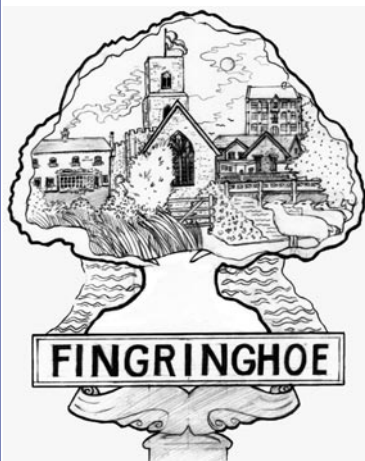




NEWS & VIEWS

December 2021



Congratulations to our Green Group and all involved in the production of the **Fingringhoe Calendar**! It was made using the winning photographs from the summer photography competition and makes a lovely collection of local images. On sale for £10 at the Church Green visiting Post Office, it has been a huge success – all copies are now sold, raising a massive £645 for the Church Green Trust in the hope that outdoor furniture can be purchased for future community events.

If you wanted a calendar and have missed out please do email fingringhoegreengroup@gmail.com and let them know – they may be able to print more.

A note from your editor

Thank you to everyone who helps with *News & Views* – the regular contributors, the occasional contributors, the distributors who make sure that every house in the village receives a copy, and the generous folk whose donations large and small cover our printing costs.



Merry Christmas!

COME & JOIN US FOR CAROL SINGING AROUND THE VILLAGE



Thursday 23 December 2021 at 6pm

Meet at Aveley Lodge Care Home on Abberton Road where hot snacks and drinks will be provided to warm us all up ahead of our night of singing!

We'll **walk along Abberton Road towards the Church** and **finish at Hyde Park Corner** at approximately 8pm

Feel free to come out and enjoy the singing along the way. Any donations received will go to local charities. Please bring lanterns or torches with you and any children must be accompanied by an adult. Song sheets will be provided. **No need to be able to sing**, this is all just for fun! For further details contact Lindsey on

lindsravenemrich@gmail.com

Fingringhoe Village Hall

**Can you help please? Do you fancy making
a contribution to the life of the village?**

Fingringhoe Village Hall is at the heart of the village and hosts not only the well-respected Roman River Pre-School for five days a week during term-time, but also the Parish Council, yoga sessions and W I meetings. In addition, it is often booked for parties and other celebrations.

The Hall is run by a small committee whose aim is to make the hall available to the village at hire fees which are just enough to cover costs. We don't need to meet very often – normally we have only three meetings a year. As you would expect, we have a chairman, a treasurer and a secretary. The committee also includes our bookings secretary, an independent member and representatives of the main users.

Unfortunately, Ann Taylor who was our previous secretary has moved to Mersea and after continuing for quite a while, she feels she cannot fill the role, so we have need of a new secretary. The responsibilities are not arduous, mainly taking and writing up the minutes of our three meetings a year. If you would like to know more, please contact **Clive Bellinger 01206 729706**

Update from the Parish Council

New website and email address

A new website for the Parish Council went live in September. There is still some content to add but it can be viewed at www.fingringhoe.org.uk. If any local clubs would like their details added, please let Petra, the Parish Clerk know. There is also a new email address for the Parish Clerk who can be contacted on fingringhoe@outlook.com. Councillors' contact details are displayed on the notice boards and website.

Councillor vacancy

Do you have an interest in local issues such as amenities, planning and housing, anti-social behaviour and local government finances? Would you like to be involved in decision-making at a local government level and helping to shape the future of Fingringhoe? If so, then you may be interested in becoming a Parish Councillor for Fingringhoe Parish Council. There is currently one vacancy. For further information, please look on the website or contact the Parish Clerk or Councillors.

Play area at the Recreation Ground

In the last edition, we let you know that we were seeing what grants were available to help us with refurbishment of the play area. Since then, two grants have been applied for and we are waiting to hear if we have been successful.

Church Green

A working party met at the beginning of October to clear the weed from the pond. Some maintenance work has also been carried out on the willow tree and oak trees.

John Brunning Walk

We have been working with the Brunning family and East Donyland Parish Council and have agreed a small grant towards replacing the signage along the pathway.

Queen's Platinum Jubilee

The Council are looking at erecting a beacon at the bottom of Ferry Road as a permanent tribute to mark the Queen's Platinum Jubilee. Work is under way to obtain permission for this and quotes for the beacon. We hope to be able to hold a lighting ceremony to mark the event.

