



ABBORTON & LANGENHOE NEWS

Summer Newsletter 2023



PARISH INFORMATION

@ parishclerk.al@hotmail.com (Parish Clerk)

🌐 www.abbortonandlangenhoe.org.uk

f Abborton & Langenhoe Village Community

VILLAGE HALL ENQUIRIES/BOOKINGS

🌐 www.alvh.org.uk

@ bookings@alvh.org.uk

📞 735980 between 10am and 7pm



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Parish Council News

www.abbertonandlangenhoeipc.org.uk

Chairman's Chat



Abberton and Langenhoe marked the Coronation of King Charles III with a hugely successful day of activities at the Village Hall on Sunday 7 May 2023 with a Barbecue and disco, followed by a variety of activities enjoyed by all and ending with a local band in the hall. The weather was very kind and many joined together to celebrate this historical occasion in style. I am sure that all will join with me in thanking the many volunteers who worked so hard to put together such a wonderful and memorable local celebration.

Many enjoyed another most enjoyable Quiz Night on 17 March – thank are due to James and Sarah for hosting this very popular event once again.

The second annual Art Exhibition at the Village Hall on 29 April. It was a popular event and a wonderful opportunity for many local artists to exhibit.

The Meeting Place Coffee mornings continue to be held each Wednesday morning in the Village Hall and the monthly Ed's Bar welcomes many for good company, good food and a licenced bar on the first Friday evening of each month.

Congratulations to Clare Thompson for her success in the London Marathon and for her magnificent fund raising effort. Well done, Clare!

We are very fortunate to have our Community Shop open seven days a week run entirely by volunteers. If you wish to join the volunteers, please speak to Alan Frost (07710 794 885) for Village Hall activities or to Maggie Dougherty 07762 568 468) if you are interested helping in the Community Shop. Additional volunteers are always very welcome.

Simon Dougherty MBE

**If you would like to advertise in this newsletter please contact the Editor:
Margaret Palmer-Slatter:
cllrpalmerslatter@gmail.com**



WHAT'S ON?

DIARY DATES

JUNE

5th Parish Council Meeting at Village Hall 7.30pm

12th Neighbourhood Watch Meeting at Village Hall 7.30pm (see page 17)

23rd Youth Club (see page 6)

JULY

5th Ladies' Circle (see below)

10th Parish Council Meeting at Village Hall 7.30pm

14th Youth Club (see page 6)

AUGUST

No Parish Council

No Youth Club

No Ladies' Circle



Ladies' Circle

7th June

Brian Chenier Blesma – *“The Limbless Veterans” An interesting insight into the difference this Association makes to the seriously injured.*

5th July

Lunch at the Officers Club (pre-bookings only)

No evening meeting.

August

NO MEETING

6th September

Clare Thompson ‘My Marathon Madness’

All meetings now begin at 7.30 pm

Village Hall open from 7.00 pm.

Guests welcome: £4.50

For more information contact Christine 735159 or Rosemary 735624



MORE THAN JUST CUSTARD IN THE COMMUNITY

Did you know that our community shop is probably adding value to your property?

Having a local store to walk to has been proven to add value to house prices. That's not why we opened of course, but what a great value addition to our village.

In writing this article, I pondered on how else the shop has impacted our community since we opened and I got quite emotional. From not knowing a soul when I moved into the village, I now find myself waving to people as I walk down the street. This got me wondering about the true ripple effect our shop has, and how far those ripples travel.

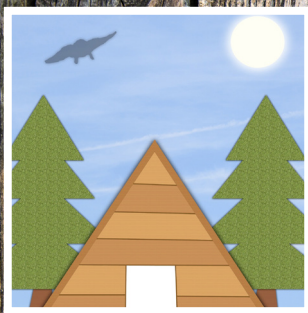
Many years ago in my corporate career, someone told me, "*People don't care what you do, they care why you do it*"... let me explain. If you didn't know me and you asked me what I do, which response would you be more interested in? 1) I work in a shop. 2) I volunteer with a group of people who believe in the power of the community to help each other in any way possible.

