



HOLLAND ON SEA
RESIDENTS ASSOCIATION
established 1926

Magazine

SUMMER 2026



HRA ANNUAL MEMBERSHIP

(Minimum Annual Subscription £3 – Maximum £20)

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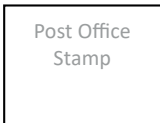
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Holland Residents Association

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Welcome to your Community Magazine

Dear Residents,

My first year as Chair has flown and brought us proudly into our centenary year and I would like to reflect on several highlights over the past 12 months.

The installation of the village green and centenary sign are striking additions and would not have been possible without the generous support of local business namely Tom Bowman from Dura composites who created the bespoke signs and Glen Baker & Sons who did the installation, creating lasting landmarks for the area.

I am very proud that we have donated nearly £1800 to local charities and voluntary groups who make a difference to our local area.

The member's draw has been well received and the next draw will be in June - Good Luck.

The Ipswich Road gardening group were worthy winners of a Pride in Tending award and will always welcome new members on Saturday morning.

Looking ahead there a number of events to keep you all entertained (some detailed within the magazine) with the highlight of the summer fête on Saturday 1st August.

Finally, my sincere thanks to the committee who give their time freely throughout the year to support the association and organise events and thank you to our residents who attend the events and our open meetings and help make Holland on Sea a special place to live.

Tracey Hunt
Chairperson of HRA

HRA Public Meeting

The next HRA public meeting will be held on Friday, 24th July at 7.30pm in the hall at St. Bart's church.

We have invited Chief Inspector Stuart Austin, the Tending District Commander, as our guest speaker, and have of course invited our local councillors.

This meeting is open to all residents of Holland on Sea and to Associate members.



HOLLAND ON SEA
RESIDENTS ASSOCIATION

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

This magazine can also be viewed online



**St. Bartholomew's Church &
Holland Residents Association**



HOLLAND-on-SEA SCARECROW TRAIL

**Calling all scarecrow makers!
Open to residents and businesses in Holland only
If you would like to be involved, contact:**

Julie on 07527 514769 or
email: julie.collitt@btinternet.com

Closing date for entries: 16th July

2026 Theme: Children's Fictional Characters

Residents:

1st Place - £50

2nd Place - £30

3rd Place - £20

**Plus judges special
Trophy award**



Businesses:

1st Prize - £50

**Plus certificate
for Best Scarecrow**

The Trail will be open to the public from
Friday 24th to Thursday 30th July

Details on how to get trail sheets on:
hollandresidents.co.uk/events



SUMMER FRONT GARDEN COMPETITION

A Centenary Celebration in Full Bloom!

Competition Details

- ✓ Open to HRA members only
- ✓ Front Gardens only
- ✓ 15 entries per category
- ✓ Judging Day 18th July

Email to Enter: s4azza@aol.com

- ✓ Your Name, Address & Phone No
- ✓ Phone Number
- ✓ Category Choice
- ✓ Closing date - 28th June

Category 1

Colourful Bedding & Perennial Gardens



Category 2

Wildlife Friendly Gardens



Category 3

Drought Loving, Low-Water Gardens



Grow for Glory This July – Time to Dig In & Get Planting!

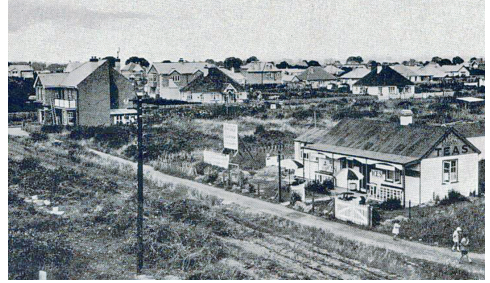


A Right Royal Road

When the farmland of Little Holland was sold by auction in 1900, to David Cripps Preston, it was divided up into a number of Estates that were served by unmade tracks. The first road to be made up was Kings Avenue in 1928 which also was already developing into the main shopping centre; a rather grandiose title for what started off as a small Post Office on the corner of the Main Road and Kings Avenue. The Post Office then moved to a wooden building which, in anticipation of a growing demand for supplies from what was hoped would be a rapidly developing village, became the Kings Cliff Stores.

