



# ABBERTON & LANGENHOE NEWS

*Winter Newsletter 2022*



## PARISH INFORMATION

- @ parishclerk.al@hotmail.com (*Parish Clerk*)
- 🌐 [www.abbertonandlangenhoe.org.uk](http://www.abbertonandlangenhoe.org.uk)
- f Abberton & Langenhoe Village Community

## VILLAGE HALL ENQUIRIES/BOOKINGS

- 🌐 [www.alvh.org.uk](http://www.alvh.org.uk)
- @ [bookings@alvh.org.uk](mailto:bookings@alvh.org.uk)
- 📞 735980 between 10am and 7pm



# CHAPPELL ELECTRICAL

NICEIC APPROVED CONTRACTORS

- Landlords Certificates/Electrical Testing ■ Rewiring/New Installations
- Fault Finding/Repairs ■ Electric Vehicle Installations
- Maintenance Programs ■ Consumer Unit (Fuse box) Upgrades

**01206 769 656**

chappellelectrical@gmail.com [www.chappellelectrical.co.uk](http://www.chappellelectrical.co.uk)



## ***BRAISWICK TYRES LTD***

***FAMILY BUSINESS SINCE 1989***

**ON SITE AND MOBILE**

**01206 861648**

**07546 943816**

**UNIT 7, GRANGE FARM ROAD,  
COLCHESTER, CO2 8JW**



# Parish Council News

[www.abbertonandlangenhoe.org.uk](http://www.abbertonandlangenhoe.org.uk)

## *Chairman's Chat*



As I look back at the last 6 months and our long warm summer, I am struck by the huge number of activities that take place in Abberton and Langenhoe. We had a very successful Art Exhibition in May, the hugely enjoyed Queen's Platinum Jubilee Weekend activities in June with the Village BBQ on Friday evening and the Village Lunch on Sunday afternoon, with children's races and a Barn Dance. In August, we joined with Fingringhoe for the Jubilee Scarecrow Competition and in September, there was a very popular Quiz Night and a well-attended Village Walk. The sad death of HM Queen Elizabeth II was marked with a Book of Condolence being placed in the Lion Corner Community Shop which many residents signed and a Memorial Service being held at St Andrew's Church. The MacMillan Coffee Morning held in October was very successful and raised much needed money for this important charity. Many enjoyed the Wully Bully Soul Band performing in the village hall. In addition to all of this, the weekly Meeting Place Coffee Mornings have taken place each Wednesday morning and the popular monthly Village Hall Pub Nights with hot food (including a BBQ in August) have been well attended. Also, the Pétanque Court has received much use.

All these activities are warmly welcomed by our residents and do much to bring our community together. All of the activities need to be planned and organised. All in Abberton and Langenhoe are enormously grateful to the small band of volunteers who do this – and it is a small group who make the majority of these activities happen. To them, Thank You! I know that they are always looking for new volunteers to join them – so please don't be shy – please make yourself known if you can assist in any capacity.

The Lion Corner Community Shop celebrated its second birthday on 4 October. The shop is doing well, serving the local community, providing volunteering opportunities, providing a community focus and helping to reduce loneliness. Well done to all for reaching this important milestone. The shop is always looking for more volunteers to join the friendly team – again, please let them know in the shop if you are interested in joining.

Finally, by the time this column is printed, The Hideout – Langenhoe and Abberton Youth Group will have started. It's really great to see this happen and I wish it every success.

