



HOLLAND ON SEA
RESIDENTS ASSOCIATION
established 1926

Community Magazine

WINTER 2020



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 Spring edition of the HRA Magazine are to be submitted to the Secretary - Gilly Wilson (gilly.wilson@btinternet.com). Final date for submission is the 1st of February 2021.

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HRA does not officially endorse any advertising material in this publication.

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 Rob Woolf. Thank you Rob.

Welcome to your Community Magazine

Welcome to Your Community Magazine.

I hope you are all keeping well and safe in a strange year of changes and unknown situations. After the first wave of Covid19 in the Spring, we are now in a second wave, on a positive note, we live in Holland on Sea.

Here our "lockdown" still enables us to enjoy the neat little gardens of this model village and to go for walks along the seafront – take care of the bicycles on the upper promenade - the lower promenade is mostly free of sand thanks to TDC's new Bobcat mini-bulldozer, or the beaches themselves with an uninterrupted view out to 'our' Gunfleet Windfarm.

There is so much to enjoy living at Holland on Sea whatever the weather. We are also incredibly lucky with our local shops supporting us during these odd times and we would like to thank you all. In turn it would be fantastic if we would all support our local shops too were ever, we can.

Since our last edition of our Community Magazine, which was distributed three months ago, we have had – for the most part – a rather good summer. It was very warm and dry, but we now seem to be in for a very wet and windy Autumn.

Your Committee has continued to meet, even if it is via Zoom (which is technology a lot of you may have used in recent months).

As mentioned in the previous edition of the magazine with the continuing requirement to maintain social distancing, which severely limits the number of people that can be accommodated in

the Village Hall, it has been decided that there will be no AGM this year 2020, we do hope to have one next year all being well.

We have had to re-think things differently for social gatherings therefore there will not be a 'Christmas Fayre' although there is no restriction on how late the shops stay open, but there will be a "Festive Lights in Holland on Sea" where we ask you to decorate your front garden, home or shop (tastefully please) and there will be prizes for the best shop display and the best house/front garden. To join in register name, address and contact number at The Emporium in Kings Avenue between 1st and 18th December (entrance fee £2). Judging will take place on 19th and 20th.

Our Community Magazine will continue to be printed and distributed free to 3500 households in the Holland on Sea area. The magazine is well supported by local businesses by their advertising, so the magazine breaks even with printing and distribution costs.

We now have a much-improved website, back-numbers of the magazine can be found there as well as lots of other information 'then and now' videos of HoS and pictures of the Scarecrow Trail, and other useful links. Go to <http://www.hollandresidents.co.uk>. Also if you have any wonderful pictures you'd like

share online please see 'Gallery' tab on website.

The Committee will be discussing the question of membership subscriptions and we would welcome your views. Currently we keep a list of HRA members on an up-to-date email list, membership information complies with the General Data Protection Regulations. We request as an annual membership fee – a minimum of £2 per household. However, the rapid decline in the use of cash and the phasing out of cheques – both accelerated by the Covid19 restrictions – will make it more difficult/different to collect your membership subscriptions. We would like to invite you to pay your membership directly by Bank Transfer from January. When renewal is due, we will contact members directly about this.

You may be already familiar with making payments electronically. If not, you can still pay by cheque, though if you send it by post it will cost 65p for a 2nd class stamp, as opposed to nothing if you pay electronically.



Finally, I found an interesting 'family photograph' that was taken in 1920 – exactly 100 years ago during the peak of the 'Spanish Flu'. This is a family from Northern Italy though it could be a family anywhere. Note especially the cat – though how you get a cat to wear a mask I do not know.

With Very Best Wishes to you all for the coming Season - from the HRA Committee.

Andy Dunnett

Treasurer, on behalf of (Chair) Mo Humphreys.

Pumpkin Trail

Thank you to all those households that took part in the Pumpkin Trail, it was something I put on independently for the community and for children to enjoy. Hopefully everyone had a lovely time spotting those houses decorated or finding pumpkins. Maybe next year I can persuade the HRA to sponsor the event. All the best for now - stay safe.

