



Update from the Parish Council

Play area at the recreation ground: In previous editions we let you know that the Council wanted to refurbish the play area and had received a grant towards the work. Unfortunately, as many of you will be aware, since the last update there was some damage to the play area during Storm Eunice when a large tree fell into it, smashing the multiplay unit and breaking the fence. Luckily, the newly-installed rockers were virtually unscathed. The damage has hindered progress, which in part now relies on the insurance claim, but we hope that it will soon be revamped and will include a new multiplay unit and seesaw.

Storm Eunice: As well as the damage to the play area, a tree on Church Green also fell on to the school fence and into the playground. Luckily this was during an evening in half term and we managed to arrange to remove it quickly before the school reopened.

Village pond: A new safety sign has been put up to warn those not familiar with the area that the boardwalk can be slippery and the water is deep in some areas. Working groups regularly meet to clear the pond of weed and debris and if you are interested in helping next time, please contact the Parish Clerk.

New noticeboards: Three new wooden notice boards have been installed at Dudley Road, opposite the Whalebone (near the phone box) and on the wall at Church Road, opposite Ferry Road. One half of each board is available for the public to add their notices about local topics and information. The other half of the boards will contain Council information such as agendas, minutes, contact details and general council business.



Road signs: We have been in contact with Essex County Council Highways a number of times to report broken, missing or new signage needed in the village. If you spot anything new that needs to be reported, please use the ECC reporting tool on their website:

<https://www.essexhighways.org/tell-us>

Council meetings: We meet 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 website and noticeboards a few days before each meeting.

Other Council information: At the time of writing there is still a vacancy for a councillor on the Parish Council. If you are interested in becoming a councillor, please contact the Parish Clerk.

The website address is <https://www.fingringhoepc.org.uk>
The email address is fingringhoeparishc@outlook.com

**Petra Palfreyman, Parish Clerk
Fingringhoe Parish Council**

Sylvia Dawkins

10.3.1932–12.2.2022

Sylvia arrived in Fingringhoe in 1969 with her first husband Gordon and her three sons Barry, Franklin and Gordon. She soon established herself in the village and became known because of her wonderful singing voice – there were plenty of times spent in the Whalebone hitting the high notes she was renowned for. She was an amazing mum to her three sons whom she would nurture her whole life and be their anchor at all times. Her own life changed through divorce and a wonderful new marriage to David, when they moved to Chapel Road, which remained their home for life. After David passed, Sylvia would show her incredible resolve and strength to just get on with life. She never complained and never showed signs of letting her age define her. Sylvia made many friends in the village, from neighbours to the local WI, and after working in the Rowhedge Surgery for many years she of course knew many people who will read this piece. The hardest part of losing her now is that she was about to move in with one of her sons in Ipswich and had told everyone how excited and pleased she was – looking forward to the opportunity for occasional weekends away and possibly a holiday abroad. At least she passed knowing she would never be alone; she went peacefully from cancer in St Helena Hospice, Colchester. She leaves her three sons and their wives, grandchildren and great grandchildren. She will be sorely missed but never forgotten. Rest in peace, Mum, from your ever loving family.



Franklin Steggall

Fingringhoe Historical Recorders' Archive

The Recorders are a group of Fingringhoe residents interested in the history of our village. Since our formation in 1981 we have been accumulating material about the people, topography, buildings, activities, industries and events of the village. We have press cuttings, letters, photographs, posters, trophies, books, maps, drawings, pantomime scripts and personal accounts that have been donated by villagers over the years. For earlier history we also have photocopies of old documents now in the Essex Records Office in Chelmsford, such as census records and old newspapers. This Archive is stored in over 70 boxes in Fingringhoe Village Hall.

The culmination of work to make this material more accessible has been the cataloguing of the Archive on computer. Every item has been numbered, briefly described, and scanned or photographed. There are over 6,000 items in all, many of them multi-page documents. New material for the Archive accumulates regularly and so the catalogue and image files will be updated from time to time.