The friendships that have been forged; I've seen develop in front of my eyes. From cuddling pooches that come to visit and starting conversations with their owners, to sheltering school kids off the bus from the rain before they head home... stuffing their pockets with sweets before they go! If you need something doing around the house, from buying a bed, to help with your mortgage, I bet there is someone in our village that can help.

So, it's not only the emergency milk you've run out of, or the custard power you suddenly have the urge for with your apple pie, but so, so much more.

What we are is a community shop, but why we do it, is so much more important. So if you haven't been into the shop lately why not pop in and say hello?

Jacqs



THE HIDEOUT YOUTH CLUB

Hi,

I am Rachel and I run the Hideout Youth Club in Abberton and Langenhoe. We meet once a month on a Friday and are open to ages 6 - 13. We ask for a £2.50 donation per child. The group runs from 19:00 - 20:30.

We have been lucky to have some older children helping out with us though and would always welcome more helpers!

We opened our doors for our first session in November and have been going from strength to strength. In April we had 46 children arrive!

We have a huge range of activities, lego, games, table tennis and a lot of crafts! We also have a theme each month and have an activity related to this. We also have a Calm Zone with bean bags and sensory activities for when a bit of rest and relaxation is needed. Now that summer is approaching we will be moving outside and doing some activities on the green. We always have a Tuck Shop which is very popular!

Our next dates are:

Friday 23rd June

Friday 14th July

(No meeting in August)

We are building up a lovely team of volunteers and are also on the lookout for an extra pair of hands. So if you would like to help out, even for the odd session, we would love to hear from you!

If you would like any more information please look at our Facebook Page

www.facebook.com/TheHideoutLangenhoeandAbberton

or email on **thehideout-langenhoeandabberton@outlook.com**

Rachel Rosevear

YOUTH CLUB LEADER



ST. ANDREW'S CHURCH, ABBERTON

HAPPY EASTER! Yes, that's right; I'm not in a time warp. In the Church calendar, Easter isn't over until Pentecost (the old Whit Sunday) on 28th May.

The "Great Fifty Days of Eastertide", as it is known, form a single festival period in which the joy created at the Easter Vigil is sustained through the following seven weeks until the arrival of the promised gift of the Holy Spirit on the day of Pentecost completes and crowns the Easter Festival.

It was the early Christians who gave the name Pentecost to this whole 50-day season of rejoicing to celebrate the gloriously risen Christ. In those places – and this parish church of St. Andrew is among them – where the custom of lighting the Easter Candle at the beginning of Easter is followed, the lit candle stands prominently in church for all the Eastertide services. "The Alleluia" appears frequently in liturgical speech, and white or gold vestments and decorations emphasise the joy and brightness of the season.

Our Donyland Benefice churches will mark Pentecost Sunday, 28th May, with the following services, to which all are welcome, of course:

St. Andrew's, Abberton: 9.15 Morning Prayer (*lay led*)

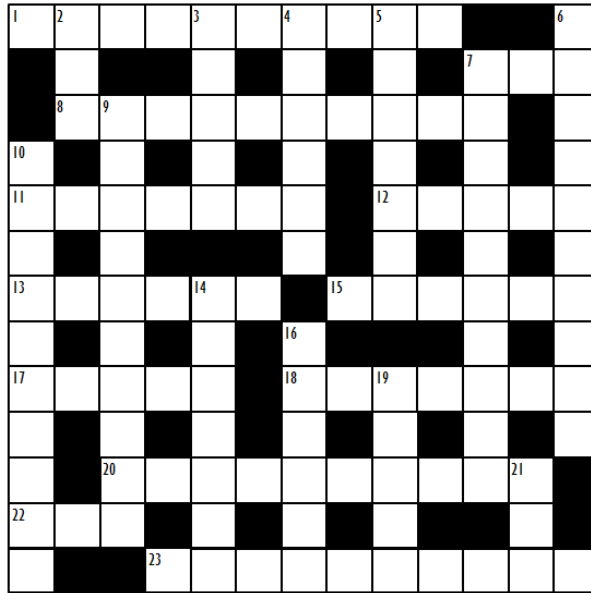
St. Andrew's, Fingringhoe: 10.15 Café Church (*lay-led*)