*Simon Dougherty* MBE

**If you would like to advertise in this newsletter please contact the Editor:  
Margaret Palmer-Slatter: [cilrpalmerslatter@gmail.com](mailto:cilrpalmerslatter@gmail.com)**



# WHAT'S ON?

## DIARY DATES

### NOVEMBER

7th Parish Council Meeting 7.30pm @ Hall  
14th Neighbourhood Watch Meeting 7.30pm @ Hall  
21st Lion Shop AGM  
25th Youth Club  
26th Comedy Night with Richard Whymark @ Hall  
28th Abberton & Langenhoe Community Association AGM @ Hall 7.30pm

### DECEMBER

2nd Edward Marke Pub Night from 7pm  
11th Father Christmas Visit - see centre pages  
16th Youth Club

### JANUARY

1st Village Walk - see page  
6th Edward Marke Pub Night from 7pm  
9th Parish Council Meeting 7.30pm @ Hall  
14th Quiz - see page 23  
20th Youth Club  
25th 5th Birthday of The Meeting Place (see below)

### FEBRUARY

3rd Edward Marke Pub Night from 7pm  
6th Parish Council Meeting 7.30pm @ Hall  
24th Youth Club



On Wednesday 25th January The Meeting Place will celebrate its 5th Birthday!

We are so proud of our weekly Coffee Morning where residents can meet and make new friends and neighbours for a chat over coffee and cake.

Please come along and celebrate with us between 10am and 12 noon - we are at the Hall every Wednesday. A very warm welcome awaits you.



## CHARITY OF EDWARD MARKE ALLOTMENTS (Reg. 239476)

This year we lost a couple of established allotment holders, these are full plots and will be available soon, if interested please contact me and I will give you a guided tour. We are sending out the renewable tenancies in November so we may have half plots available as well.

The year has been challenging for all the allotment holders with the long dry periods we've had this summer, but they've still been able to grow a few good crops we all hope for a more stable climate next year.

Dexter is still giving the grass paths a lot of cuts to keep everything neat and tidy.

If you would like to join our allotment community contact me [cllrfrrost@gmail.com](mailto:cllrfrrost@gmail.com) or mobile 07710794885.

Alan Frost | Chairman of Trustees



## ADVICE FOR CHRISTMAS

Dear All,

Please see the below Colchester NHW Christmas advice.

### **Twelve Tips for Christmas and After**

Here are a few seasonal tips to help keep you safe at home, shopping, visiting, and after Christmas:

1. If you need to store Christmas food and drink, presents and other goodies within garages and outbuildings, ensure what you are storing is out of sight and that the building is securely locked with good quality well fitted locks. Treat your shed to a shed alarm.

**CONTINUED OVERLEAF**



## CONTINUED FROM PREVIOUS PAGE

2. Avoid tempting window shopping burglars; don't leave presents and valuables on full view in front of a window. Having parcels delivered, may be out, make sure that you make suitable secure delivery arrangements to reduce the risk of theft.
3. Whenever leaving the house always ensure that your windows and doors are closed and locked. Don't attract burglars to your home by leaving it in darkness; leave lights on timers, perhaps treat yourself to a TV simulator too.
4. Lock gates to keep unwanted visitors from getting to the rear of your home.
5. When you go to leave the house and find that your car is all iced up, don't leave it unattended with the engine running to de-ice it. It only takes a second to steal your car and it would invalidate any insurance claim.
6. Park safely; look for a 'Park Mark' accredited car park [www.parkmark.co.uk/car-park-finder](http://www.parkmark.co.uk/car-park-finder) Check that your car is locked before you leave it and don't leave valuables and gifts on display in your car.
7. Whether an evening out or Christmas shopping keep your bags, handbags, wallets and mobile safe. Busy places make it easier for the sneak thief, so be alert at all times.
8. A Christmas get together – make sure that you have considered how you are getting home in advance. Drink responsibly, social distance and are aware of your surroundings, whilst keeping your drink and belongings safe. [www.suzylamplugh.org/Pages/FAQs/Category/personal-safety](http://www.suzylamplugh.org/Pages/FAQs/Category/personal-safety)
9. Watch what you put on social media; check your settings to ensure that you are not broadcasting when you are not at home and the lovely gifts you may have received.
10. After Christmas don't advertise your nice gifts to the thieves by putting the empty boxes out for collection, disguise them, fold them up inside out or put them inside another nondescript box.
11. Record your new property free on [www.immobilise.com](http://www.immobilise.com) , install tracking and security apps on relevant electrical and computer products. Consider a property marking product.
12. Have a Great Christmas and New Year!! “

Sue King

*Sue King*

[sue@kingandco.co.uk](mailto:sue@kingandco.co.uk) 01206 735683



# WE'D LOVE YOUR OPNION!

In these challenging times, we want The Lion Corner Community Shop to thrive into the future. For us to achieve this, the team would like to know how we can encourage you to visit more often. We can only achieve this if we know what you need. Please could we ask that you spend a few minutes to help us understand by answering some questions below.... and stand a chance to win a bottle of wine!