Gilly Wilson



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

This magazine can also be viewed online



**Festive Lights
in
Holland on Sea**

**Join in the Festive Season
by Decorating your
Front Garden - Home / Shop**

Prize for Best Shop Display

Prizes for Best House/ Front Garden

**To join in Register at 'Emporium' in Kings Avenue
between 1st and 18th December.**

Or email gilly.wilson@btinternet.com

Judging will take place on 19th & 20th December

Entrance to competition £2

For further details please see our article on page 14.

Parliament Update



Essex has now been moved into Tier 2. These new restrictions were not something I pushed for, in fact I was happy to rely on the sensible nature of local residents to arrest the increase in cases. Nevertheless, this decision has been taken and it is something that I must accept with a heavy heart. We must also realise that Tendring, despite our considerable efforts for which I thank all constituents, is the worst affected area in the county, which inevitably puts our vulnerable population at risk.

As the Prime Minister said recently, we must act to curb the number of daily infections and reduce the R number back to below 1. So, it now falls to each and every one of us to remember the basics – wash our hands, cover our faces, observe social distancing. Then we can fight back against this terrible virus, shelter our economy from even greater damage, protect care homes and hospitals, safeguard our NHS, and save many more lives.

Simply put, we must act to change direction and avoid a full lockdown. Such an outcome would have a devastating impact on our economy and our way of life, and I have my doubts that we would see similar levels of compliance as we saw in March. Moreover, while I appreciate that moving into Tier 2 may be a frustration for local residents, by acting sensibly we can turn this into a very temporary imposition and come out of these new restrictions quickly.

Because we do need to shake off these restrictions as soon as possible, as many of them are draconian, and I have particular issues with the 10pm curfew because I believe it has so many flaws. One, a 10pm curfew merely encourages people to start their drinking cycle earlier in the evening or two, they go and buy cheaper drink from supermarkets etc and go home and socialise and three, we have turned the clock back over 35 years when we changed the licensing laws to stagger

the turnout of pubs clubs and restaurant and now, in urban areas particularly, we are seeing the entire night economy turn out at 10pm all vying for taxis, buses and trains at the same time. All the above measures increase the chance of contact. Therefore undermining the targets we are trying to achieve i.e distancing.

Prior to these new restrictions, the Chancellor also announced the Winter Economy Plan, which is the next phase of the planned economic response to coronavirus. Clearly, the resurgence of the virus threatens our recovery and means that the economy cannot return to exactly as it looked in March.

That is why the Government are focusing on dealing with the problems that businesses face right now and supporting viable jobs through a time of depressed demand. Therefore the following have been announced: a new Job Support Scheme, an extension to the Self-Employed Income Support Scheme, a cut in loan repayments for Bounce Back Loans, an extension of the temporary VAT cut for hospitality and tourism businesses, and a new deferral of VAT and tax liabilities for businesses. These schemes will help protect jobs and support businesses through the winter, where demand will be lower.

You can view the new restrictions, and information on financial support available, here: <https://www.gov.uk/guidance/local-covid-alert-level-high>

Giles Watling

Member of Parliament

County Matters



Dear Residents

Time has flown by since I wrote my last piece for the HRA magazine and so much has happened I wonder where to start. I guess with second lockdown imminent I'll start by pointing to my details at the bottom of this article for anyone who needs any assistance whatsoever over the coming month. As always, I am there for you please don't suffer in silence!

A major job for me in the last three months was to pick, then photograph and finally report 50 potholes that needed to be fixed. It's a great ECC initiative but, it took some time, mainly because unlike other county councillors I do not have a parish or town council telling me where they are and having a list ready to hand. Inputting them into the system also took about 10 minutes a hole which doesn't sound a lot until you remember I had 50. It's done now and, as I came across way more than 50, I choose to fix the ones that ECC will never fix because they are on side roads.

Speaking of roads, work continues albeit at a slow pace on the road out to the marshes. As expected, the 'bump' has returned, and I am already talking to ECC about another temporary repair. I believe this will be its eighth! Meanwhile, in the background, I have been pushing the engineering team to come out and find the root cause of the problem. There are many hoops and much inertia in these kinds of projects, and I am trying to get some movement through the newly arranged weekly meetings I now have with highways.