By the time this *News & Views* appears, the Archive should have had its first outing, on June 2, as part of the village Jubilee celebrations, with Malcolm Kimmance stationed in the church with a laptop, searching the catalogue in response to visitors' questions. To consult the catalogue at other times, one of our read-only USB memory sticks, with the complete catalogue and images, may be borrowed for use on your computer. For more information, please contact Ann Bagley cwbagley6@aol.com

Lyn Rodley



AVELEY LODGE RESIDENTIAL CARE HOME

The relationship between exercise and dementia

There is still a great deal that is unknown about dementia but there does appear to be a link between exercise and the ability to delay its onset. According to the Alzheimer's Society, several studies appear to show that taking regular physical exercise may be one of the best things that you can do to reduce your risk of getting dementia.

Exercise in middle age, both physical (such as aerobic exercise which increases your heart rate) and mental (such as games, puzzles, and other types of brain training) are both thought to play a part in delaying the onset of dementia. According to www.webmd.com 'One study involved more than 2,800 adults 65 and older. They went to up to 10 hour-long brain-training sessions for 5 to 6 weeks.'

The sessions focused on memory, reasoning and speed of processing information and participants 'showed improvement in these skills that lasted for at least 5 years.'

While there is no certain way to prevent all types of dementia, but according to the NHS, 'there's good evidence that a healthy lifestyle can help reduce your risk of developing dementia when you're older.....a lack of regular physical activity can increase your risk of heart disease, becoming overweight or obese, and type 2 diabetes, which are all linked to a higher risk of dementia. Older adults who do not exercise are also more likely to have problems with memory or thinking (known as cognitive ability).' It recommends at least 150 minutes of moderate-intensity aerobic activity each week, such as brisk walking, cycling or dancing.

Clearly there is more work to be done in understanding dementia, but it is already known that there is a link between taking regular exercise and delaying the condition.

Suzanne Parmenter



Using the Village Defibrillator is easy!

A defibrillator is a device that gives a high-energy electric shock to the heart of someone who is in cardiac arrest. This is called defibrillation, and it's an essential part in trying to save the life of someone who is in cardiac arrest.

As many of you are aware, we have a defibrillator installed just by the front door of the village hall. If you were called on to use it would you know what to do? I have asked a few people in the village and they didn't even know how to get it out of the box. So this is what you do in the event of such an emergency:

Ring 999 – they will give you the code to open the box. Stay with the patient and send someone else to get the defibrillator if at all possible. Get them to take a mobile phone (and if at night, a torch).

When you press in the code number you do need to *press hard* and turn the handle *down*. This should open the box (if you turn the handle the wrong way it may lock again, so try again). Remove the bag from the box and take it to the casualty.

The emergency services will talk you through what to do and the defibrillator talks to you as well. It really is simple so please don't waste time thinking '*I don't know what to do*'. A defibrillator will only shock someone if no heartbeat is detected and in cases of heart failure seconds are vital.

There is a number in the box to ring to return the defibrillator after you have used it. It is very important that you do this as the pads have to be replaced and the equipment made ready for the next emergency.

The defibrillator is there to save lives, so please do not be worried about using it. Please do not waste time phoning around for someone who may know what to do.

Jill Bellinger

Funding News & Views

Thanks to donations since 2019 we have been able to meet the printing costs of six issues of *News & Views*, including this one, and we have almost enough for the next one, too. After that, the piggy bank will be in need of replenishing, so if you can spare something, however little in this time of alarming increases in the cost of living, your editor would be very grateful.

If you would like to support *News & Views*, please send donations to Malcolm Hawksby The Red House, Church Road CO5 7BN or to the Editor (address on the back cover here). Cheques should be payable to 'Fingringhoe PCC' and clearly identified as contributions to *News & Views*.



We have our very own NHW in Fingringhoe

What is NHW?

It is about community and neighbours. It is not 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



Knit and Natter

This friendly group meets on the last Friday of each month
1.30–3.30pm
in the community room at
Church Green

Tea & coffee available for a £1 donation

Next meeting 27 June

Jill Bellinger 0794 7495 264



Sunday 26 June, 2–5pm
entry £2 per person (under fives free)
Cream tea £4.50 per person
(non-alcoholic refreshments included)

Come and enjoy an afternoon indulging your eyes and tastebuds as Antrim (on Ferry Road, CO5 7BY) hosts its first open garden event.

Ann Chamberlain's legendary scones (along with generous helpings of jam and fresh cream) will be available for those wanting to take the weight off their feet on the lawn. You can also tour Lucy Chamberlain's kitchen garden (recently featured in *Gardeners' World* magazine), along with flower borders and wildlife areas, should you wish to stretch your legs.