Feel free to remain anonymous, your feedback is valuable to us – so please let us know. There is space on the back to add any additional comments you would like to share with us. Please tear off and return to the shop where there is a box by the front door to post your sheets.

1) How often do you visit the shop?

Daily      Weekly      Fortnightly      Monthly      Less than monthly

2) If you answered less than monthly, would you mind sharing why?

.....

3) Is there any product or service you would buy from us or use that we don't currently do? Please be as specific as you want.

.....

4) If we could improve any aspect of the shop, what would you like to see?

.....

5) Could you (or anyone you know), help us as a volunteer in the shop? It can be as little as a few hours a month – it is all very much appreciated. If so, please do leave your name and contact details below.

Name.....

Phone and/or email.....





# WE'D LOVE YOUR OPNION!

This space is for you to add anything you would like to share with us. Ideas, suggestions, or just some feedback.

The role of a village community shop goes beyond just selling products. It actively promotes inclusion and takes care to involve people of all ages and backgrounds, and particularly looks out for those most vulnerable in society. We hope we play and active part in addressing isolation and loneliness, and with your support we want to go from strength to strength.

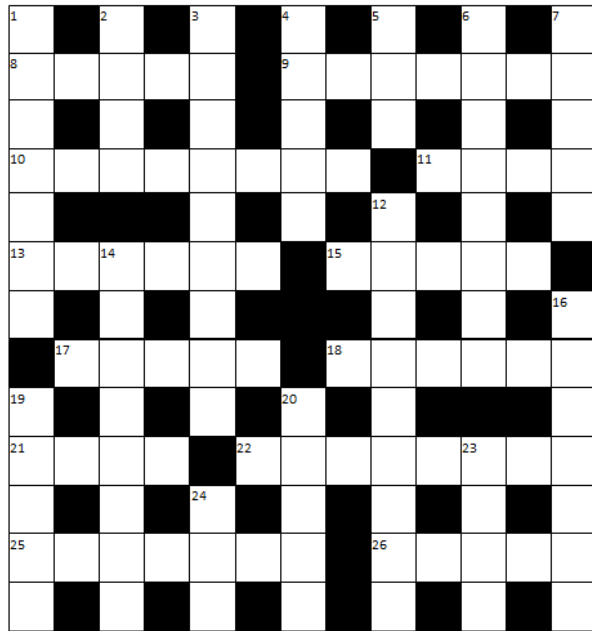
Thank you for taking the time to share your thoughts.

ADDITIONAL COMMENTS

Should you wish to be in for the chance to win a bottle of wine, please add your details below:

Name:

Contact email or phone number:



## Clues across:

8. I wander back to find native from the South. (5)
9. Writer makes noise with force, but leaving for a while. (7)
10. Plenty of scope going around the world. (8)
11. Opposed to seeing Underground worker with one. (4)
13. Insist! Sounds like it can't lose! (6)
15. European student used to play a violin in the joint. (5)
17. We hear it is without a fault. (5)
18. To do it well Mum orders rest. (6)
21. Terrible risk irritates. (4)
22. Comes back again concerning borders. (8)
25. Gently encouraging firm making staff cuts. (7)
26. Guest appearance came to nothing. (5)