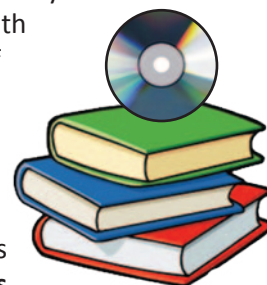
Council meetings are on the first Tuesday of each month (apart from August) at 7pm at the village hall. The public are welcome to attend and speak during the public session. The agenda will be on the notice boards and website a few days before the meetings.

Petra Palfreyman, Parish Clerk
Fingringhoe Parish Council



Do you have any unwanted **books, CDs or vinyl records**? If you do, Oxfam Colchester (St John's Street) would really like to receive them. Parking nearby is tricky, so I am happy to take any donations into the shop – please leave any books, records and CDs in the box outside Myrtle villa on Abberton road (at the junction with South Green Road) with a note of your Gift Aid number if you have one (please don't worry if you don't). Oxfam are very grateful for your donations).

Many thanks
Jackie Jones



Church Green Trust seeking Trustees

Church Green, in the heart of the village near the Whalebone crossroads, was established in the early 1980s after a generous donation of land and outbuildings from the Fingringhoe Hall estate. It comprises six sheltered housing properties providing independent living accommodation for over 60s and community facilities in the courtyard area. Many of you will be familiar with the visiting Post Office which moved into the recently-renovated community room in 2020; this also houses the village book exchange and hosts coffee mornings and chair yoga.



The properties are managed by a charitable trust, formed of up to ten volunteer Trustees. This is a mixed group of people, all living in or close to the village, offering different skill sets coming from a wide range of backgrounds. Currently, we have two Trustee vacancies and are looking for people who could offer some time and support to this small but important local charity. No special skills or qualifications are required, just a willingness to get involved. The Trust is currently planning to develop and enhance the Community space, so would particularly welcome anyone who would be interested in taking a lead on building and maintenance projects.

Church Green Trust was established for the benefit of the village so if being a Trustee isn't for you but you would like to get involved in any other way then we also welcome hearing from you. If you would like more information, in the first instance, please contact the acting chair, Richard Bailey by email at r@bailey55.co.uk

Liz Cooper

Jenny Townend

23 October 1944 – 31 August 2021

Farewell My Friends

It was beautiful, as long as it lasted
The journey of my life.
I have no regrets, whatsoever said
The pain I'll leave behind.
Those dear hearts who love and care...
And the strings pulling at the heart and soul...
The strong arms that held me up
When my own strength let me down.
At the turning of my life I came across Good Friends,
Friends who stood by me even when time raced by me.
Farewell, farewell My Friends
I smile and bid you goodbye.
No, shed no tears for I need them not
All I need is your smile.
If you feel sad do think of me
For that's what I'll like
When you live in the hearts of those you love
Remember then you never die.

Rabindranath Tagore



This poem, with its beautiful words, could have been written by Jenny herself. I will remember her as an inspirational, loving, fun friend who battled illness after illness with great fortitude and positivity. She loved life, she was someone very special. Talented in patchwork, attending classes with Lynne Edwards in Suffolk, sewing was an important part of Jenny's life. She was also highly regarded for her creative flower displays, supporting our church with her amazing arrangements. She attended Writtle College and was involved in the making of the bouquets for the Olympics in London in 2012. Her last two years were challenging and difficult, with numerous health problems, but she kept positive and rarely complained. She succumbed to Covid in August and died peacefully, with her sons at her bedside. She leaves two sons, Daniel and Jake, her sister Jane, and John, her devoted companion. She will be sorely missed. Rest in peace, dear Jenny.

Jackie Gibby

WI

Fingringhoe Women's Institute held a Vintage Tea Party in the church on 22 October to celebrate Jenny's life and to raise funds for the Queen Elizabeth Foundation (Leatherhead), the rehabilitation unit that treated Jenny. We raised £838 and with gift aid the total should exceed £1,000.



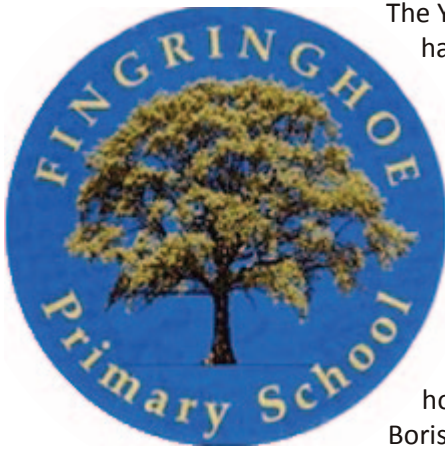
Our recycling day was held at the Social Club this year with a popular visit from the Sharpener. We managed to save lots of items from landfill, sending them to recycling schemes and other charity collections. We supplied yummy tea and cake, raising £57 for charity. We will have other dates when the Sharpener will be visiting the village next year.