Refreshments on offer from 10.00

St. Lawrence's, Rowhedge: 10.00 Holy Communion (*with visiting minister Revd. Christine Newmarch officiating*)

The schedule of Benefice services for June is currently in preparation and will be published shortly on the website achurchnearyou.com.

Malcolm Hawesby



Clues across:

- 1 County in real cash trouble. (10)
- 7 Above all, returning to get container. (3)
- 8 Looking very much like campanologist is late. (4-6)
- 11 Rode out with left-winger as instructed. (7)
- 12 Furious with student having four on one day. (5)
- 13 Fox loses ten; with remainder in wooded area. (6)
- 15 Dad's little bird is over the hill. (4,2)
- 17 One in France expected an excessive amount. (5)
- 18 Almost sure to be authentic. It's bizarre! (7)
- 20 New city firm take large box before engineers get back. (10)
- 22 Departed. Heading out to see newt. (3)
- 23 Access to castle to sketch part of vessel. (10)

Clues down:

- 2 This time, getting one in to help. (3)
- 3 Deal turned out right for timber supplier. (5)
- 4 Party after musical gets top makeover. (7)
- 5 Ceremonial dress has large problem with one article. (7)
- 6 Don't move bears next to cash register. (5,5)
- 7 Sleuth finds soldier by organ. (7,3)
- 9 Stop expert on tube getting result. (3,7)
- 10 Bewildered Tory given money having taken in nothing. (10)
- 14 Sell art in a different way with outstanding result. (7)
- 16 Avoid getting key cut. (6)
- 19 Republican is showing hesitation for part of the flight. (5)
- 21 Distort content of answer I gave. (3)

(Answers on page 16)

Mrs. Sarah Stevenson | Headteacher

Langenhoe Community Primary School

Bracken Way

Abberton CO5 7PG

Tel: 01206 735267

E.mail: head@langenhoe.essex.sch.uk



In January Ofsted returned and confirmed that Langenhoe is a Good School. We were very pleased with the outcomes. Staff, Governors and pupils all work hard to ensure high expectations are met across the school. The full report can be found here.

<https://langenhoeprimaryschool.com/wp-content/uploads/2023/02/Ofsted-Report-2023.pdf>

We are looking forward to joining the village in the Coronation celebrations and some of our children will be exhibiting their work as part of the art exhibition.

It won't be too long before we have to say goodbye to another group of Year 6 pupils. We wish them all the very best for year 7 and hope that they come and visit and let us know how they are getting on. How quickly another year has passed!

Governors play a very important role in the school, this was confirmed by Ofsted. We currently have a vacancy on our Governing body. If anyone from the village has an interest in finding out more about the role, please contact me through the school office.

Sarah

SUPPORTING OUR SCHOOL

As a Governor of our local Community Primary School, I wonder if I may enlist your support with the following two events relating to our school..... The first is the Weekly School Lottery, organised by Friends & Family (PTA), It is just £1 per week and helps raise vital funds for the children, particularly in these difficult times.



The Committee works incredibly hard supporting the School, and a number of projects have been completed as a result of their efforts, not least the recent restoration of the wildlife area, which it is hoped will soon be ready for residents to view and appreciate.

The lottery has now raised £1,362.50 with just 54 members. The target is 100 which hopefully we will be able to reach with village support, so please go to the link below if you feel able to join the Lottery Club and thus help purchase further items and provide enhanced facilities for the children.

www.yourschoollottery.co.uk/lottery/school/langenhoe-community-primary-school

SUPPORTING OUR SCHOOL. CONTINUED...