## Clues down:

1. Filling the morning with a left unfinished game. (7)
2. Type often seen in church. (4)
3. Conclusion of a long struggle and there's no beer left! (6,3)
4. Home found in South East for digger. (5)
5. Used by a writer in North Korea initially. (3)
6. Shows the way to authorise mail. (8)
7. Cooker in for a second time. (5)
12. Suddenly clean a lot differently. (3,2,4)
14. Cracks to unstable vehicle bound to cause a few bumps. (5,3)
16. Gradual decline when circus figure takes one on. (7)
19. Awfully rich bishop heading for village. (5)
20. Reduce the risk of losing shrub formation. (5)
23. Title not applicable to yours truly. (4)
24. Brothers intending to reveal misdemeanour. (3)

**Mrs. Sarah Stevenson | Headteacher**

Langenhoe Community Primary School

Bracken Way

Abberton CO5 7PG

Tel: 01206 735267

E.mail: [head@langenhoe.essex.sch.uk](mailto:head@langenhoe.essex.sch.uk)



Hello,

This term we have celebrated European Languages Day. Every Class chose a country and children learnt some of the language from Ukraine, France, Wales, Poland and Italy. They also made some food, and we enjoyed pizza, dumplings, fruit fondue, penny sandwiches and lettuce sandwiches!

Some of our year 7 children have returned to school on their Inset days to volunteer. It has been great to welcome them back and hear about the positive starts they have all made in their secondary schools.

In November we will showing prospective parents around the school. If anyone has a pre-school child who is due to start school in September 2023 and would like to come and visit us, please make an appointment with our school office.

Thank you to everyone who came to visit our Wildlife early earlier in the term. The children were very excited and proud to show people around. Work with the conservation team should start later this term.

We look forward to delivering harvest goodies and Christmas cards to some of our local residents later this term.

Best wishes

*Sarah*





# Ladies' Circle

**7<sup>th</sup> December**

*is our PARTY – members only*

**4<sup>th</sup> January**

*Peter Jones – ‘The Great Essex Earthquake’*

**1<sup>st</sup> February**

*Samantha Dorling – ‘My Life as a Chef/Cook in a Man’s World’. A lady who has spent her life in various situations and competed in Master Chef.*

**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**



Our first Youth Club on 21st October was a really good night. We had a good turn out and the kids seem to have lots of fun. We had a pumpkin carving competition.

The hot chocolate station and the chill out area was a huge hit, as was the craft table, so those will be making a return next month.

At our next Club on Friday 25th November we will have a wider range of games and there will be an opportunity to make some Christmas gifts.

**Future dates::**

25<sup>th</sup> November

6<sup>th</sup> December

20<sup>th</sup> January

24<sup>th</sup> February

*Rachel Rosevear*

YOUTH CLUB LEADER

# Father Christmas Is Coming To Abberton & Langenhoe on Sunday 11<sup>th</sup> December from 4pm!



We look forward to seeing everyone along the route - please wait until the vehicle stops to give Father Christmas your presents.

After the tour of the Village around 5pm Father Christmas will be at the Village Hall to meet you all. Please come along to the Hall afterwards where there will be craft activities for children, hotdogs, mulled wine, Christmas treats and a bar.

## ROUTE FOR FATHER CHRISTMAS







# FATHER CHRISTMAS Needs YOUR HELP!

Because you were all so generous last year in giving NEW presents so that he could give them to children who were not going to receive a present. Father Christmas has asked if we could do the same again this year!

We need NEW unwrapped presents for children aged 0 – 16 or we will also be happy to receive cash donations which we will pass onto the Charities to purchase presents.







## ABBERTON & LANGENHOE COMMUNITY ASSOCIATION

WEBSITE:

[www.alvh.org.uk](http://www.alvh.org.uk)

BOOKINGS:

[ALCAhallbookings@outlook.com](mailto:ALCAhallbookings@outlook.com) or call  
735980 between 10am – 7pm

Winter is fast approaching with the leaves coming down, grass is green again and the nights are drawing in. We will have to put heating on in the hall soon but we're concerned about the winter bills on our resources.

