visit [www.cvstendring.org.uk](http://www.cvstendring.org.uk) or visit us on Facebook: CVSTendring or on X/Twitter at cvstendring.

## Sports & Leisure

# Get Cycling!

Free and Easy

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

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



Trending Winner  
of Active Essex  
Award



KINGSCLIFF

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

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

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

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



# From Holland on Sea Baptist Church



## Activities at Holland on Sea Baptist Church

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

Tuesday – **Prayer meeting** 10:00.

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

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

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

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

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

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

Friday 29th March Good Friday Service 10:00

Sunday 31st March Easter Sunday

Feel free to contact us on 01255 814617 or [revcollicot@aol.com](mailto:revcollicot@aol.com)

Hall hire, Weddings and Funerals.



# From St. Barts

Dear Friends

Do feel free to join us on Sunday mornings for Parish Communion at 9.30am each week. As we head into Lent and Easter we have a few extra services planned with our sister church - St Paul's, Clacton-on-Sea.

All the details can be found on our website [Stbartshos.org](http://Stbartshos.org)

# Clubs

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## 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 at 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 is in April 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 Summer 2024 programme is as follows.

Thursday, 11 April An illustrated talk about 'The Beautiful Lake Garda' presented by Cherry Mullins

Thursday, 9 May 'My Career in the Prison Service' by Lindsay Whitehouse

Thursday, 13 June 'The Perennial Mr Potter' presented in character by actor Bryan Thurlow.

This is a talk about a 19th century country estate.

There will be plants for sale on the night.

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



**A date for your diaries.**

**Saturday 27<sup>th</sup> July 2024**

**9-00am to 1-00pm.**

**Further details to follow for applications.**



# Holland Art Society



At the Public Hall, Frinton Rd, Holland

**WORKSHOP with tuition**, 7 – 9pm on April 8th,  
May 13th and June 10th.

We will be working with Acrylics which will be supplied.

**DEMONSTRATION** nights are April 29th,  
May 20th, and June 24th.

Come along and see how the professionals work.

Contact - Steve Howell, club Chairman  
on **07952 343424**

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



Rooms from  
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**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)





# HOLLAND ON SEA BOWLS CLUB

## OPEN DAY

**Saturday 20th &  
Sunday 21st April  
10.00am – 12noon**



**COME AND JOIN US FOR A TRY**

**Just bring along flat soled shoes**

**Madeira Road, CO15 5NF**

**Tel: 01255 814609 for more details**

***Bacon Sandwiches and Refreshments available.***





# *Ivy Grace Home Care*

Your local Community Care Agency

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## *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

### **Why are people turning to Traditional Medicines?**

Traditional medicines that we are using now include Homeopathy, Naturopathy, Chinese, Ayurvedic, Herbal, Acupuncture and Unani medicine.

Modern medicines have been built on what nature has to offer. Many current Pharmaceuticals are based on these traditional medicines including aspirin, digitalis, metformin, morphine. Aspirin comes from willow bark and was used as an anti-inflammatory in ancient Greece and Egypt. Aspirin was synthesized in 1897 by a German chemist and has been used ever since. Medical plants like hawthorn and foxglove have been used to treat cardiovascular disease.

My interest in traditional medicines started when I studied to be a pharmaceutical technician. I am now please to be able to offer a range of complementary medicines for people that want to use a more natural approach to helping themselves.

It is well known that King Charles and the Royal family have used Homeopathy and traditional medicines for many years, his grandmother Queen Victoria was a strong advocate. It is currently widely used worldwide in many countries including India, France, Australia, China, America and the UK.