The School is an important part of our Community and the Head and her staff are very keen to build the relationship further, supporting village events, such as the Remembrance Service in November, the Art Exhibitions, the Community Shop and the Christmas Fayres.



YEAR SIX LEAVERS

The second relates to Year 6 Leavers, when as last year, they will tour the village in a small cavalcade of parents' cars to celebrate their last day at our school.

This year the date has been set for 21 July when the cars will leave the school at approx 1.15pm. The cars will enter Meadow Way, turn into the Peldon Road driving across the Lion crossroads to proceed down Fingringhoe Road past the Cricket ground, the Geetons and then down School Lane, turning right to travel back up the Mersea Road, turning left back at the crossroads towards Layer and Peldon.

Please watch for any changes on the Community Facebook page but if as many residents as possible could be on Meadow Way, the stretch of Peldon Road, at the crossroads, or outside the Community Shop lining both sides of Fingringhoe Road or any other part of the route, to wave goodbye making a lot of noise to celebrate this milestone, this would be fantastic.

A few of us last year had musical instruments to bang/play, but whistles, saucepans, tambourines in fact anything to bang would be even better to add to the atmosphere of the moment.

Very many thanks in anticipation of your support for the school.

Doug Kibblewhite

MERSEA ISLAND SEA SCOUTS NEED YOU!

Essex International
Jamboree



Hi, my Sea Scouts group, 1st Mersea Island Sea Scouts, has been offered an amazing opportunity, to participate in the Essex International Jamboree 2024.

Essex International Jamboree promises to be an unforgettable event - building new friendships, making memories to last a lifetime and, perhaps most importantly, developing key skills for life: independence, character and curiosity.

I am now planning various fundraising activities to help raise sufficient money to cover the costs. I've already been busy in the garden with my recent plant sale, and a big THANK YOU to everyone who supported this. Please be on the look-out for more of my plants in the coming months! My various fundraising continues, as I plan to walk the 13-mile circular walk around Mersea Island in the form of a sponsored walk, with some of my fellow Scouts. If you need some green fingered help in your garden, I'm happy to do a spot of basic gardening/weeding (adult supervision and tools will be provided) to raise further funds - please just let me know!

With much more fundraising ideas up our Scout sleeves, I would really appreciate any donations towards my fundraising efforts. Any amount, big or small would be gratefully received - and will make such a difference.

If you'd like to sponsor me for the walk or are just interested to hear more about what my Scout Group friends and I have planned, please get in touch with my mum:

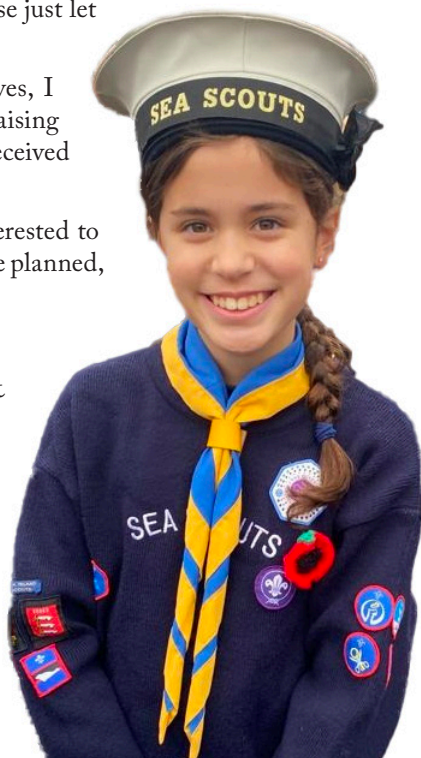
Sarah Andrews, on 07791 284 424,

or you can find her as a member of our Abberton & Langenhoe Village Community facebook page. I'll aim to keep you updated with how my fundraising is going, and thank you so much for your support !