The recent downpours have raised old flooding problems. I'm currently working on six major ones which are Sladburys Lane, Bournemouth Road, Walton Road, Holland Road, Old Road and St Johns Road. I'm well aware

that all of these have been a problem for years and so I am looking at the reasons why they keep flooding when drains are in place to take the water away. I have already found a problem at one drain that has been cleared "regularly". I caught up with some workmen inspecting it and so had a chat. It turned out that the drain we were looking at had been stuck in place for years, which begged the question around "cleared regularly". Some work will be done at this site now to free the grate and clear the drain and, if I was a betting man, it will probably solve the problem.

I've also been working on small things over the last three months to keep the area in top shape. I have submitted around fifteen street nameplates to be replaced. The tree stump in Colchester Road has been removed and the area left which included a path with tree root problems was patched with tarmac. I've cleaned the road signs coming from the marshes to the roundabout with the help of HRA representative, Andy Baker. The path outside the betting shop on Kings Avenue has been repaired. A new lamppost was put up in Norwood Avenue that had been missing for quite some time. I've also done roughly the same in Great Clacton and towards the town, but I have made these comments Holland specific for the publication.

Finally, if you want to know what I do, on a more regular basis, I do a weekly report with photos of the Holland on sea message board Facebook page which seems to go down well with residents. You'll find it here - <https://www.facebook.com/groups/488429805249359>

Until the next time.

Mark

Councillor Mark Stephenson
Essex County Councillor for Clacton East
Tel: 07775 537722
Email cllr.mark.stephenson@essex.gov.uk

Holland's Hedgehog Haven

Covid-19 has changed the way we all go about our daily lives. Although the pandemic and resultant lockdowns across the world have brought so many challenges, one positive outcome has been the breathing space offered to wildlife. Our village is no exception. One notable beneficiary has been the humble hedgehog.

Now human activity has resumed how can we help to maintain a safe and attractive environment for our local wildlife?

Let's take a hedgehog's eye view of the world for a moment. From down here the world is full of dangers. Neatly cut and tidied lawns offer no shelter. Impenetrable fences and walls make gardens hard to navigate or safely cross. Leaves and 'garden waste' that would otherwise make a perfectly sound cosy place to sleep are removed. Slug pellets and other pesticides can be fatal. Discarded cans, plastics and general waste can become deadly traps. And then of course there is the constant threat of cars and other vehicles.

Hazards faced by hedgehogs can be significantly reduced through positive actions on our part and behavioural changes. Here are just a few ways to help:

1. If you have a garden, keep it a little messy! Perhaps leave an area of lawn uncut for grasses and wildflowers to establish. Piles of leaves make a great place for hedgehogs to hide. Woodpiles, branches, and twigs are also great, as well as attracting a whole host of other wildlife to your garden such as toads and birds.
2. Make a hedgehog shelter. A small covered box with an accessible opening works well.

3. Connect your garden to others by creating small holes in the bottom of fencing or boundary walls. This gives hedgehogs and other small creatures easier access between different areas of their territory.
4. When driving, be extra vigilant of wildlife such as hedgehogs crossing the road, especially after dark. Always drive slowly in residential areas and look far, scanning the curb for movement.
5. Hedgehogs are a great natural pest-controller so let them deal with those pesky slugs and avoid using pesticides which could harm them.
6. When storing and taking out recyclables such as tins and plastics to the roadside, make sure they are well secured, preferably in a box with a close fitting lid.
7. Inspire the next generation. Teach our children, grandkids, nieces and nephews about the wildlife we share our gardens with. Fostering a love of and respect for the natural environment from a young age is vital. Teaching kids about iconic species such as the hedgehog is a great way to light this lifelong spark.

I hope that this article inspires you in some way. Even the simplest of actions such as how we manage our own outdoor spaces can have a significant impact.

The wildlife we share our towns and cities with are our friends, our neighbours, our community, and together we can be their safety net in these uncertain times.

Srina Patel

Purple Pals

So December is here already and what a year 2020 has been. For those who don't know me, my name is Naomi Lawrence and I am the founder of the group "Purple Pals". We are a friendly bunch of dog owners, dog borrowers and those who just fancy a stroll who meet (in normal circumstances) once a fortnight at York Road car park for a relaxed walk to one of the lovely cafes we have at our disposal, grab a drink and then walk back.