### **Why are we choosing this approach for our Health and Wellbeing?**

- \*It can be used alongside conventional medicines
- \*There are less side effect
- \*Patients want to take more control of their own health
- \*It treats the whole body helping with the full range of symptoms you may be suffering from. Including diet, lifestyle, past and present symptoms, and conditions
- \*Looks to find the underlying cause of the symptoms and help Naturally
- \*Can be used safely for all ages under the guidance of a Registered Natural Medicine practitioner
- \*It can be used for a wide range of symptoms and conditions both acute and chronic: *Joint pain, Respiratory & Digestive issues, Anxiety, Stress, Skin, Cholesterol, Blood sugar balance, Weight issues, Food intolerances, Allergies, Fatigue, Hormonal imbalance (male and female) Chronic conditions*



This article is based on research carried out by the World Health Organisation (WHO) April 2023

**If you would like to know more about traditional medicine and how it can help you, contact me for a free 15-minute discovery call.**

Lucille Cowell *DipHomACH N. D DipN.Adv*  
Naturopath, Classical Homeopath, Naturopathic Nutritional Advisor

Email: [Gutandwellnessclinic@gmail.com](mailto:Gutandwellnessclinic@gmail.com) Mobile : 07720385068

# Foot problems slowing you down?

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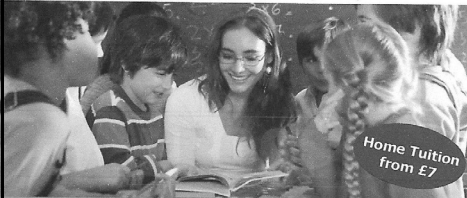
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## LUNCH MENU

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

## EVENING MENU

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

## SUNDAY MENU

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

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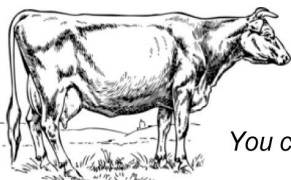
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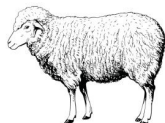
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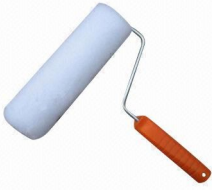
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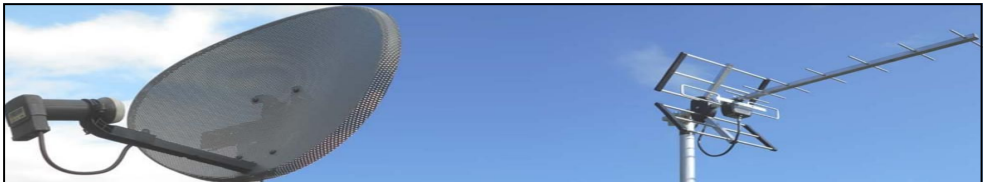
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# Holland Residents Association

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## Committee Members

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President	Colin Sargeant	
Chairperson	Carol Cooper	Email: <a href="mailto:Carol.cooper17@talktalk.net">Carol.cooper17@talktalk.net</a>
Secretary	Stephen Collitt	Email: <a href="mailto:secretary.of.hra@gmail.com">secretary.of.hra@gmail.com</a>
Treasurer	Andrew Dunnett	Email: <a href="mailto:andrew.dunnett@live.co.uk">andrew.dunnett@live.co.uk</a>
Magazine Editor	Mo Cochlin	Email: <a href="mailto:littlemaur199@gmail.com">littlemaur199@gmail.com</a>
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:sandratank56@gmail.com">sandratank56@gmail.com</a>
Trade & Commerce	Shaz Pritchard	Email: <a href="mailto:s4azza@aol.com">s4azza@aol.com</a>

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

## Who to Contact

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### 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

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As residents, we take great value in how our area looks and for years we have seen the slow decimation of our trees on our side roads for one reason or another. So, it comes with great pleasure to welcome the recent planting of so many new trees in Holland on our roads. Whether this has been down to my efforts or if it is an ECC initiative remains to be seen, but I like to think that as residents have raised the issue with myself I have fed it back to ECC and that has focused attention on the issue.

Another success is the pavements still being done in the area. The work is currently in Kings Avenue and although it has caused some disruption for residents, over all it has been a vast improvement on what was there before. I hope that this will reduce the amount of trips and falls that have such an impact on people's lives.