Madi Andrews

MERSEA ISLAND SEA SCOUT MEMBER





5 *Parishes* SHOW

SUNDAY 6TH AUGUST

We are getting closer to our first show for four years and we are all getting quite excited and not a little nervous! We have two big challenges this year – the first is that we are working on a completely new showground so having to build our layout as we go along – and the second is that we are moving to on-line ticketing which is a new and frankly quite scary venture for us!

The idea is that people buy their tickets on-line in advance via our website and get a discounted price for doing so. Hopefully this should speed up entry onto the show ground and save us having to deal with so much cash. We know there are almost certainly bound to be teething problems, but our loyal supporters have always been very kind so we are hoping that people will be patient.

We have a great show for you this year – the usual full main ring programme with Little Nipper's Terrier Racing, Medieval Combat Knights and their ladies, Birds of Prey, the Caledonian Pipe Band, a parade of Triumph cars and the ever popular musical bales game for dogs and their people. Also on the ground are Land Rovers, a static display of model aircraft, East Anglian Kite Fliers, inflatables, food and drink stalls and many other charity, craft and produce stalls. It really is a fun day out for all.

Our website at **5parishesshow.org.uk** is available and currently being revamped so will have a new look soon and you can find us on Facebook now and Instagram and Twitter in the near future.

Please come and help us to relaunch this much-loved show in style!

**We look forward to welcoming you all to the
87th 5 Parishes Show on 6th August 2023**



POLITE NOTE TO ALL RESIDENTS

If your property is adjacent to a pathway, it is your responsibility to ensure that any vegetation from your property boundary does not overhang and block the pathway.



CHARITY OF EDWARD MARKE ALLOTMENTS (Reg. 239476)

The better weather has arrived and the sun is shining through the rain clouds and the daffodils have died down. Grass cutting started early March on the village greens and everything seems to be growing rapidly after a very damp winter.

Allotment holders are back tidying their plots weeding and planting vegetables. Last year a few diehard allotment holders who have been tending their plots for many years have gone into retirement, so we have some new faces with lots of enthusiasm. The call for half plots has increased, at £25 they are a bargain as lots of people want to test the waters to see how much work is involved and find they are quite big enough for growing their fresh vegetables and as we all know fresh vegetables taste totally different than shop bought.

If you require any further information feel free to call me, either I or a Trust member will be happy to show you round the allotments and explain how it works and if you are interested we will put your name on the list.

Full Plots £50 Half Plots £25

Alan Frost | Chairman of Trustees



ABBERTO
CORONAT
SUNI





ON & LANGENHOE'S TION CELEBRATION! DAY 7TH MAY

**WOW! WHAT A GREAT CORONATION
 CELEBRATION WE HAD!**

A BIG THANK YOU goes to all the wonderful
 "ERS": Cake Bakers, Servers, Washer Uppers,
 Crafters, Tattooer, Barbequers, Tent putter
 uppers and downers, straw bale provider, raffle
 sellers, race organisers – in fact all the amazing
Volunteers!

LOTS OF MEMORIES MADE!





MARATHON WOMAN

Well, I did itthe marathon that is..... 26.2 miles was a very long way. My time was 5 hours and 2 minutes, not quite the 5 hours I'd planned but anything can happen on Marathon day! I enjoyed everything about the day, the bands, choirs, enthusiastic supporters with their cheering, clapping and sign waving.....I only had to run 26.2 miles but the supporters had to get off and on trains and get to the selected cheer

points....quite a challenge. Running over Tower Bridge had to be the pinnacle. Most importantly I've now raised over £5,000 and rising for Alzheimer's Research. I can't thank everyone in Abberton and Langenhoe and further afield enough for supporting this cause. Money is still being paid in so you are not too late.