The reason for the group's name "Purple Pals" is in recognition of the Purple poppy. Many people are not aware of this and I wanted to raise awareness, being an animal lover myself. The purple poppy is for all the animals from horses to dogs to pigeons that served in the wars and those that continue to serve in the current day.

We are not a charity and do not collect money but we do support a Clacton based Charity – the National Animal Welfare Trust (NAWT) by taking part in their events when and where this is possible. Due to the global pandemic, the NAWT has needed our support more than ever, so myself and another of the Purple Pals' members did their 60/30 Challenge in September and some of the group joined one of their employees, Sarah, when she completed the virtual London Marathon recently.

There is a Facebook page – now with a massive 111 members. The page is used



PHOTOS: NIGEL WOOD

to let people know about the walks and, sometimes, I share funny videos I've found. Also we are very lucky to have a talented photographer who joins us on most walks and kindly takes some amazing photos of our four legged friends and then posts them on the page for everyone to enjoy.

The group is open to anyone and everyone. Normally it would be the more the merrier but we have been limited this year and now as more and more restrictions are in place it is even harder.

People's health and safety is paramount but that also includes people's mental health which is hard in these unprecedented times. I personally have found meeting up with the group very helpful and, hopefully, others have too.

Going forward, take a moment to look around and be grateful for what you have. Give your animals an extra cuddle and give a friend a call for a chat. We all need to be there for one and another and, hopefully, when we are able to meet again the Purple Pals will provide people with a way of doing that.

Please stay safe. Feel free to contact me if you have any questions for a chat. Leave a message if I don't answer or send me a message on Facebook. Above anything – please be kind.

Naomi Lawrence 07739 353567

HOLLAND ON SEA

PAST & PRESENT



It's the 1930's and what was then known as Holland Road, now Frinton Road. The baker's shop advertises Hovis and Vibe bread and next door is a small butcher's shop. Set back is the second St. Bartholomew's church and beyond is C H Chaston & Co. In the forefront a hardware shop displays an assortment of ironmongery, including a lawnmower.



Today the baker's shop is a Chinese Takeaway with living accommodation above. The little butcher's has long been demolished and the current (third) St. Bartholomew's Church is set still further back. Chaston's had subsequently become the National Westminster Bank, with rival Lloyds Bank next door; both more recent victims of banks withdrawing from the high street. An estate agent replaces the hardware store and another estate agent nestles where, in the 1930's, there stood a small yard.

Scarecrow Trail 2020

What an amazing response we had for the Scarecrow Trail 2020. At first it seemed very unlikely that we could hold the event due to the COVID-19 restrictions, but we are glad we did.

Over 200 people/families took part in the trail, many saying how much they enjoyed this community event. HRA would like to thank Julie Collitt for organising at such short notice. The theme of Nursery Rhymes was decided.

This is truly a great event for all ages, including Businesses, to get involved, either making or travelling round the different locations to identify the displays.

We all would like to thank the Emporium, Kings Avenue PO and Stratford Road PO for selling the trail sheets. Holland Hub Social Club for providing the cash prizes and HRA providing the trophies.

Results as follows:-

Best Scarecrow Display - Residential

1st *Hey Diddle Diddle* by Sue and Steve Howell of Brentwood Road

2nd *Doctor Foster* went to Gloucester by Rita and Eric Hart of Dulwich Road

3rd *Little Miss Muffet* by John and Frances Harvey of Haven Ave



Residential winners – Sue and Steve Howell.



Business winners – R. Gwinnells & Sons.

Best Scarecrow Display - Businesses

1st *Little Miss Muffet* by R. Gwinnells & Sons

2nd *Mary Mary Quite Contrary* by Mansion House Florist

3rd *Row Row Row your Boat* by Custom Builders Contractors

Judging was by Rev Susan Wiggins, Associate priest at St Bartholomew's Church.

Most Popular by Trail participants

Hey Diddle Diddle by Sue and Steve Howell of Brentwood Road

Scarecrow Trail Winners

1st (£25) Ginny Fairbairn

2nd (£15) Amelia-Jane and Primrose Ford

3rd (£10) Joseph Eames

Well done everyone who entered; we hope you enjoyed it.

Prize Money was kindly donated by The St. Bart's Holland Hub.

Trophies were kindly supplied by Holland Residents Association.