The Green Group did a litter pick on 21 November. We are really keeping on top of it, with less litter than a few years back, which is really positive, but there were still eight bags and ten vodka bottles! We also cleaned all the village street signs – wow, there were some shockers! We hope that looking after what we have will avoid needing new signs that would use valuable resources.

The Green Group are always looking for new, like-minded members to join the group with ideas of how to help the village and the environment, so do get in touch if you are interested.

Lindsey Raven Emrich





The Year 6 at Fingringhoe Primary School made a wall hanging chronicling the pandemic as part of a textile project. Each child decided on a time during the pandemic and designed a symbol or picture representing that period. They then produced their own piece of sewn work, which was incorporated into a wall hanging. This now hangs proudly in the school hall, where images of the virus, death, broken hearts, absence of toilet rolls, the NHS, rainbows, 8pm clapping, two-metre distancing, face masks, bubbles, home-schooling, Zoom, the vaccination and even Boris, can be seen!

Alex Yates

FINGRINGHOE SCHOOL CHRISTMAS FAYRE

SAT 11TH DEC 2021 11AM-2PM

FINGRINGHOE VILLAGE HALL, CHAPEL ROAD, CO5 7BH

SHOP AT OUR CHRISTMAS MARKET
SUPPORTING OUR LOCAL TRADES & CRAFTERS

SANTA'S GROTTO

MEET & GREET WITH
SANTA & HIS CHEEKY
ELVES

PRESENT FOR EVERY
CHILD

£3
(NO NEED TO BOOK)

MEGA RAFFLE

WITH AMAZING PRIZES

48HR MERCEDES HIRE CAR
BEACH HUT DAY HIRE (MERSEA)
£100 CASH
(DONATED BY LEPPARD & MARTIN LTD)

FAMILY DAY PASS - JIMMY'S FARM
PADDLE BOARDING SESSION FOR 4
(DONATED BY MERSEA BOATING LAKE)

AFTERNOON TEA AT POPLAR NURSERIES
LUXURY HAMPERS, TOYS, VOUCHERS & MANY
MORE

RAFFLE TO BE DRAWN BETWEEN 1-2PM
TICKETS AVAILABLE TO PURCHASE ON THE DAY &
VIA FINGRINGHOE PTA

COOKIE DECORATING WITH MRS CLAUS
CHRISTMAS CRAFTING AREA
LUCKY DIP
TOMBOLA & GAMES

FREE ENTRY

DONATIONS OF 50P PER ADULT KINDLY RECEIVED





Preventing falls with the elderly

Preventing falls is all about minimising risks. Older people are often at greater risk of having a fall and the consequences can be more serious than they are for younger people. This is largely due to three reasons: (a) chronic health conditions, such as heart disease, dementia and low blood pressure (hypertension), which can cause dizziness (b) age-related impairments, such as poor vision, stiffer joints, muscle weakness and slower reaction times (c) illnesses such as labyrinthitis (inflammation of the delicate balance-regulating parts of the ear)

Minimising the risk means taking care of both the person's physical health and their environment. It is important to have regular eyesight tests and to have spectacles regularly checked to ensure they are the correct prescription. Some eye conditions, such as macular degeneration, glaucoma and cataracts, increase with age, so these need to be detected as early as possible. Problems with balance or dizziness often stem from minor conditions within the ears, such as blockages from wax build-up.

Regular exercise can improve muscle strength and balance but should be done with the supervision of a professional. Clothing and footwear also need to be both comfortable and safe: shoes should fit well so they won't slip off; well-cushioned shoes offer comfort and support. Slippers should also fit well and have a non-slip sole.

Ensuring a safe environment is equally important and this includes ensuring there is good lighting on stairs, which should also be kept clutter free, as should all corridors and pathways. Carpets should be firmly fixed and free of frays or tears, and there should be no trailing wires anywhere.

Handrails fitted to baths and non-slip bath mats are especially important given that damp surfaces can be more slippery. Any flooring in corridors using mats should be non-slip.