Sandwiched between this and the original Post Office was a modest shop selling fruit and vegetables, owned by F. W. Hazleton. Hazleton was to remain at this end of Kings Avenue, albeit to new premises, where it switched to cigarettes and tobacco, hairdressing, book lending library, photograph developing, beachwear, and the hiring of a range of items from tennis racquets to horses! Meanwhile, G. Hazelton and Son ran the greengrocers next door, which now included a newsagent. F. W. Hazleton was not one to stand still and by the 1940's had switched over to being a radio retailer, providing an electrical engineering service and, later, television supplier, as well becoming a 'Prestcold' refrigeration dealer.

With the development of the retail shops between the Holland Main Road and Preston Road came a variety of traders. Arnold J. Carter, the auctioneer and estate agent sat on the corner of the Main Road with the Princess Cafe next door. William Collitt moved his Chemist shop into Kings Avenue, from just round the corner, nestled between a drapers', Valentine, which some might remember a little later as Margraves, and a butcher, T. W. Ambrose. After a few years Ambrose sold his business to Charles Bower and the shop proudly displays that name to



Prior to 1928 and a view showing Westview Stores and Cafe/Restaurant on the left and the wooden cafe to the right. You will note the unmade road and the property in Johnston's builder's yard behind Westview which was later to become the home of St. John Ambulance Brigade.



Looking down Kings Avenue from Coronation Road, now known as Windermere Road over 100 years ago.



Kings Cliff Stores & Post Office and F. W. Hazleton's greengrocers, the start of a shopping parade in Kings Avenue.



Waiting for customers at D. W. Everitt, the local butchers.

this day. Another establishment to remain trading in its original produce is the Fish and Chip Shop that started life as Holland Fish Supplies, primarily handling wet fish with a fried option also available. Some of the freshest catch came in the 1980's when owned by Clacton Lifeboat Coxswain Mick Lynn who, as a professional fisherman, ensured nothing but the best was on offer from the business, now called The Friendly Fisherman.

The builder's yard of W. J. Griggs & Co provided a natural break before a second butchers, D. W. Everitt, which by the 1950's was taken over by A. Winn, and on Christmas Eve the queue for the turkey, from both Winn's and Chas Bower, would snake down the Avenue to Preston Road. The final shop of originally single storey, on the corner of Preston Road was the freshly relocated Post Office and Stationery store of N. M. Rutland. The shop changed hands to become the Grocery and Provisions store of D. G. Pettit – Ridgeways, Silverdale or Priory Teas specially recommended to suit the water of the district.

The Post Office moved once again in the 1960's and settled in the newly built shop on the corner of Kings Avenue and Madeira Road. Pettits was sold to Ivan Trinder who would display a chicken being freshly roasted on a sealed spit on the forecourt of his grocers' shop.



It's the 1930's and the shopping centre is growing.

Residential properties appeared in Kings Avenue as one headed towards the seafont, but between Salisbury and Dulwich Road, set back, was a second builder's yard, this one owned by Walter Johnston and had solid orange gates to its entrance. Moving on, and on the seaward corner of Dulwich Road was Westview Stores, confectioners, tobacconist and stationers, with Westview Cafe Restaurant next door; this was, much later, to be known as The Frigate.

After this a rather modest shop existed which never seemed to settle in what it had to offer. In the early days it was Clarkson's Boot and Shoe store, later becoming Jane – A draper, dressmaker and Ladies Wear retailer, but over the years had also been an estate agent, a boat chandlery and more recently a Chinese Takeaway.

The next building equally seemed rather unlucky although it was opened with much optimism. This "All-in-one" store was controlled by Messrs B.B.J. Ltd with the directors of the company being Mr. E. E. Ballard and Miss I. F. Jeckell. They stocked a very wide range of groceries, crockery, greengrocery, medicines, cooked meats, plus a lending library for avid readers. They could, in many ways, be compared to a modern supermarket as to the wide range and volume of products on offer. Whilst being very ambitious it sadly failed to attract sufficient custom and, after changing hands ►

◀ was, by the 1960's, nothing more than a warehouse for stocks of printed postcards of Coastal Cards that was based in Holland on Sea. In the 1970's it became a boat builders and chandlers but concluded retail life as an Italian Restaurant, Georgios. For many years the land adjoining it was, more or less, wasteland except for a small wooden cafe set back in the grounds but this was demolished and a group of shops, with living accommodation above, was built. For a long

period it contained a carpet shop called HB Textiles, owned by Hendryk Baranowski who would lay his carpets out on the forecourt to cut them and, at lunchtime, would shut shop and walk down to the beach in his trunks for a swim. With the development of this site came the building of the shop on the corner of Madeira Road where the Post Office finally came to rest. *(To be continued).*

Richard O. Walker

Ipswich Road

Thank you to all volunteers, past and present, who have helped transform Ipswich Road from a grassy area to one full of colour. In Autumn 2024 we planted two hundred daffodils and they have successfully repeat-flowered this Spring. They make a very colourful backdrop. In addition, we maintain three areas – one which is predominantly for summer, a wooded area and a wildflower area. We have also created a “bug hotel” which has been praised by Essex Wildlife Trust. In recognition, the volunteers have been awarded a Pride of Tendring trophy.