The Scarecrow Trail raised £434 which was shared equally between Holland Residents Association and St Bartholomew's Church.

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 2020 are now due.

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

Thank you.

Festive Light up in Holland on Sea 2020

This year we will NOT be holding a Christmas Fayre. However, the HRA thought it would be nice to have two competitions in the village.

1. for Businesses and Shops to decorate the exterior of their premises' frontage and shop windows (as they have done so in the past) for the HRA Christmas Cup? and
2. for Private Households to decorate their front gardens or the exterior of their premises.

Note; this is a New competition for the village, so residents can decorate their gardens and/or the exterior of their premises, it does not have to be both.

Judging by the HRA will be made from the public footpath.

NO ENTRY WILL BE MADE ONTO THE PREMISES OR BE EXPECTED (in line with Covid 19).

ENTRY; Anyone who wishes to take part is to REGISTER at the Emporium Shop in Kings Avenue **BETWEEN** the 1st and 18th of December 2020.

Or email gilly.wilson@btinternet.com

Cost will be £2.00p for each household.

There will be a register for all entrants and an acknowledgement for the fee paid.

All participants will be published on Holland Message Board (IT) and the 2 Notice Boards in the village in order that those residents who may wish to walk can view the creations themselves.

Judging will take place between the 19th & 20th of December 2020.

Prizes will be awarded

1. The Best Business or Shop - HRA Christmas Cup
2. The Best Private Households - 1st - 2nd & 3rd plus anyone else at the Judge's discretion.

Any queries contact the Secretary HRA - Gilly Wilson at gilly.wilson@btinternet.com

H.R.A. ANNUAL MEMBERSHIP (1st JANUARY TO 31st DECEMBER)

Personal Details

PLEASE PRINT

Name

Address

Post Code

Telephone Number

e-mail

Can we contact you by e-mail? Yes/No Telephone? Yes/No

Please take this completed form and your subscription to Kings Avenue Post Office or Stratford Road Post Office (cheques payable to Holland Residents' Association please) Our postmasters make no charge for this service

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

For Post Office/HRA use only

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

RECEIPT FOR SUBSCRIPTION FEE PAID

TO HOLLAND RESIDENTS' ASSOCIATION

Amount Paid.....

Minimum £2 per household per year or part year

RECEIVED WITH THANKS

POST OFFICE STAMP



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 3777080
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 King's 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 in 129 Fleetwood Avenue – hence the name of our Club.

Until Government guidance is relaxed regarding social distancing and other regulations for Halls, we cannot hold our monthly meetings until advised by the Hall management.

One of our members – Linda Armour – has been busy at the sewing machine over this time and has totalled over 1,000 masks as well as scrubs, ear defenders, etc for Colchester Hospital staff, local care homes, Dementia Club and members of the community. Well done Linda.

However, in an endeavour to bring those of our members who felt able, a small number of our Club members met on the playing field by Clacton Leisure Centre in socially distanced groupings of six on 16 September. Fortunately, it was a lovely afternoon and gave an opportunity to chat and catch up with news. It amused the students leaving CCHS at the end of the school day and some came to sit and chat to the ladies.

For further information, please contact Carole Parmenter 01255 813315.

Holland Public Hall

Happy to say that the Public Hall has re-opened - on a very limited basis and in line with current COVID 19 regulations. Unfortunately it is not open to the general public and our very large groups - WI, Ladies Friendship Club, Holland Ladies Club - all of our big groups sadly cannot return due to number limits and all of our usual Christmas activities have had to be cancelled this year. Hopefully if we are all careful this horrible virus will be got under control and life will return to an improved 'normal'.

Holland Community Association Trustees would like to wish all of our hall users and the community as good a Christmas as we can and a much improved New Year 2021. Keep safe and well.

From Holland on Sea Methodist Church



Dear Friends,

It is my privilege to be able to write as the new Methodist minister at Holland-on-Sea Methodist Church. Starting to establish relationships in the midst of a global pandemic brings certain challenges with it but it is great to be able to come alongside you at this time.