Proceeds will be split 50/50 between Colchester and Ipswich Hospitals Charity's Blossom Appeal and Fingringhoe Church. Parking on Ferry Road is limited so please either arrive on foot, or car-share, if at all possible.

No booking required, contact **Lucy on 07837 013900** for further details.



Colchester & Ipswich
**Hospitals
 Charity**

Regular litter picks

The green group have been doing the majority of the litter picks, keeping our village spic and span. We would like to open these up to other residents and keep them at set dates every year. Therefore we have chosen the **last Saturday in March** and the **last Saturday in October** – meet at the village hall at 9am. *Please put the dates in your diary!*

A great big thank you goes out to David, who is also a fantastic litter hero for the village.



The Sharpener

On Saturday 7 May we had a visit from Gabor, who sharpens pretty much anything in his self-sufficient van, giving items a new lease of life. Gabor reports that he was busy and we will see if a regular slot is worthwhile.

Recycling bins at the Church Green Trust

We decided to collect some additional items so we are now collecting:

crisp packets – bread bags – toothpaste tubes
 toothbrushes – electric toothbrush heads (all makes)
 pens – confectionary – cheese packaging

See the bins for further details. We now have permission to access these outside post office opening times, so please deliver your recycling items when passing. Please help us to reduce landfill waste and recycle where we can.

Fingringhoe Free Sunday continues to re-home items no longer required to other villagers. Please just put your unwanted items out on the first Sunday of every month, (perhaps also mention them on the village Facebook page – and see them disappear to a new loving home!)

Lindsey Raven Emrich

FINGRINGHOE FREE FIRST SUNDAYS

Display stuff you want to get rid of **FOR FREE**
 outside your properties
 on the first Sunday of every month

One man's junk is another man's treasure!
 Let's avoid landfill at all costs!



Fingringhoe Wick Nature Reserve

Summer is a fairly quiet time for our birds on the reserve, as they are settling down to raise families, but it is a great time of year to wander round and familiarise yourself with all the different varieties of butterflies, dragonflies and wildflowers we have on site. For the Ranger and his work party however, the fun never stops and they have been busy recently upgrading many of the steps and paths in the reserve to keep the passable and a little easier to use!

This month sees the return of The Wildlife Trust's annual **30 Days Wild Challenge**, when we ask everyone to do one wild thing a day throughout June – from making bird feeders to having your morning cuppa outside. It is a great

Brimstone butterfly-
photo: Ken Hudgell



way to help wildlife and give yourself some mindful natural moments. You can take part as an individual, family, school class, work or care home group: sign up online for packs to give you some inspiration.



Book Group

We have a small book group in the village and could do with a few more members. We meet in the community room at Church Green on the third Monday in the month, at 2pm. The Essex Library supplies the books. We choose the titles ourselves, or sometimes leave it to the Library, this way we get books we would not expect to read. At present we are reading *The Secret Listeners* by Sinclair McKay, which is about intercepting German codes and sending them to Bletchley Park. If you are interested in joining us, please let me know.

Ann Bagley cwbagley6@aol.com



There are many other ways you can get involved and help us across the summer: let us know if you have **seen a toad**; sign up for a **citizen science project**; join us in **mapping wild-flowers** across the county, to collect valuable data which in turn will help to discover the wider impacts of climate change in our local communities.

Our vision of a Wilder Essex cannot happen without grassroots, community-led action. We need people to take part and champion nature. Our **Urban Wildlife Champions** are vital in helping us to achieve nature's recovery by restoring, reconnecting and protecting our green, blue and brownfield spaces in our cities, towns and villages. Do you want to lead change in your community? Whatever your idea we will join you on your journey, supporting you with training and resources, connecting you with other champions, celebrating and promoting your work. For details of all these possibilities, go to our website: essexwt.org.uk and follow the links.

Verity Hale, Site Manager



Emerald damselfly
photo: Ken Hudgell



Essex Explorer is a quarterly publication which celebrates our Essex Country Parks and green spaces, as well as showcasing some of the best of our county's heritage and cultural offerings; it includes features from local businesses and tourist attractions.