People with dementia are at greater risk of falls due to confusion, disorientation and restlessness. They need visual clues so that they can easily find the toilet or their bedroom. Of course, care homes have specialist lifting equipment as well as walking frames and other aids and these should be regularly checked and maintained.

Suzanne Parmenter

Fingringhoe Scarecrow Competition

In the summer some of our scarecrows were on display at Abberton and Langenhoe's Fun Day and this inspired Abberton and Langenhoe to ask if they could be part of our annual competition next year. I thought we could give it a go for next year and see what happens.

As usual, this would be held the end of August and independently judged; all monies raised would go to Stepping Stones Play & Learn Pre-School.

2022 will be a very special year, with many events to celebrate the Queen's Platinum Jubilee as well as the Commonwealth Games in Birmingham and the World Cup in Qatar. **Lots of choice for scarecrow subjects.**

Enjoy Christmas and have a happy new year. There will be more details in the March edition of *News & Views*. This village has always been supportive and your scarecrows are AMAZING. Thank you.



Kim Cranfield
01206 729 721



To go with the scarecrow witch above, your editor decided to show you these fungi, growing in her garden. They are called 'collared earthstars' and according to the books they are common – but they look more like visitors from outer space.



As we say goodbye to autumn and its wonderful colours and fascinating fungi, it's time to welcome winter, with its cold, crisp mornings. Winter is actually a great time of the year to visit the reserve, because far from things going to sleep, we welcome many hundreds of birds to the estuary to overwinter. It's a great chance to experience some great UK wildlife spectacles, such as huge flocks of avocet, golden plover, dunlin and brent geese, feasting and resting with us. Or just get out for a bracing walk and see the reserve in a different light.

The brent geese that you see around Essex are dark-bellied, here after breeding in Siberia. There is another species – the light-bellied brent goose, which breeds mainly in Canada and overwinters in Ireland. Travelling about 7,000 miles a year just in migration and living to about 20 years old, these geese get a lot of miles in!

You can then head back to the centre to warm up by the fire with a toastie or coffee and cake! We're also the perfect place to do a little quiet Christmas shopping away from all the crowds of the high street: we have a great range of Christmas gifts as well as nature-themed books and sustainable clothing, not forgetting our binoculars and the EWT calendar! Or how about membership of Essex Wildlife Trust – the perfect gift for the person who has everything!

Verity Hales, Site Manager

Like us on Facebook: EWTfingringhoe, check out the website essexwt.org.uk or phone us (01206 729678) to find out more.



We have our very own NHW in Fingringhoe

NHW is about community and neighbours. It is not just nervous curtain-twitchers, it's people looking out and reporting suspicious behaviour. Members receive regular emails with safety information and crime reports from local areas.

To become a member email:

fingringhoenhw@gmail.com

Here are some top tips that will make your life easier and your online accounts more secure:

A good way to create **strong, memorable passwords** is by using three random words. But remember, don't use words that can be guessed (like your pet's name). You can include numbers and symbols if you need to. For example, 'RedPantsTree4!'

Saving your password in your browser means letting your web browser (such as Chrome, Safari or Edge) remember your password for you. This can help to make sure you do not lose or forget your passwords and protect you against some cyber crime, such as fake websites. It is safer than using weak passwords, or using the same password in more than one place.

Email account passwords: if a hacker gets into your email account, they could reset your other online account passwords and access personal information you have saved about yourself or your business. Your email password should be strong and different from all your other passwords; this will make it harder to crack or guess.

For more of the government's latest advice on how to stay secure online, visit the Cyber Aware website:

<https://www.ncsc.gov.uk/cyberaware>

News from St Andrew's Church



As the old English proverb has it, 'there's many a slip 'twixt the cup and the lip'. Regrettably, that's only too true of continuing efforts to bring our clergy vacancy to a close after more than three years. This is our fourth Christmas without an incumbent. When I wrote my report for the September *News & Views*, it seemed certain the search was over for the right kind of long-term pastoral provision to Fingringhoe, Abberton, and Rowhedge. Only a timetable for implementation was awaited.

Wrong. Nothing so straightforward, sad to say. Certainly, newly-appointed Revd Jude Bevan was duly licensed as priest-in-charge for the Mersea Benefice at a service on 4 September at St Peter and St Paul, West Mersea. However, the expectation that she should also take on pastoral responsibility for our Donyland benefice was quickly exposed as an ill-considered and impracticable concept.