The hall is still busy with are regular hirers and lots of children's birthday parties at the weekends. On Friday 23rd September we had our very popular Village Hall Quiz that is always very well attended with plenty of questions by Sarah & James. The event raised £494 so thank you to all that made the evening a great success.

Saturday 1st October was our annual Macmillan Coffee Morning. There were some works of art in the cake departments, some so good they even had to be auctioned off! A big thank you for all the donations and for attending we raised a massive £552.30 – our best ever total!

On the evening of Saturday 15th October The Wully Bully soul band descended on the hall with so much equipment I couldn't believe



my eyes. With the bar set up by Jim and Keith early in the afternoon Mike and I were ready for customers. It was a very busy non-stop night. The music brought back memories of my youth and I even remembered some of the groups. We will be booking them again for 2023.

Our next entertainment at the Abberton and Langenhoe village hall is on Saturday 26th November, an evening of comedy and magic with Richard Whymark. Richard Whymark is one of East Anglia's funniest comedy entertainers.

Richard has worked alongside some top names in a variety ranging from Jimmy Cricket, and Paul Daniels to Hot Chocolate.



In 2002 Richard appear on ITV's "Stand Up Britain", which featured new comedy talent, and he was voted one of the winners. Doors open at 8pm with a 8.30pm start only £10 a ticket with a licensed bar so it will be a good night out!

To book tickets phone 735980. Also available from Margaret at The Meeting Place on Wednesday mornings at the hall between 10am and 12 noon.

Don't forget the 1st Friday of the month The Edward Marke Bar is open and the following dates 4th November, 2nd December & 6th January 2023. The bar team Jim, Keith, and Mike will be on hand to supply the drink of your choice, Rosemary and all her hard working helpers will be ready to serve you up a delicious hot meal.

*Alan Frost*



# ST. ANDREW'S CHURCH ABBERTON

The last quarter of every year is distinctive for the number of commemorative and festive dates in the Church calendar.

In September, there are the Birth of the Blessed Virgin Mary, Holy Cross Day, St. Matthew, Apostle and Evangelist, St. Michael and All Angels. In October, St. Luke the Evangelist, Sts. Simon and Jude, Apostles. In November, All Souls' Day followed by All Saints' Day, Remembrance Sunday, Christ the King, the First Sunday of Advent and St. Andrew the Apostle. In December, the Conception of the Blessed Virgin Mary, Christmas Eve, Christmas Day, St. Stephen, deacon and first martyr, St. John, Apostle and Evangelist, and finally the Holy Innocents.

Not all, of course, are marked by special services, but by the time this newsletter appears St. Andrew's will have observed All Souls' on 30th October with a service at 4pm – one of the best-attended in the year – and will be preparing for Remembrance Sunday, please see the details below.

It has yet to be confirmed, but the 13th being the second Sunday of the month, the expectation is that there will be the usual Taize service at 6pm.

Looking further ahead to Christmastide, on Sunday 18th December, Taize will give way to a Carol Service, starting at 4pm. On Christmas Eve, the service of Holy Communion will be at 8pm, while on the morning of Christmas Day there will be Holy Communion for the whole Benefice at St. Andrew's, Fingringhoe, starting at 11.00.

Contact details for Curate-in-Charge, Revd. Terry Walker, are: 07375 305640 and [merseaisland100@gmail.com](mailto:merseaisland100@gmail.com).

Everyone of St. Andrew's wishes Newsletter readers a Merry Christmas and a Happy New Year.

*Malcolm Fawcsey*

BENEFICE ADMINISTRATOR

## **REMEMBRANCE DAY – FRIDAY 11 NOVEMBER 2022**

Langenhoe Community Primary School will hold a Service of Remembrance on Abberton Green on Friday 11 November 2022. All are welcome. Those wishing to attend are requested to be in place by 10:45am.

## **REMEMBRANCE SUNDAY - 13 NOVEMBER 2022**

The village Annual Remembrance Sunday Service will be held on Abberton Green on Sunday 13 November 2022 with the Reverend Terry Walker officiating. All are welcome. A service will not be held at St Andrew's Church this year. Those wishing to attend are requested to be in place by 10:45am.