Tendring Council has recognised our value and have replaced a bench and have added a picnic bench. Also, the new village sign is now firmly in place.

We meet most Saturdays at 10am for one hour and anyone who'd like to join us will be very welcome.

Finally, we want to thank Simon and Linda from Holland Pet and Garden Supplies for their generosity by donating plants.



Join the HRA Garage Sale!



Saturday 27th June • 9am - Noon

It's time to clear out, cash in, and enjoy a great community day.

Want to host your own garage or front-garden sale? Please register in advance:

- Email: membershipsecretary.of.hra@gmail.com
 - Text (12pm–3pm only): 07814127728
 - Post: 37 Ingarfield Road, CO15 5XA

Deadline to register: Saturday 6th June. Late entries can't be accepted.
(You must be a HRA member to register, all new members are welcome)

From 22nd June, pick up the official list of sellers for just £1 at Morrisons
Daily or Holland Pet & Garden Supplies

Or download it free from hollandresidents.co.uk, events page, or by using
the QR code



Copies will also be displayed at the Public Hall and the Roaring Donkey.

 ***Please park considerately***

CSUB

SUMMER FAYRE

Tombola

Craft stalls

Raffle

Refreshments

Something For Everyone



Saturday

8th August

1pm-4pm

Holland public hall

Frinton road

CO15 5UR

Come along
and enjoy a
day of fun for
the whole
family! 



Bazaart

On the lower promenade near Holland Haven and The Holland Haven Cafe we are lucky enough to have a changing places facility.

We also have a ramp onto the beach and a fairly short area of beach to reach the sea, but this is a barrier to many especially if they need transport across the beach and into the water.

Members of the HRA have had a few meetings with TDC seafront manager and the assistant director for leisure and working in partnership we have an agreement to loan a beach wheelchair during the summer, on a trial basis to establish the need and if we can justify permanent access.

The equipment will be available between 11-3 on the following dates:

23rd June, 30th June, 10th July, 17th July.

This is a free service.

If you would like to register your interest for booking the beach wheelchair - please provide your name, contact number and preferred date and time by emailing: traceyhunthra@hotmail.com

Whilst HRA members will be on hand to ensure the equipment is clean and not misused, we are not in a position to help access onto or use the equipment - therefore a family member, carer, friend will need to be available to help.

Hopefully the sun will be shining.



We cannot thank TDC enough for making a wish come true. This shows working together benefits the community.

Clubs

Holland-on-Sea 129 Ladies Club

Holland 129 Club is a friendly Ladies Club and has met in Holland-on-Sea for 60 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 is £28 for a full year (from April). Visitors are always very welcome and pay £5 for the evening. We celebrated our Diamond Anniversary – 60 years during 2025.

Our Programme is as follows for the Spring/Summer:

Thursday, 11 June 2026	Stephanie Disch from The Dog's Trust. 'A Dog is for Life' There will be items for sale.
Thursday, 9 July 2026	Alex Knuffer - 'The Music of the Beatles'
Thursday, 13 August 2026	Garden Party
Thursday, 10 September 2026	Lindsay Barrell: Wiggles & Giggles
Thursday, 8 October 2026	Harvest Supper – Fish and Chips Bryan Thurlow: The Red Barn Murchers

Registered Charity Number 1099182



TENDRING DISTRICT U3A UNIVERSITY OF THE THIRD AGE

Tendring District U3A is an independent group and part of the national Third Age Trust which aims to provide social learning opportunities for people in older age who are no longer in full time employment.

We have been operating for over 30 years with monthly speaker meetings and separate interest study groups. There are around 30 such groups, using both Holland Public Hall and members' homes, meeting on a wide range of subjects from Art Appreciation to playing Scrabble.

Our monthly speaker meetings are held at Holland Public Hall on the first Friday of each month with doors open from 1.45pm for a 2.15pm start including refreshments. Our Summer programme for 2026 is as follows.