The charity pots in the Community Shop raised over £100. Thank you for your generosity with your loose change.

Every little bit certainly helps!

Clare Thompson



ACROSS:
1 Lancashire, 7 Pot, 8 Dead-ringer, 11 Ordered, 12 Livid, 13 Forest, 15 Past it, 17 Undue, 18 Surreal, 20 Colchester, 22 Eft, 23 Drawbridge.
DOWN:
2 Aid, 3 Alder, 4 Hairdo, 5 Regalia, 6 Stand still, 7 Private eye, 9 End product, 10 Confounded, 14 Stellar, 16 Eschew, 19 Riser, 21 Rig.



Abberton and Langenhoe Neighbourhood Watch Scheme WE NEED YOU!

To help keep our villages safe and informed we need a fully manned NHW group. Currently we have a number of vacancies for local co-ordinators. The role of a co-ordinator is to be aware of their 'patch.' Drop in a NHW welcome pack to new residents. Be a point of contact for items like a replacement NHW sticker etc. Recently they helped with a leaflet drop and if they could, introduce themselves to their neighbours. This was very successful. Please feel free to either pop along to the next meeting or contact me as below if you are interested. I promise this is not an arduous task, but it can be very rewarding.

A 'save the date' is Sunday 10th September 2023. 6.00pm from the Village Hall to 'Stroll with a Patrol', a one hour walk. A chance to meet again with our local police. They are visiting and invite you to discuss with them any issues or highlight any problems you may have.

If anyone would like to receive a copy of the crime report emails, please either contact your coordinator or myself, as below. Please be aware I only send out the email with the fortnightly reports if we are directly mentioned or there is an article of interest.

This are extracts from their latest reports:

'We need to encourage family, friends, and neighbours to be more Street Wise and always take care of belongings. Three phones, and a purse stolen. What have those crimes cost the victim? What will those crimes cost the victim?'

Dates of the next meeting

7.30pm Village Hall.

Monday 12th June 2023

13th November 2023.

There is always a no obligation welcome. Keep safe and keep vigilant. Watch for opportunist burglars with open windows in the warm weather.

Sue King Sue@kingandco.co.uk

01206 735683

ABBERTON & DISTRICT CRICKET CLUB



Apologies, due to technical issues my copy for the Spring Newsletter was never filed.

The grand raffle took place on the 17th December, live on Facebook, and a full list of prize winners published on the Club's Facebook page – Abberton and District Cricket Club. The Committee wishes to thank all those many residents who took part. Yet another season where the start has been delayed due to heavy rainfall! The Teams are raring to go and hopeabbfully by the time this Newsletter hits the streets a few games will have been played. Once again, our Groundsman Craig has done a great job restoring the playing areas and outfield...Thanks Craig. Last season, the Saturday first XI gained promotion and are looking to build on their success this year. The Team, under Captain Elliot Mann having a real mix between experience and youth. There are a few players residents might wish to follow this year. Will House, Tom Sawdon and Scott Jackson to name a few. An important challenge for the Saturday second XI, with Captain Chris Pettit is to aim for promotion, climbing back to Division 5 whilst at the same time ensuring his players enjoy their matches.

We also have a Saturday third XI under Captain Chris Southernwood and the Team are looking forward to establishing themselves further in the league. There is then the Sunday X I under Captain Phil Lingard, who, with two new Teams entering the League – Brightlingsea and Colchester Cavaliers, now has 20 fixtures compared with last year's 16. Kwik Cricket is also returning this season with a home tournament t in June. Here the emphasis

is on participation and enjoyment for boys and girls up to the age of 10. This season also welcomes the third year of our girls' only Dynamo programme, starts 9th June. Their first Tournament on the 30th June at The Brow. There are also great expectations of our Youth Teams, with the Under 15's Team, under 13's Team and Under 12's all having a full series of fixtures. New 2023 season is the opportunity to sponsor an individual player. A sponsorship package starts at just £50, so if any residents either as an individual or on behalf of their Company/Employer wishes to play their part in supporting the Club, our Chairman or Sponsorship Manager would be pleased to discuss proposals. Send your details either by text message or email... (details below) and I will arrange for contact to be made. A number of new sponsorship Boards are now on the boundary; again packages are available if you wish to have a board presence at The Brow.