# **ABBERTON & DISTRICT CRICKET CLUB**

Well, here we are, approaching the end of October. The Club's First Team has been promoted to Division 3 of the Two Counties Cricket League. Also, for the first time in the Club's history, it has put out a third 11 Team. A number of Colts Members have made and will be making next season, their transition to adult cricket. This year has also seen the Club with a Ladies' Team and we look forward to both the Dynamos and Lionesses having a promising future next season.

The newly installed practice nets have been put to good use this season, the new and refurbished sight screens and the refurbished Clubhouse have greatly improved facilities for both Home and Visiting Teams. Once again, Craig our Groundsman has ensured the pitches and outfield were well maintained.

At last week's Committee meeting, our Chairman commented that despite a concerted effort to keep the ground free of 'doggie deposits' sadly some instances are still happening. Once again, he reiterated the Club's Policy regarding dog owners exercising their dogs on the Club's ground, i.e. all dogs are to be kept on a lead at all times, with dogs being exercised on the perimeter only. The square has now been fenced off. If any deposits are made, would owners kindly pick-up and take away.

On the Social side, the Club hosted a very successful evening of Bingo, with a number of residents taking part. Plans are also in hand for a Casino night (date to be confirmed) and another, ever popular Quiz evening on 28th January 2023. All residents are welcome to take part in these and other Social events. Further updates will be shown on the Club's Website, [www.abbertoncricket.co.uk](http://www.abbertoncricket.co.uk).

Finally, the sale of Christmas draw tickets is going very well and there are currently over 50 prizes to be won. The draw is to take place on the evening of the 17th December 2022. If any resident has not yet been approached with tickets, please message me on the number below with your contact details, and I will arrange for tickets to be brought to you for purchase. Tickets are £1 each and come in books of 5. The Club appreciates the support many of you have already given to this event.

Best regards,

Doug Kibblewhite | Community ADCC

07887 550622



## NEW YEAR'S DAY VILLAGE WALK

On Sunday, September 25th, 23 people gathered at the Village Hall for a 3.5-mile walk round the village. Among them were 2 ladies from Ukraine and 4 of their children. We were also joined by the curate of St Andrews Church, the aptly named Rev. Terry Walker.

The weather was fine, sunny with a light breeze. The walk was led, at a gentle pace, by Jackie Martin as-sisted by Elaine Clouter and Allen Martin, bringing up the rear. Upon returning to the Village Hall, walkers were treated to tea, coffee and cakes, made by Rosemary Turrell and wonderfully iced by her husband Keith.

**The next walk will be on New Year's Day, January 1<sup>st</sup> 2023, and will be led by Sue Bowles. More walks are planned throughout the year.**

**Come all ye (and canine companions) and join us for our annual New Year's Day walk.**

The walk will be leisurely, local, companionable and of about 3 to 4 miles depending on the weather and underfoot conditions. No need for cars as we will walk from the Hall.

Meet at Abberton and Langenhoe Village Hall at 1.30 pm promptly, (early I know but not much daylight).

There will be tea in the hall from 3.30pm onwards for walkers and non-walkers alike, and we would really appreciate any contributions of food.

Any questions.....please call me on 07747 513143.

*Sue*



**Envirob Gardens**  
**The natural choice**



**Rob Downes BSc**  
**Gardener & Conservationist**

**[envirob@yahoo.com](mailto:envirob@yahoo.com)**

**Whether 'The big tidy up' or  
regular maintenance, I offer a  
friendly, local service.**

**07764 931 371**



## [www.stabilisfitness.co.uk](http://www.stabilisfitness.co.uk) 1-1 Coaching

Whether your goal is to get fit, lose weight, train for a specific event, tackle mental and/or physical health issues or simply to get the most from your fitness and nutritional regime, then you've come to the right place.