July 3rd	Landscape & Nature of British Isles	Roger Hance
August	Members social event	
September 4th	A Solo walk across Africa	Fran Sandham
October 2nd	The Life of Sue Ryder	Joanna Bogle
November 6th	Essex's unknown Royal Palace	Tony Tuckwell

The membership fee is very reasonable at £14 yearly from 1st January.

For more information, please contact Margaret Lamdin on 01255 421862.



Calling All Future Adventurers!

A Brand New Squirrel Scout Drey is Opening Soon in Holland-on-Sea

Are you looking for an exciting and engaging experience for your 4 or 5-year-old? Look no further. Squirrel Scouts are the youngest members of the Scouting family, and our new Drey is opening soon to welcome your little one to a world of fun, friendship, and discovery.

What Do Squirrels Do?

Squirrels get to embark on amazing adventures every week! They'll enjoy:

- Outdoor Exploration: Discovering nature, playing games, and learning about the world around them.
- Creative Activities: Getting crafty, telling stories, and expressing their imaginations.
- Teamwork & Friendship: Making new friends and learning to work together in a supportive environment.
- Skill Building: Developing independence, confidence, and new abilities through exciting challenges.

It's all about playing, learning, and growing in a safe and stimulating setting.

We Need You! (Volunteer Opportunities)

To make this new Drey a roaring success, we're also looking for enthusiastic adult volunteers to join our team. No prior Scouting experience is necessary – just a willingness to have fun and help young people thrive. Whether you can spare an hour a week or a few hours a month, your contribution will make a huge difference. Full training and support are provided.

Get Involved!

Interested in signing up your child or becoming a volunteer?

Contact us for more information:

Email: tendring@essexscouts.org.uk

Phone Julie on: 07557 530662

Join the adventure today – for your child, or for yourself!



Kennedy Way Community Garden

What a funny spring we have had. According to one of our gardeners, we only had 2mm of rain in April. Definitely not April Showers!

At the time of writing, we have been working hard getting everything ready for our Spring May Day. Even though seeds were slow to get going because of the cooler spring, the gardeners have done well with the sowing of numerous seeds. We have experimented using milk bottles as mini greenhouses. We also have done the seed snails again. Both methods were very successful, even better than the traditional seed trays.

One of the biggest positives in the garden and Men's Shed is the intergenerational skill sharing. We welcomed back Market Field College students. It is lovely to see how the young people work with the adult volunteers. It's all about how we can share our knowledge and skills to make our community a stronger and caring place. We also run Project Ignite on Tuesday afternoons here where the young people have been learning about vegetable growing.

The Men's Shed has started a new session on a Tuesday morning, where John, our new volunteer, will be teaching people woodworking skills from scratch. If this is of interest to you, please give Lynn a call to put your name down. In the shed they have been very busy making hedgehog boxes and squirrel feeders.

Though the garden can be a busy place, there is a Silent Space where you can come, be quiet and listen to the birdsong. All gardens are places to watch and notice the small things as everything grows around you. There are two monthly coffee sessions: Cup 'n Chat on the first Wednesday of every month 9.30 to 12.30pm and the Men's Coffee and Chat on the last Monday afternoon of every month 1.30 to 3.30 pm.



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@cvstending.org.uk.

For more information about all the CVST ongoing activities and projects visit www.cvstending.org.uk or visit us on Facebook: CVSTending.

Seated Yoga at Kennedy Way

Day: Thursday

When: 1.15pm – 2.15pm

Cost: £4 per session

Mind the Music

Last Friday of every month. 1pm -2.30pm

Singing with dementia



Sports & Leisure

Get Cycling!

Free and Easy

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

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



Tending Winner
of Active Essex
Award



KINGSCLIFF



Holland Table Tennis Club

Anyone is welcome, regardless of ability.

It's on Thursday evenings – 19.00 to 21.00 pm.

We are a very friendly group and happy to teach anyone to play.

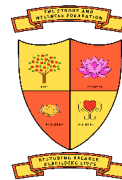
We have tea and biscuits at 20.00 pm.

It's held at the Holland Baptist Church Hall, Frinton Rd, CO1 5UR.

Any information can be obtained from Dave at

email: davejw23@btinternet.com. Telephone: 07759795292.

The Stroke and Wellness Foundation (formerly Tendring Specialist Stroke Services), emerging into a new chapter.