Since the COVID-19 pandemic our Country Parks have become even more of a haven, not just for our human residents but for the plant and animal species who rely on our green spaces as their natural habit. Maintaining and improving the ecology of our Essex Country Parks is done through a programme of work in conjunction with bodies such as Natural England, through initiatives such as the Countryside Stewardship Scheme. Seven of the eight ECC-owned or managed Country Parks hold the Green Flag Award for well-managed parks and green spaces. This summer Essex Country Parks will host a series of workshops and activities run by the Essex Cultural Diversity Project, with the aim of encouraging residents from all backgrounds to visit and enjoy the Essex Country Parks. These events will run from May to July as part of our Summer of Culture. You can find out more about all these fantastic cultural and heritage events via the Explore Essex website: www.explore-essex.com/events

We are also supporting the 'Year of Reading' with 'Books in the Parks' events which will see the mobile libraries visiting the Essex Country Parks. We are continuing with tree-planting programmes as part of the Essex Forest Initiative work and supporting Forest Schools and weekly park runs and charity races so there really is something for everyone.

Essex Explorer magazine will be available in 30 of the largest libraries throughout the county as well as the Culture, Heritage and Green Space sites including the Essex Country Parks, Barleylands Farm Park, and County Hall reception from 16 May; the digital edition can be downloaded from the website: www.explore-essex.com/essexexplorer

A Farmworker in Fingringhoe in 1944



Daphne left us in February, so her lucid memories are all the more poignant. Here she recalls her occasional 'leisure' times.

The weekends that I had to milk and feed, Derrick, my then boyfriend (and future husband) used to come and help me so I could get finished early. He would

carry the heavy bales of straw and hay for me but I had to do it myself during the week. After a hot day's work we would sometimes go to the Whalebone for a drink – nothing stronger than a shandy. The landlord was Mr Hasler. The door of the pub opened into a narrow passage with bare forms down each side. You sat knees to knees and the drink was served through a hatch – no bar!

Sometimes we went for a dip after work to 'The Wick'; the beach is still the same and an old barge, 'the Fly' on the shore was used for undressing in. There is still a small bit left of the barge.

I always smile when I look back and think that Derrick used to cycle to Abberton from Fingringhoe each evening to see me (after Dick Barton had finished on the radio) and I used to fall asleep in the armchair in front of the fire nearly the whole evening, while he played cards with my parents. No wonder it took five years before we married.

But he was doing a seven-year apprenticeship as a shipwright at Rowhedge Shipyard and only getting 12/6 per week, and I was earning 9d an hour. We finally married in 1950 when he got 'man's money' – £2.10s per week

Daphne Allen

Essex Summer Opera Festival
7 – 10 July 2022

Mozart: Così fan tutte

Quintin's Barn
Laver Marney Tower C05 9US

Find a spot in the beautiful garden for your picnic, and enjoy a light-hearted, romantic story, set in 1970's Cambridge. Suitable for all ages.

Tickets £10 under-25s, £35, £45, £55, £70

for performance times, details and tickets online:
www.wildarts.org.uk/essex-summer-opera

News from St Andrew's Church



News & Views readers of a certain age will remember the stock phrase 'Normal service will be resumed as soon as possible' that interrupted an evening's viewing in the early 1950s when British television was subject to frequent technical breakdowns. To the relief of everyone at St Andrew's, our three-and-a-half-year break in 'normal service' is now history following February's licensing of Revd Terry Walker as Curate-in-Charge, and then the lifting of Covid pandemic restrictions.

Easter was a joyous affirmation of our survival and recovery. For the first time since 2018, Holy Week and Easter Week could be celebrated properly with services from Palm Sunday through to Easter Day. Since then, a new schedule for regular services has been put into operation. This provides a lay-led service on the first and fourth Sundays of the month and Holy Communion on the second and third, all starting at 9.15am. When there is a fifth Sunday in the month, there is a joint service for the benefice, starting at 10.15am and hosted in turn by Abberton, Fingringhoe and Rowhedge churches.

In the present cycle, Fingringhoe's turn will come around on 30 October. In the past, the joint service was always Holy Communion, but in this new schedule, Revd Terry is offering the parishes the freedom to choose, if they wish, something entirely different – Songs of Praise, for instance. Watch this space, as they say, to see what Fingringhoe might do in October.

Benefice Prayer Group: meetings are held fortnightly at 3pm on a Tuesday with Fingringhoe, Abberton and Rowhedge churches hosting in turn. Future dates will be posted on the Fingringhoe village Facebook page.