My philosophy is that success comes from hard work and although I expect all my clients to commit to their program wholeheartedly I understand that at times life can get in the way and this is where I will be there for you to advise and guide.

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 lifestyle 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:**

- Use of a fully equipped private studio with air-conditioning and complimentary water, temperature checks, hand sanitizer, all equipment wiped down on each session.
- Access to our interactive app and computer-based software
- Video and written instructional custom-designed training program with mobilisation and stretching protocols based on your goals, commitment, and lifestyle, accessed in any gym, anywhere in the world including educational videos and pdf's to allow you to gain life-long knowledge.
- Plans updated each month
- Education on how to manage your caloric intake for fat loss
- Access to our in house nutritionist
- Advised meal plans and recipe books with caloric daily targets as well as macro-nutrient breakdown based on your goals.
- Fitness and body statistic assessments
- Body fat reduction
- Weight management
- Muscular gains
- Specific physical activity goals
- The opportunity to become fit and live a healthier, manageable life
- Exercise safely through proper form and adequate rest
- One to one training and guidance
- Tone and reshape your body
- 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.



**Abberton Car Sales**

**Two large established branches located in Colchester  
with over 100 cars always in stock**



**Car sales: 01206 571578 & 01206 735441  
Service: 01206 735041 [www.abbertoncarsales.co.uk](http://www.abbertoncarsales.co.uk)**



**Wormell Motor Works**

A local and friendly

**MOT, Service & Repair**

Workshop in Langenhoe.

All repairs carried out and Tyre fitting also available.  
now including all electric and hybrid vehicles

*Please call or email to book in.*

**t: 01206 736964 | m: 07863548018**

**e: [info@wormellmotorworks.co.uk](mailto:info@wormellmotorworks.co.uk)**



**Class 4 & 7 MOTs available**

**Opening Hours:**

**8am - 5pm Monday - Friday**

**8am - 12pm Saturdays**

*Appointments available outside of these hours,  
please call for details.*

Langenhoe Hall, Hall Lane, Langenhoe, Colchester. CO57NA

**[www.wormellmotorworks.co.uk](http://www.wormellmotorworks.co.uk)**





**Unit 29a | Peartree Business Centre,  
Stanway | Colchester | CO3 0JN**

**Monday - Saturday: 9.30am - 5pm**

**Sunday: 10am - 2pm**

**Beds and Mattresses in stock for free immediate delivery!**



\*Excludes already Discounted Items







*Beaumont Seymour*  
CHARTERED CERTIFIED ACCOUNTANTS



Beaumont Seymour is a Colchester based firm of accountants offering a full range of accountancy and tax services to businesses and individuals.

*Our services include:*

- Financial Accounts for Sole Traders & Limited Companies
- Personal Tax Returns
- Registered Auditors
- Payroll Services
- Book-keeping and VAT return preparation
- Tax Planning for Businesses and Individuals
- Inheritance Tax and Capital Gains Tax advice

Contact our team of qualified accountants and tax advisors today for an initial free discussion about how we can help you by calling us on **01206 564379** or emailing **info@beaumont-seymour.co.uk**



[www.beaumont-seymour.co.uk](http://www.beaumont-seymour.co.uk)



**Richard**

**Neal**

**Window Cleaning**

**DOMESTIC & COMMERCIAL**

**FAMILY RUN BUSINESS • ESTABLISHED 15 YEARS**

**07530 203404 • 01206 735928**

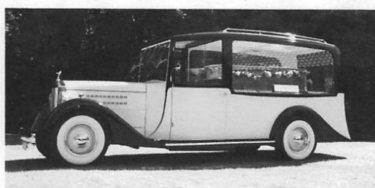
**[mrwindowclean@hotmail.co.uk](mailto:mrwindowclean@hotmail.co.uk)**

# *John J. Smith*

## *Independent Family Funeral Directors*



**Our Exclusively Owned Rolls Royce and Bentley Hearses**



**24 hour Personal Service**

**BRIGHTLINGSEA**  
**01206 308400**  
Tower Street

**COLCHESTER**  
**01206 761800**  
Mersea Road

**GREAT CLACTON**  
**01255 423262**  
Old Road

**Golden Charter**  
Later Life Planning



*"Our family caring for your family"*



## CONGRATULATIONS!

CONGRATULATIONS TO THE  
LION CORNER COMMUNITY  
SHOP for winning the Employment and  
Training Award at the Denbury Plunkett  
Community Awards 2022.