1st April 2026 begins our new chapter in many ways. We are officially now 'The Stroke and Wellness Foundation', emerging into a new chapter.

Our new logo depicts our focus of 'Restoring Balance, Rebuilding Lives', by providing HOPE, STRENGTH, FRIENDSHIP, and WELLBEING for our clients and their carers'.

We provide rehabilitation services for stroke survivors, raise awareness through our 'Positive Lifestyles' stroke prevention programme, address inequalities, provide emotional support for clients, carers and their family network, and hold friendship and wellness events from our newly refurbished centre.

New partnerships are strengthening our clinical structure, and as a placement host, we provide opportunities for Student Nurses, Speech and Language and Physio students.

Our weekly visits to Colchester Stroke Unit and Waverley Ward at Harwich Hospital allows our staff to connect with clients and their families, with reassurance we are here to offer ongoing support when they are ready to engage.

In 2025, we were fortunate to receive a Tendring4growth TDC Shopfront Grant, and with donations received from the many organisations, businesses, residents and in memoriam of past clients, we have raised adequate funds to totally refurbish our forecourt and create safe access to our centre, plus some additional features.

This refurbishment has also strengthened our links with our local community, with the installation of a bespoke stroke bench with a plaque 'Friendship Makes Life More Beautiful', encouraging local passersby to sit and chat. Our external community noticeboard advertises the many fundraising and wellness events held at the centre (which we are pleased to report) has significantly increased our footfall.

A permanent 'Tree of Hope' Mural will be sited on the front of the building, recognising all the donations we have received in support of our refurbishment.

The raised beds will provide wheelchair access for our clients, planted with a variety of greenery to include sensory plants to enhance wellbeing. Maintenance of the beds will provide a therapeutic activity for our clients, as many of them are avid gardeners and have no access to a garden. Our heartfelt gratitude goes to The Holland Residents Association, who have made this possible by kindly funding the external raised flower beds in their centenary year.

**Diane Boyd -Head of Operations,
on behalf of the trustees of The Stroke and Wellness Foundation.**

From Holland on Sea Baptist Church



Activities at Holland on Sea Baptist Church

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

Tuesday – Prayer meeting 10:00am.

Tuesday – Friendship club 1st Tuesday of month 14:00 (2 hours).

Fun, Quizzes, Games, Speakers, Friendship and refreshments.

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

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

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

Friday – Care group, discussion and friendship. 10:30am (90mins).

There are various other activities throughout the month – Brownies, Guides, martial arts, fitness, Dancing, Choir, Knit 'n' Natter, Ukulele, table tennis etc.

You are all very welcome

Feel free to contact us on **01255 814617**. Website: hollandonseabaptistchurch.com

Hall hire, Weddings and Funerals **07761119308** or email: daveandmegmiddleditch@aol.com

From St. Barts



Our regular events are...

Sunday's 9.30am Parish Communion

Friday's 2.00pm Carpet Bowls

Saturday's 2.00pm Bart's Buddies (alternate weeks)

Feel free to come along any time.

Over the summer we have some Summer Songs of Praise Services planned for 31st May, 28th June and 19th July. Do come and join us.

All the details can be found on our website: Stbartshos.org.uk

Holland on Sea Public Hall

The Public Hall has enjoyed a lively spring this year. As well as our regular groups there have been quite a few shows and events.

Mad About Theatre put on a delightful show based around characters from literature and in contrast HOSTS had a murderous time with a whodunit that included a buffet supper. If you are looking for something with plenty of action the wrestling shows are good fun for all the family.

Do look on our facebook page for events over the summer. There are more theatrical productions, wrestling, a Lions club quiz night, a fuchsia show and our very own Summer Fête to be held on Sunday 12th July. There will be 28 tables including 3D printing and plenty of refreshments.

Some of our regular groups advertise on Facebook too, these include exercise classes, social and special interest groups. A programme for the month is posted on the door of the Hall and on our website hollandonseapublichall.co.uk. We also take private bookings for parties.

There's lots going on at the Public Hall- we look forward to seeing everyone.

Advertise with us!

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

For more information please contact: hramagazine@gmail.com

So why not help us to help you?

Closing date for the Autumn 2026 edition is 7th August 2026.



Articles for the Autumn 2026 edition of the HRA Magazine are to be submitted to Maureen Cochlin (hramagmo@gmail.com).

Final date for submission is Friday 7th August 2026.