Our three PCCs were swift to make known their feelings of frustration, dissatisfaction and disappointment to the powers that be and sought urgent action for an alternative solution. It was early November before the Archdeacon of Colchester and Area Dean of Witham were able to report on the outcome of a review. When they met the three PCCs in joint session they outlined a new proposal for long-term pastoral provision. Their revised scheme was approved in principle by the PCCs, but further consultations must take place. I cannot offer any more information until these are concluded and associated procedures have been attended to.

Friends of St Andrew's Church

The Quiz on 29 October at Fingringhoe Village Hall was our first event in two years because of Covid 19 restrictions. It proved very popular – we had to put out extra tables and chairs to keep up with the people coming in. John Newton as quiz master provided an excellent set of questions covering a wide range of topics and a fun, sociable time was enjoyed by all.

The team results: 1st place *Brawn not Brains*; joint 2nd place *Oh Crikey!* & *Professor Quiz Whitty*, 3rd place *Village a Trois*.

We raised £524 to help maintain, repair and improve the fabric of our lovely medieval church, for the benefit of the whole community and visitors. Our funds also grow steadily through annual members' subscriptions (£20 individual or £30 family) and newcomers are very welcome. Please contact me if you would like to join us, or need further information:

Mark Jones, Chair

markdjones10@hotmail.com

01206 729360

In the meantime, arrangements are in place for visiting ministers to continue their support. These will ensure that Abberton, Fingringhoe, and Rowhedge will each have at least one Sunday Eucharist a month between now and the end of March. On other Sundays, there will be, as now, lay-led services of Matins, Morning Prayer or All Age Worship. The Church of England is still exercising caution in its directives on Communion and has not yet sanctioned a return to use of the chalice. Whether Communion is offered in one kind, or both by intinction of the wafer, is at an officiating minister's discretion. Ministers are still advised to wear a face covering at Communion.

Makcolm Hawksby, churchwarden

At the time of writing, the schedule of services that will be possible across the benefice at Christmas has yet to be finalised. As soon as details are available they will be posted on the church and village notices boards and Facebook. A Merry Christmas and Happy New Year to you all from St Andrew's.

The Church of Saint Andrew Fingringhoe, Essex



Copies of the guide to the church and its contents, published in 2016 by Fingringhoe Historical Recorders, are available from the churchwarden at £8.

Please join us for a dramatic candlelight performance of Charles Dickens' classic tale for the Christmas season:

A Christmas Carol

performed by Anthony Roberts
with Jamie Cunliffe on keyboard

St Andrew's Church
7.30pm Friday 10 December 2021



suggested £5 donation
on the door

wine and mince pies
will be available

in aid of Friends of St Andrew's,
which raises funds to keep
Fingringhoe's lovely medieval
church in good repair

Registered Charity No. 1112665

Festive Baklava

1 x 411gr jar of mincemeat
100gr chopped pistachios
100gr ground almonds
1 orange – zested
150gr butter
2 x 270gr packs of filo pastry



For the syrup: 150gr granulated sugar and 2 tbsp Grand Marnier, brandy or juice from the orange

Heat the oven to 160c/140c fan/Gas 3.

Mix mincemeat with the pistachios, almonds, orange zest and a good pinch of salt. Melt the butter – brush some on the bottom and sides of a baking tin (20x30cm). Cut the filo sheets to that same size, then cover with a damp tea towel.

Place one sheet of filo into the tin and brush with melted butter. Continue like this with one pack of pastry. Evenly spread the mincemeat mixture over the pastry in the tin, then top with the other pack in the same way, brushing with butter between each sheet. Brush the top layer generously with the remaining melted butter. Using a very sharp knife, cut deep diagonal lines all the way through the pastry to form a diamond pattern. Bake in the oven for about one hour, until golden.

Meanwhile, make the syrup: place the sugar and 75ml water in a saucepan, cook over a low heat until the sugar has dissolved. Simmer until the syrup is thick enough to coat the back of a spoon. Remove from the heat and stir in the Grand Marnier.

Remove the baked baklava from the oven and increase the temperature to 180c/160c fan/Gas 4. Pour the syrup all over the baklava and return to the oven for 5 minutes or until the syrup has been absorbed. Leave to cool completely in the tin, then slice into pieces along the diagonal lines. This baklava will keep for up to a week in an airtight container.

Jenny Dixon



Please send contributions for the next *News & Views* to Lyn Rodley (editor) **no later than 20 February 2022**
to: lynrodley@btinternet.com or hard copy to Lord Nelson House, Ferry Road, Fingringhoe CO5 7BX