Social Memberships for this season are £25 per family and I will be speaking to existing Social Members about renewals. If you would like to take up a Family Membership for the first time, please call me. On the social front, on the 26th May a Family Friendly Bingo event is planned. Further details can be found on the Club's Facebook page.

Doug Kibblewhite

Community ADCC

07887 550 622

douglas.kibblewhite@btinternet.com

Easter Rabbit Hunt

On Sunday April 9th, lots of children and their parents were searching for Rabbits around the Village.

The sun was shining and we gave out over 40 eggs!

Well done to everyone who took part especially the older children who had to find clues and add up!



ANNUAL VILLAGE LITTER-PICK



The Annual Village Litter Pick took place on Sunday 26th March.

As you can see from the photos many bags of rubbish were collected.

Many thanks goes to the hardy volunteers who were rewarded with refreshments afterwards.



ANYONE FOR PÉTANQUE?

Our Petanque Court is located on Markes' Piece next to the Basketball Court. A group of residents meet every Thursday afternoon from 2pm, so if you would like to have a go please go along and you will be warmly welcomed.

For more information contact Tim 735520



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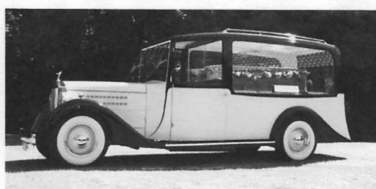
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I can assure you it will be worth it!

If you're interested in working with a Health & Fitness Coach then it's important to understand that these can offer very different services.

Most trainers concentrate on the hour in the gym however what about the others areas such as Nutrition, accountability whilst away from you and mindset?

At Stabilis Fitness I remain focused on a holistic approach to mental and physical well-being, making life-style adjustments to help my clients reach their targets and enjoy ongoing benefits.

Every new client receives a thorough assessment covering physical health, posture, fitness levels, mental health and nutrition. Once I know exactly where you are, we can discuss the best way to take you where you want to go...

Your bespoke training schedule will be designed to work in conjunction with your lifestyle, making positive changes to benefit your long-term health and fitness.

All memberships come with the following:

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- Improve flexibility and stretching
- Access to the Facebook private members page
- Personal support and motivation with a two-way message facility and unlimited text/email
- Access to the Stabilis Fitness community – building relationships



My clients are able to use the fantastic facilities at my private strength training studio with state-of-the-art equipment, complimentary water, and hand sanitizer on Mersea Road in Langenhoe.

Many of my clients also use other gyms or do my home workouts when away from me using their fitness apps which fully house their training programs, nutrition, educational tools, and much more.



Beaumont Seymour
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Businesses



Individuals

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ABBERTON & LANGENHOE COMMUNITY ASSOCIATION

WEBSITE:
www.alvh.org.uk

BOOKINGS:
ALCAhallbookings@outlook.com or call
735980 between 10am – 7pm

OUR 2nd ANNUAL ART EXHIBITION...

...was held on Saturday 29th April.

Children from Langenhoe School produced colourful paintings and crowns for the Coronation display and there were over 70 pictures from Local artists on display. There was also a chance to do lino cutting and purchase handmade baskets of all shapes and sizes.

Visitors had an opportunity of vote for their favourite artwork and the top three were:

1. Beth Chatto Gardens by Kay Patterson
2. Large Swan Family by Don Page
3. Lips by Kay Patterson, Tigers by Liz Mills, and Golden Girl by Margaret Palmer-Slatyer

Thank you to everyone who came along and we look forward to our 3rd Exhibition in 2024.