I wanted to share our incredible journey with the Holland on Sea Theatrical Society (HOSTS) over the past year. Our daughter Evie was invited to audition for the role of Rapunzel in the 2024 pantomime, which led us to where we are today—leading HOSTS!

When Evie auditioned, only the roles of Rapunzel and the Prince were available and she eagerly joined and quickly became part of the HOSTS 'family.' The pantomime was a great success, and Evie was excited to become a full-time member. However, we learned that the Chairman, Treasurer, and Secretary were stepping down, leaving the society without leadership. When no one volunteered at the AGM, Paul and I stepped up as Chairman and Secretary, despite having no prior experience.

Paul and I have been foster-carers for 16 years, welcoming many children into our home. Drama has proven to be a fantastic way to build confidence and self-esteem. With support from HOSTS members, we've put on two successful productions, including a sold-out Murder Mystery. This year's pantomime also received a warm reception, and we've gained new members who had a great time.

Leading HOSTS has been a rewarding experience, and we've even recruited family and friends into the 'family,' including some of our foster children. If you've ever considered trying something new, don't hesitate—take the leap today!

We welcome members for various roles, from acting to front of house and backstage. We rehearse at Holland Public Hall on Monday and Wednesday evenings. We look forward to hearing from you.

Please follow us on our facebook page

Email: dev-lin@hotmail.co.uk

Why You Should Join HOSTS
Holland-on-Sea Theatrical Society

H.O.S.T.S.
Theatrical Society

- Be part of amazing shows - on stage or behind the scenes
- Meet new people and make lifelong friends
- Build confidence, creativity, and new skills
- Have fun, laugh lots, and make unforgettable memories

From acting and singing to backstage and costumes there's a place for everyone.

Message for details!

#HOSTS #HollandOnSeaTheatricalSociety

Summer Fete - 1st August

12.00 - 4.00pm

on The Village Green, Brighton Road



**Craft &
Charity Stalls**



**Beer & Wine
Tent**

**Food & Drink
Stalls**

**FREE kids funfair
Fun activities & games
Face Painting**



Dog Show



Classic Cars



Live Music

And Much More - Save the date

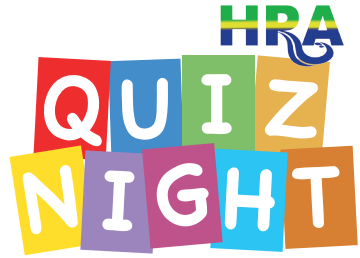
See you there!



SATURDAY 20th JUNE

At Holland Public Hall

**DOORS OPEN 6.45pm for
7.15pm START**



Teams of up to six per table. Entry: £3 per person

BRING YOUR OWN NIBBLES AND DRINK

BOOKING ESSENTIAL

A non-refundable deposit of £9 per team will be required at time of booking.

Details of how to pay will be provided.

To book a table: Text 0784 208 1362 or
e-mail: membershipsecretary.of.hra@gmail.com



We are very grateful to Grassroots for providing us with a grant to help keep the fairground rides at our summer fete free. We cannot do this without the support of others.

Community

Community is the people and places that we come in contact with each and every day. When we strengthen communities, we strengthen individuals.

Grassroots grants have been used to bring communities together for a wide range of community fun days and information.

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Help Recovery Naturally

When we have had surgery or a debilitating illness, it can take a while to feel better. You can still be suffering from pain, fatigue, poor sleep, anxiety from recovery. This can be because of the healing process and inflammation.

Diet, herbs, spices and supplements have been shown to help.



Antioxidants are found in food, and vitamins can help to reduce tissue damage, pain management, and reduce infection risk. The main vitamins involved are Vitamin C and E. Foods to include are berries, carrots, broccoli, dark greens, nuts, dark chocolate, green tea. Also found in spices turmeric, cinnamon, oregano, ginger and garlic.

To help with fatigue it is important to allow your body to rest, provide good nutrition and increase hydration.

Probiotics are very helpful as any trauma can cause an imbalance of our gut bacteria which plays a part in our immune system and overall health. Taking one daily post-surgery or illness for 2- 3 months can help to restore balance.

Homeopathic medicines have been used for centuries to aid recovery: Arnica for pain, bruising and to help healing; Calendula: to help tissues heal and has good anti-bacterial properties; Hypericum: help reduce nerve pain; Kali Phos tissue salts: reduce stress and help sleep.

Always consult a registered practitioner before using vitamins and herbs and for advice on diet and supplements.