Queen's Platinum Jubilee, June 2-6: the church will be open from 10am until 5pm on Thursday, Friday, Saturday & Monday, and from 11am until 5pm on Sunday. Visitors will find the church filled with floral displays created by our team of arrangers to celebrate the life and reign of the Queen.

On the Thursday, the Friends of St Andrew's, in association with the Fingringhoe Village Recorders, will be offering guided tours of the church at 11.45am, 1.30pm and 3.15pm. A member of the Recorders will be available to make searches of their newly-digitised archives on behalf of visitors.

Foodbank donations: as reported in the March issue of *News & Views*, St Andrew's is now a donation point for Colchester area Foodbank. The box in the church porch for the collection of food, toiletries and pet food is being filled regularly to support individuals and families in crisis.

Ukraine Appeal: St Andrew's is also a collection point for toiletries, new or good-condition clothes and shoes to help Ukrainian refugees in Colchester. Donations (bagged, if possible) may be left in the porch, where flyers listing the most-needed items are available to take away. The donations are taken to a volunteer-run hub in Colchester that distributes to families as they arrive in the UK and which also sends out van loads to Ukraine directly.

Colchester Military Wives concert: 7.30pm on Saturday 2 July. Tickets £10, with raffle, drinks and nibbles. (See the notice overleaf.)

Service schedules for each of the Donyland Benefice churches are posted monthly on www.achurchnearyou.com. A schedule for the whole benefice is available on request to malcolm.hawksby@gmail.com

Malcolm Hawksby, Churchwarden





Colchester Military Wives Choir Concert

at St Andrew's Church, Fingringhoe

7.30pm Saturday 2 July 2022
drinks – nibbles – raffle

tickets £10

from:
the Church Green Post Office
10am-1pm Monday & Friday,
1-4pm Wednesday

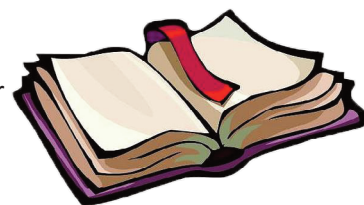
or phone: 01206 729 360

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

Registered Charity 1112665

Essex Book Festival comes to Essex libraries

Throughout the month of June, we will be hosting thirteen author events for the Essex Book Festival at our libraries. We're very excited to welcome a



mixture of new and familiar authors, such as Lindsey Davis, Julia Jones and Samuel Fisher. We are also bringing back our ever-popular **Essex Authors Day**. This is a great opportunity for aspiring and established writers to learn, improve their skills, share knowledge and experiences – and discover something new! Pick up writing tips and inspiration from a wide range of workshops led by experienced authors, editors and publishers; join in with, or listen to, our popular **Writers' Slam** or wander the **Book Fair** for networking opportunities. Entry to the event, Book Fair and Writers' Slam is free. Microphone slots at the Writers' Slam and workshop places must be booked in advance. There's no charge to participate in the Writers' Slam but tickets for the workshops cost £6 per person.

As well as events for adults, this year we have an amazing programme of events for our **Family Fun Day** on **Saturday 18 June**.

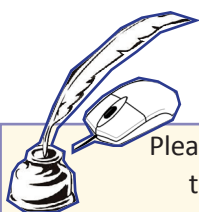
For more information and to book, please visit the website: essexbookfestival.org.uk

Adrian Ure
Customer Marketing Optimisation Officer
Essex County Council

A note from your editor

This June edition of *News & Views* will go for printing just before the Jubilee weekend, and will be circulated shortly afterwards. It was therefore not possible to include a report of the events planned to celebrate this grand occasion. I shall therefore set aside a page of the September issue entirely for Fingringhoe's Platinum Jubilee events, so please send me photographs and short texts to fill it.

Meanwhile, thank you very much to all those who have put in a great deal of work to ensure that Fingringhoe does our monarch proud: I know of Jameson and Debbie, Andy, Diane and Liz, and I am sure there are others who also deserve our thanks.



Please send contributions for the next *News & Views* to Lyn Rodley (editor) **no later than 16 August 2022**
to: lynrodley@btinternet.com or hard copy to Lord Nelson House, Ferry Road, Fingringhoe CO5 7BX