As I write it is still Autumn but the seasons will move into Winter shortly. Change is one of those things that seem to be becoming a constant in life. It is easy to think that in this time of great change and uncertainty that everything is beginning to unravel a bit. The constant upheaval of things being different, having to learn how to go into shops so that the correct hygiene procedures and the like are observed means that even the most basic of things needs thinking about. For us all, there is much in life which seems new and uncharted. We do not know for how long this situation is going to continue and that can bring a real sense of being unsettled with it too.

Yet in it all we can come before God whose nature is constant and good in all things. God, in Jesus Christ, is the same yesterday, today and forever. In the times where the world seems to be swirling around this is a wonderful and amazing promise. God is alongside us in all that we do and the Holy Spirit is present in all who turn to God so that we may be prompted in the way of love.

As a church, we seek to reach out to all people. God is reaching out to everyone so that they may come to know more of the love of Christ in their lives, to experience a sense of peace that can only come from God and to know true comfort in such strange and uncertain times. If you would like to find out more then please don't hesitate to be in touch. The church is now meeting again for services each Sunday morning at 10.30am and all are welcome (**except in lockdown**).

In this time of uncertainty please know that all in the community are held in prayer. I look forward to getting to know people over the coming weeks and months – in whatever way may be possible!

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

What's on at St. Barts



Dear Reader,

I strongly advise you to check the church notice boards for the most up to date information because what we plan Covid19 may well scupper at short notice.

Some of the more popular events will require a ticket it's a free ticket but ensures that you will get a seat. Controlling the number of people at an event is crucial to help contain the virus and enable us to track and trace those who have attended an event.

Sunday 13th December at 4pm 'Light Up A Life' a virtual service on line by St Helena Hospice.

Sunday 20th December at 4pm A Variation on the Traditional 9 Lessons and Carols (Sung by two of our choir). Ticket Only.

Thursday 24th December Christingles on sale in the church time TBA check notice board for further information

Midnight Mass at 11.15pm ticket only

Friday 25th December at 10.am Holy Communion

Sunday 27th December at 10.am Holy Communion

Email: stbartsholland@gmail.com

The tickets will be available from the *1st December* see notice board for further information.

Susan Wiggins, St Bart's Church

Vacancy for CAP Clacton Debt Centre Manager and Coach

Would you like to make a difference and help those struggling with debt? If you are passionate about reaching out to those in need in your local community please contact

Rev'd. Laurie Bond, for details: email revlbond@hotmail.com

The position is for 12 hours a week and full training will be provided.



From Holland on Sea Baptist Church



As a Church We are functioning as much as we can and following all Government and Denominational guide lines.

So we can all be safe and comfortable.

We have a one-way system, with cleansing stations on Entrance and Exit.

Our seating, has been replaced with plastic seat (for easy cleaning) all socially distant.

We do not sing but listen and watch music on monitors.

Face masks are worn.

For our Sunday Service we require people to pre-book as we only have 34 places in church with four in the foyer.

Activities

Bible Studies- Monday 10:30, Thursday 19:30, Friday 10:30

Prayer meeting – Tuesday 10:00

Sunday Services – 10:30 – Booking necessary

Special Services – 10:30 – 20th December Carol Service

10:00 – 25th Short Christmas Service.

During lockdown we will continue to open daily for private prayer between 09.00–12.00.

You are very welcome to attend any or all of these activities.

For more information please feel free to contact us on 01255 814617 or email revcollict@aol.com

Wellbeing

Hello to All,

My name is Debbie Lamb and live and work in Holland on Sea.

I was thrilled to be asked to join HRA to get involved with the Wellbeing in our local community. Mental Health and Wellbeing are both close to my heart.

I am very family oriented, and is my top priority. My hobbies are walking my dogs along the sea front, I like to read and love to do gardening, yoga class online and doing Mindfulness.

Hopefully, in the very near future, when we are all allowed to all meet again, I would like to arrange a few Wellbeing Events and bring together other Therapists in the area. In the meantime I would like to offer a few tips whilst being at home, whether you are self isolating or just unable to get out.

Posture for home working at a desk: (Please note you must always contact your doctor in all matters and do your own research)

Setting up an ergonomic workstation is the key to adopting the right posture. Here are some tips for you to have a look at.

1) Look at the height of your desk. Look at the height of your laptop or monitor. You may need to raise it at height of the laptop/monitor to eye level.

2) Try to stand up and work if possible.

3) Ensure you have the right mouse for your keyboard.