Lucille Cowell N.D

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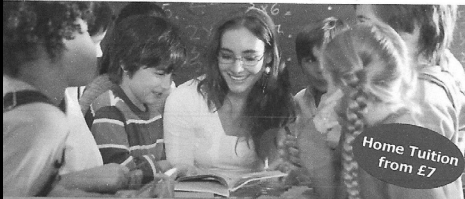
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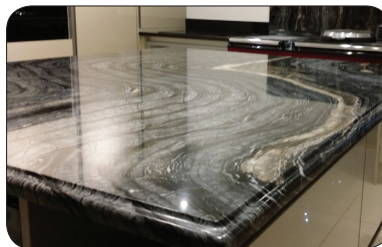
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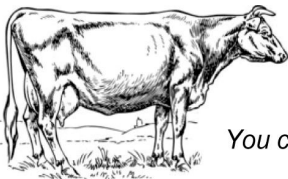
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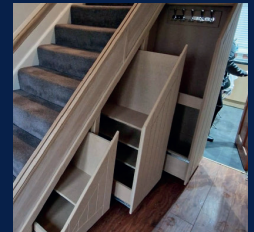


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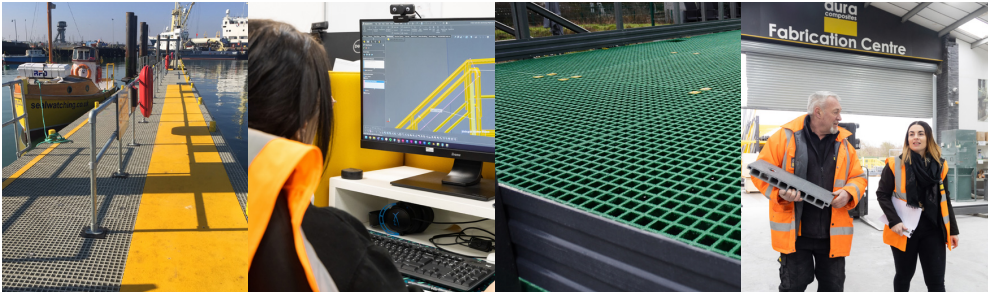
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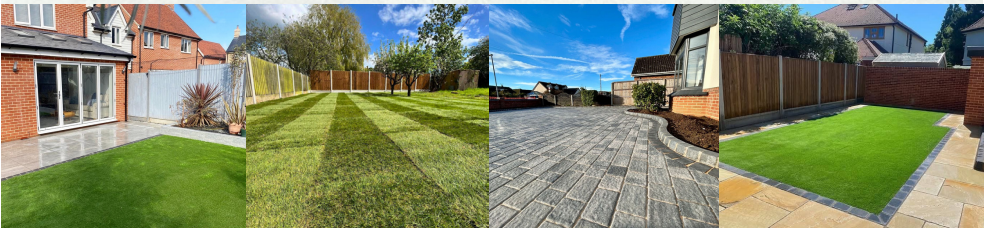
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Your County Councillor



My name is Mark Webster, and I am honoured to have been elected as the Essex County Councillor for Clacton South.

Clacton has been my home for the past 12 years, with strong family ties in the area going back much further. I am a British Army veteran and senior business leader with experience in infrastructure, governance, and compliance.

Throughout my career, I have worked in environments where responsibility, accountability, and delivery are expected standards. I will approach public service with those same principles.

Essex County Council is responsible for a wide range of services that affect daily life across our communities, including highways, transport, adult social care, children's services, education, and public infrastructure. I believe residents expect local government to focus on competent delivery, careful use of public money, and clear accountability for decisions made on their behalf.

Clacton South covers Coppins, St James, Pier, St Pauls, Eastcliff, and St Bartholomews, and I look forward to working constructively with residents, local organisations, and community groups across the division.

Public office is a responsibility, and I will always aim to represent the area with professionalism, openness, and respect for the community I have been elected to serve.

Mark Webster
County Councillor,
Clacton South

Your District Councillors

Working With You and For You

As part of our ongoing commitment to transparency and community engagement, your district councillors are pleased to share their latest updates. Each of us brings a unique perspective and focus, reflecting the diverse needs and interests of our wards. Here's what we've been working on:

Andy Baker District Councillor, Eastcliff Ward



I said in my last article that I hoped to be able to look forward to enjoying our Sunshine Coast, and in the last few weeks we have had some glorious weather, and I have been able to walk along our beaches and refresh at one or two of our seaside cafés. Hopefully we are in for some more glorious sun!