ABBERTON & LANGENHOE COMMUNITY ASSOCIATION PRESENTS

## QUIZ NIGHT

SATURDAY 14TH JANUARY AT ABBERTON &  
LANGENHOE HALL AT 7.30PM

TEAMS OF UP TO 6 PEOPLE

TICKETS £8 WHICH INCLUDES PLOUGHMAN'S SUPPER  
BRING YOUR OWN DRINKS/GLASSES

TO BOOK TICKETS CONTACT

07964 774444 OR 01206 736162

**CROSSWORD ANSWERS**  
**Across:** 8 Maori, 9 Pending, 10 Latitude, 11 Anti, 13 Assert, 15 Elbow, 17 Sound, 18 Master, 21 Irks, 22 Rebounds, 25 Coaxing, 26 Cameo.  
**Down:** 1 Amalgam, 2 Font, 3 Bitter end, 4 Spade, 5 Ink, 6 Signpost, 7 Again, 12 All at once, 14 Stock car, 16 Erosion, 19 Birch, 20 Hedge, 23 Name, 24 Sin.



**Alzheimer's  
Research  
UK**

Make  
breakthroughs  
possible

Hi, my name's Clare Thompson and I'm running the London Marathon on April 23<sup>rd</sup> 2023.

You have probably seen me running round the villages of Abberton and Langenhoe... puff puff, training for various half marathons this Summer. I now feel I'd like to undertake the next challenge and raise money for a good cause at the same time.

I've secured a charity place through Alzheimer's Research and will be running with other members of #Team(ARUK). I am planning a few fundraising events over the next six months as I have pledged to raise £2,200!! Eek....possibly more challenging than running the 26.2 miles.

Most of us know someone who is affected by Alzheimer's Disease, the focus of ARUK is to fund research into dementia and all the diseases that cause it.

Dementia is one of the leading causes of death in the UK. I feel it is a very important charity to support.

My first fundraising event will be a Quiz Night on Saturday 14th January 2023 in the Village Hall.....please put it in your diaries – see previous page.

Many thanks for reading.....I'll give you a wave when out training.

Clare





# *What's on!*

## **MONDAY PM: YOGA**

Contact: Caroline 07760 237419

## **TUESDAY PM: PILATES**

Contact: Tracey: 07814 513842

## **TUESDAY PM: CLUBBERCISE**

Contact: Holly: 07443 477731

## **WEDNESDAY AM: THE MEETING PLACE**

Coffee Morning – all welcome

## **WEDNESDAY PM: LADIES CIRCLE**

(1st Weds ) Contact: Rosemary 735624 or Christine 735159

## **WEDNESDAY PM: CARPET BOWLS**

(Except 1st Weds) Contact: Tim 735520 or Tony 735466

## **THURSDAY AM: CRAFT MORNING**

(1st Thurs.) Contact: Chris 735071

## **THURSDAY PM: RELAXATION THERAPY**

(1st Thurs.) Contact: Sophie 07590 575744

## **FRIDAY AM: TODDLER GROUP**

(Term Time) Contact: Emily 07599 709509

## **FRIDAY PM: EDWARD MARKE PUB NIGHT**

(1st Friday)

# REMEMBER OUR VISIT FROM FATHER CHRISTMAS ON SUNDAY 11<sup>TH</sup> DECEMBER

SEE CENTRE PAGES FOR MORE INFORMATION

The community association wishes to thank everyone who has helped and supported the many events held this year and we wish you all a very Happy Christmas and a healthy 2023.