It looks like I will not be your Essex councillor after the next election. A recent boundary review has left me very disappointed that my Division has now been carved up into parts of three other Divisions. I can't help but bring out the conspiracy theorists in me as one-half of Holland will come under the Frinton and Walton Division while the other half will come under the Clacton Town Division. Both of these are currently held by Tories, so I feel that as Independents could not be beaten in Holland by the party machines they have split it up to be absorbed by Tory majority seats. I will of course continue to work for you until the end of my term, but I will stand in Great Clacton next year following my ethos that a councillor should always stand in an area he lives in. I will talk more about this over the next few issues.

ECC seems to be having a major problem with potholes lately. I have been unable to get anything other than the very worst potholes filled and even then it is of a temporary nature. Once proud of how few defects I had in my Division and despite another mild winter the state of our roads is terrible. No explanation is given and my potholes identified by our ward councillors under the pothole scheme have also failed to be delivered. Personally, I think this must be budget-related as it is the first time I have seen such a poor response since I became a councillor.

Speaking of budgets, ECC are going through that cycle again and by the time you read this, it will have been decided. It's going to be tough, but I will be voting with the Tories on this budget. The vast majority of it I agree with and it does protect the most vulnerable in our society, but it will come at a cost elsewhere. I will do a bigger update on this after it has been approved in the next issue.

Until next time.

**Mark Stephenson**  
County Councillor  
Clacton East

# Your District Councillor

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I hope that you all had a wonderful break over Christmas and the New Year with family, we certainly did, visiting and staying with our eldest daughter and two grandchildren in their new home in Bedford.

I was hoping to report that more benches were in place above Gunfleet Sailing Club, and on Eastcliff, along with more trees, but to date nothing further, I will keep pushing for these.

I asked in my last piece if anyone had any suggestions for areas within my Ward that would benefit from something similar to that being undertaken by the excellent 'Bakes and Rakes' group, but have yet to have anyone contact me. If you do think of anywhere, I have some ideas, please let me know and we can explore further.

I have mentioned, more than once, about the Changing Places facility, near Beaches café, and how I hoped it would be ready by Christmas. Well, obviously as work is still, as I write this report, ongoing, maybe, just maybe, it will be ready for the summer, of this year!

By the time you read this, another of the HRA's public meetings will have been and gone, which I will have attended, along with my fellow councillor colleagues and will follow up on anything that was brought to our attention.

On a final note I will be standing down from the Committee of the Holland Resident's Association in April 2024. I have served on the Committee for nearly 4 years and due to my position, not only as a Ward Councillor, but now as the Portfolio Holder for Housing, Planning and Licensing, demands on my time have increased considerably, and I feel that I need to concentrate on those primarily. I have enjoyed my time on the Committee and wish all those who will be on it from April, the best. I will continue to support the Committee, and attend as many of the public meetings that I can.

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

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Dear Residents,

I hope you have all had a peaceful and calm Christmas and New year. This time of year can have many challenges especially considering the current hardship many are facing with the rising cost of living. I have had an interesting few months, which although hard work has been equally rewarding.

Mr Doyle and I supported the Jaywick Christmas Grotto as an elf and the grinch, which I must say was a joy, to see so many children enjoying themselves and the festivities, There were many local bazars and Christmas fayres to attend. The creativity of our community continues to impress, especially as it means I can offer more personalised gifts to those I care about, whilst supporting our local economy.

The school uniform bank just goes from strength to strength, we have had so many donations that storage is becoming a bit of a challenge, but we must not complain, our local people are so generous with their donations. I don't think anyone could have estimated the difference this is making not only to Holland on sea families, but equally further afield across Tendring.

I have met with residents concerning issues that are impacting on their lives and continue to try and support them in finding a resolution. This is not always straight forward and can be frustrating when everything seems to take so much time, only to find out there is little we can do.

Even still it is so important to listen to the challenges you are facing.

Andy, Adrian, and I will be running surgeries which hopefully will make accessing our time easier for all of you. This is something we have hoped to do for some considerable time and is at last coming to fruition.