4) When sitting on your chair, ensure to have your knees comfortably bent at 90 degrees. This should help to ease pressure to the back. Check the height of chair and adjust to make it comfortable. Ensure not to slouch forward.

5) Take intervals away from the screen or workplace, move around or maybe do some yoga stretching exercises to help with your back, shoulders, and neck.

The NHS online web site (www.nhs.uk/live-well/exercise/) have helpful exercise for you to download.

I look forward to meeting you soon.

To contact me call email debbie.lamb3@hotmail.co.uk or mobile 07949774244.

Surgery Update

On Tuesday morning 13th October I attended a site meeting at Kennedy Way along with other members of the Project Board.

We had a site tour of the new premises; hard hats, hi-vis jackets and socially distanced. We viewed the entire complex. The surgery is coming on a pace. The rooms have all been constructed, stud walls are up and currently being plastered. As all the consultation rooms have external walls with windows they are light and airy and a good size. Indeed, the whole area is huge compared to what we are used to.

The new conference room which will be used for training, clinics and community projects is attached to the staff kitchen area so teas and coffees will be available. Although there is still a lot of work to do everything now seems real. The builders are currently on track to finish in March next year.

That afternoon, despite the pouring rain I met with the NHS Property Services (NHSPS) representative and two members of the Tendring Community Voluntary Service (TCVS) to discuss possible uses for the central area of the car park. The TCVS had several ideas for its use including a small garden, a community allotment area and possibly even an outdoor gym area. They are confident they have the volunteers to get it off the ground (excuse the pun) and others will always be welcome. They told us that they have bus facilities to get people from Holland to the site.

The NHSPS representative and the TCVS were keen to see the space used as part of the "Social Prescribing" scheme. The NHSPS will provide some funding to secure the site and possibly build some kind of shelter / storage facilities. The TCVS also intend to visit the surgery on a regular basis to offer support and inform patients of what is available in the Community.

Rita Garnett
Frinton Road Surgery Rep.

Prescriptions

Dear Frinton Road Medical Centre patients,

As you may be aware, the practice will be moving location to Kennedy Way in Spring 2021.

In anticipation of this move, we would like to ensure as many patients as possible are able to order their medication online as we strive to make the move to be paperless in line with the NHS Five Year Forward Plan. By registering for online services, there will be the added benefit of:

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- Reduction in administration errors as you will tick which items you require and this will be received digitally so only those ticked will be issued, helping avoid wastage.
- Additional box at the bottom which will allow for you to write any notes/comments or query in relation to a medication.
- Helping the NHS in the global COVID-19 pandemic by reducing physical contact and paper requests

If you find it difficult to order medication online yourself, you also have the alternative option of permitting someone to have access to your GP online services and ordering your medication on your behalf. This could be your carer, partner or another family member.

To sign up online please either:

- (1) Download the NHS app on: <https://www.nhs.uk/apps-library/nhs-app/>
- (2) After 3pm call reception on 01255814936

For those who are not able to do online prescriptions, please be assured support will be provided on how you can order your medication after the move to Kennedy Way. Those who are not registered online will be contacted over the next few months to ensure they are able to order their medication before the surgery move.

Kind Regards
Frinton Road Medical Practice

Sports & Leisure

GET CYCLING

It's not been a good year for group cycling. We have only met two or three times as a group.

We have had a noticeable increase in numbers, sometimes up to thirty cyclists.

We must be doing something right as we were awarded a grant from Active Essex. We have also opened up a Facebook page, get cycling sunshine coast.

Unfortunately with Covid restrictions, we can't cycle safely together. However, we can go out cycling, individually, to keep active and to lift our spirits.

Remember we only cycle on the seafront promenade path and not on the road, to make our cycling even safer.

I hope to encourage more people to dig out their bikes, pump the tyres up and get cycling.

Keep safe – Dave Morgan

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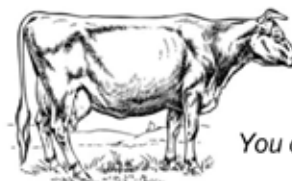
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For ALL Queries or Issues please contact Gilly Wilson – A/Secretary
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Any person wishing to take on these positions or find out more, please contact Gilly Wilson.

Who to Contact

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Launch Night
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