Recently, I was busy with assisting the independent candidates with delivering election leaflets and on polling day was present at a polling station, where I spoke to many residents, including picking up some issues which I will follow up on in the coming weeks. As you all know we now have a new County Councillor for Clacton South division and I look forward to working with him for the benefit of all residents.

Within Eastcliff there is again not much to report as it has been reasonably quiet, but I have managed to get Open Spaces to increase the bund on Marine Parade East, however the CCTV due to be installed near the gate in Fourth Avenue to increase security is still outstanding

My Portfolio's of Housing and Planning have also been keeping me busy, with the Local Plan progressing and a number of consultations having taken place, as well as Homelessness issues presenting every day.

As always, stay well and safe, I can be contacted either on email, shown elsewhere in the magazine, which is the best way for me to be contacted, or on 07773 008077.

Carrie Doyle District Councillor, St Bartholomew's Ward



I hope you are all well, as you know we have all been so busy over the last month or so with the election. This has now ended and the electorate have spoken – whilst of course I am disappointed, I trust the process and respect the outcome. Whilst I don't want to go on about this I just have to answer one question that a resident asked me, "why did I stand in an area outside of where I am the district councillor and where I am virtually unknown?" My reply is that I truly believe that independent is best for local people, politics with a small p but a capital

P when it comes to the People we serve. Because of the boundaries, we all made the decision that Cllr Smith was the best person to run for Clacton South including our ward and I have no doubt that decision was right. As you know I ran for West Clacton and St Osyth. I had a good campaign and to be fair learnt so much especially from the amazing parish council at St Osyth which I believe will be helpful once we start our own process of implementing our Village Council. I met great people and was also able to share my experience of local politics with my granddaughter who, you never know, could follow in Nanny's footsteps. Welcome to our new county councillor Mark Webster

Anyhow, moving on the Clacton School Uniform Bank goes from Strength to strength, supporting local families. We receive great feedback from so many, and hopefully as time goes on, we will be able to increase the opening hours of the shop. We have our second summer fair coming up, and we will also be hosting a stall at the HRA Centenary Summer Fair which we are so looking forward to. As always, a big thank you to the Holland Public Hall Committee for their continued support.

This summer, I am excited to see that we will be trialling an accessibility wheelchair down at the Haven and hope this proves so successful that this project can only move forward – well done to the HRA for securing this pilot.



Adrian Smith

District Councillor, St Bartholomew's Ward

With the local elections now behind us, I would like to take this opportunity to thank Cllr Mark Stephenson for his continued hard work. As the Leader of Tendring District Council, Mark remains a dedicated colleague, and we will continue to work closely together to champion the interests of our residents.

We are also pleased to welcome Cllr Mark Webster as our new County Councillor for Clacton South, which includes Holland-on-Sea. Mark will, no doubt, be keen to get started, and I am sure many residents will have the opportunity to meet with him once he has settled into his new role at Essex County Council.

For your District Councillors in St Bartholomew's Ward, it is very much business as usual. The new waste contract, which commenced on 1 April, is already making a visible difference. You may have noticed an increased presence of blue bins along the seafront to help manage seasonal litter more effectively. In addition, dedicated beach cleaning has been introduced for Holland-on-Sea, alongside investment in new machinery to significantly improve street cleaning standards.

Looking ahead, we are pleased to confirm that kerbside glass collections will begin this October. Further details will be shared closer to the launch date across a range of communication channels, explaining how residents can take part.

As we move into the warmer, sunnier months, I look forward to seeing many of you out and about in our beautiful ward.

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Email: cllr.cdoyle@tendringdc.gov.uk

Email: cllr.asmith@tendringdc.gov.uk

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Articles for the Autumn 2026 edition of the HRA Magazine are to be submitted to Mo Cochlin (hramagmo@gmail.com). Final date for submission is the 7th of August 2026.

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The Holland Residents' Association is by its constitution a non (party) political organisation. That said we are always happy to engage constructively with duly elected representatives – MP/Councillors (irrespective of any political groups to which they may belong) to keep them informed on matters of local interest, to seek their assistance in representing the interests of residents at their respective levels, and to hold them to account for their actions, or inactions. To this end we offer them space in this magazine to give a (short) report on their activities over the past three months.

Their names and contact details appear on the HRA Committee Members page.



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