I continue to work alongside St Helena Hospice in building compassionate communities, and as I always say there are many free training sessions that you can access to support you as individuals, or your workplaces understand what it entails to be compassionate to those who are in the last phase of their lives and access support if needed – just contact me if you're interested.

That's just a short appraisal of my recent activities.

Thank you so much for your support, do not hesitate to contact me if you have anything you need to raise.

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

# Your District Councillor

---



Dear Residents,

Nearly Springtime, hopefully, we should see a huge number of daffodils in the Ipswich Road open Space. Thanks to the Holland Residents Association and all the volunteers.

I went to the opening of YES (Youth Enquiry Service) they are based at the Queensway junction with Frinton Road. Offering an invaluable service to young people facing difficulties in their lives.

I attended the Tendring Specialist Stroke Services Xmas market at Holland Hall and their Christmas Dinner. They also asked me to a Burns night dinner. These events gave me an opportunity to meet some of the people that benefit from the many services that TSSS offers. All fantastic events thank you for inviting me.

There was a police meet and greet at the library that I went to with Cllr Doyle to discuss various residents' issues. We will be having the police meet and greets at some of the surgeries that we are holding at Holland Hall. Thanks again to the HRA for arranging (please see elsewhere in this issue for dates).

The orchard at Brighton Road is coming along nicely. I met up with Zoe from the Unsealed shop in Clacton and Danielle from Essex Wildlife trust who are largely responsible for providing the trees. Cllr Baker and I helped with the planting along with several Residents and the Open Space Rangers who are responsible for maintaining all our Open Spaces.

It's important that we mix within our community and it's a pleasure for me to call many of you friends.

Hope to see you at the next HRA meeting.

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

# 2024 MEMBERSHIP REMINDER

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

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

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

## QUIZ NIGHTS

SATURDAY 22ND JUNE  
SATURDAY 5TH OCTOBER  
FRIDAY 13TH DECEMBER

AT THE PUBLIC HALL 7PM FOR 7.15PM

See future editions for further information



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

*Final date for submission is Monday 6th May 2024.*



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

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# NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the HRA will take place on Friday 19th April 2024 at 7.30pm at Holland Public Hall, Frinton Road.

Please note that only full members and associate members of the HRA are entitled to attend this meeting; full members have the right to vote.

The following are extracts from the constitution of the HRA:

- a) At the Annual General Meeting all the officers and members of the Executive Committee, other than the President, shall retire, but be eligible for re-election without nomination.
- b) Any Two Full Members of The Association may propose any other candidate or candidates for office by notice in writing to the Hon. Secretary or the Chairman not less than seven clear days prior to the Annual General Meeting, such written nominations being endorsed with the written consent of the nominees.
- c) The Executive Committee elected at the Annual General Meeting shall themselves elect a Chairman (and Vice Chairman if required) at the next Executive Committee meeting.

*and*

- a) Any Full Member of The Association as set out in Rule 2 may submit a motion for consideration at the Annual General Meeting. Any such motion must be seconded by another Full Member and submitted in writing to the Secretary or Chairperson not less than seven clear days prior to the Annual General Meeting.

Nominations or motions can be posted to the Secretary at the following address:

The Secretary of the HRA,  
37 Ingarfield Road, Holland on Sea, CO15 5XA.

All nominations and motions must be signed by all parties along with their names in capital letters.

Nominations and motions can also be sent by e-mail to: [secretary.of.hra@gmail.com](mailto:secretary.of.hra@gmail.com)

Applications should be scanned with the appropriate signatures.

Where a full member is being nominated to election to the executive committee, the wording should be as follows:

I, (enter name), wish to stand for election to the executive committee of Holland Residents' Association.

Signature:

Name in capitals:

Date:

Signature of proposer:

Name in capitals:

Date:

Signature of seconder:

Name in capitals:

Date:

No nominations for the committee or motions for the agenda will be accepted after 11th April 2024.

**Stephen Collitt**, Secretary.



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