

ST MARY & ST PETER  
NEWSLETTER

**July 2021**



## CHURCH SERVICES

### 4th July

9.30am gathered at St Mary's -  
Family service

10.00am Village parishes Holy  
Communion on 'zoom'

### 11th July

9.30am gathered at St Peter's -  
Eucharist - or Morning Prayer if no  
clergy available

### 18th July

9.30am gathered at St Mary's -  
Eucharist

11.30am Village parishes Holy  
Communion on 'zoom'

4.00pm gathered at St Peter's -  
D.E.E.P. service

### 25th July

9.30am gathered at St Peter's -  
Eucharist



Email Jo Russell, Church  
Administrator, for the Zoom link  
([wb.wb.gb.parishes@gmail.com](mailto:wb.wb.gb.parishes@gmail.com))

A recording of each service will be  
on the website on Sunday  
afternoon:

<https://lb-churches.co.uk/streamed-services/>



**All services are subject to change  
depending on relaxation of Covid  
measures. In addition, there is Morning  
Prayer via Zoom at 9.00 am each  
Tuesday**



Both St Mary's Langham and St  
Peter's Boxted are now open for  
**private prayer.**



**Deadline for submissions for the September edition: 15th August**

**Contact the editor via email: [lwbnewsletter@gmail.com](mailto:lwbnewsletter@gmail.com)**

**W**elcome to the July edition of the Newsletter.

“*Sumer is icumen in. Lhude sing cucu*” as the medieval ballad informs us. The full text of the rhyme is not often included in traditional song-books because of some indelicate imagery relating to the billy-goat. Singing ‘cuckoo’ is all very well, of course, but it has its limitations as a hobby.

Rather than frittering away your days on onomatopoeic research projects, why not take up one of the offers in our pages instead? Children aged six to fourteen might be tempted to join the 2nd Langham Scout Troop for outdoor recreation among a friendly group who will help them develop useful skills while having great fun.

Alternatively, for children and adults alike, Hornestreet Nature Reserve has much in its favour. Local

volunteers are needed to help maintain the site which has a great deal to offer nature-lovers.

The Langham Ladies are planning a Picnic Day on Sunday 15 August, which should be an unmissable opportunity to meet up. New members are welcome but should contact the organizers.

Boxted Bowls Club is also arranging to set the jacks rolling again in September at Boxted Village Hall.

A new project for the area is North Colchester Men’s Shed which has transformed a derelict barn into a valuable renovation project—providing stimulating recreation for the team and an opportunity for craft and building skills to be put to a good purpose.

All these projects (and others) can be found within these pages.

Any one of them beats annoying your neighbours with impromptu bird-call impressions—give them a try!

*Steve Pollington, Editor*

## ANN BARNARD

**W**e are proud to offer a very special ‘thank-you’ to Ann Barnard who has recently stepped down from the Boxted Distribution role after many years’ service.

Ann and her team have kept the newsletter dropping through our letterboxes come rain or shine, often in very challenging circumstances.

We all wish Ann a happy retirement from the role and would like her to know that all her hard work has been appreciated.

**P**salm 23 is an age-old Psalm, one that many people are familiar with, and is believed to be written by David, the Hebrew king who lived around 970 BC.

Before becoming a king, David was a shepherd boy, and he used his experiences to write about how to journey well through troubling times. Similar to how a lost sheep runs back towards the flock it comes from, when sensing danger or experiencing any sort of insecurity, human beings also need somewhere or someone to turn to when feeling lost and alone.

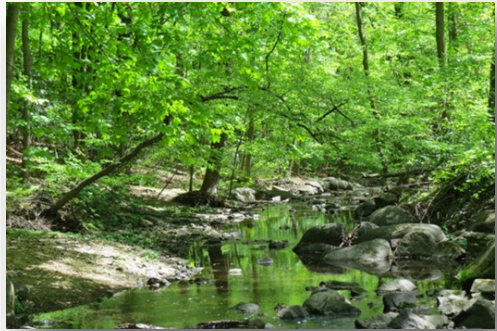
The pandemic has caused many people to look for a fresh perspective on life and faith, as the bedrock and security of our lives has been shaken as never before. I wonder what each of us has learned during lockdown about ourselves, about life, and about God?

During a very difficult time in his life, David wrote, *“The Lord is my shepherd. I lack nothing.”* He placed his trust and hope in God (the shepherd), and he goes on to say, *“He leads me beside still waters, he restores my soul.”* A shepherd knows what his flock needs and he takes them to a place to rest and drink.

God never leaves us. He is always looking out for us, and when we are faced with a tragedy such as the pandemic, which may have caused the

loss of a loved one or other sorts of difficulties and discomfort, we can talk to God in prayer. God is always there to listen to us, and to see us through moments of stress and turmoil in our lives.

The comfort and serenity that can be found in our hearts and minds from prayer is what David emphasizes, to soothe our troubled souls and promote trust in God.



There are people connected to our village churches who would be happy to pray for you in confidence: please contact Jo our Administrator on

[lwb.ub.gh.parishes@gmail.com](mailto:lwb.ub.gh.parishes@gmail.com), or our curate Revd Anne Mason on [revdannemason@gmail.com](mailto:revdannemason@gmail.com). Also, many of our village churches are open for private prayer if you would like to find some peace and quiet: please look on the websites for information.

*Revd Anne Mason,  
Assistant Curate for Langham with Boxted,  
West Bergholt and Great Horkesley,  
Colchester St Luke.*

# Hornestreet Nature Reserve

## A Hidden Gem in Langham

The name *Hornestreet* has been associated with part of Langham for many years. Indeed, on an early map of 1840, part of Greyhound Hill, (past Black Brook) was called *Horne Street*. Later Ordnance Survey maps highlighted *Hornestreet* as an area of ground just off Greyhound Hill.

The field which is now **Hornestreet Nature Reserve** was in the early 1900's part of Langham Hall Estate. In 1935, two fields were purchased by Guy Spencer to create a farm based at Oak Apple Farm, Greyhound Hill. This

became a fruit farm with fruit trees planted up to School Road and on the land which is now Hornestreet Nature Reserve. Local historian Simon Gallup records that the field now occupied by the Nature Reserve was a Morello cherry orchard at one time during the years 1940-1970, and also housed a piggery and cold store. The existing public footpath from Greyhound Hill was in those days (and still is) the main access to the field in which Hornestreet Nature Reserve is sited. There is another footpath from

School Road opposite the Community Centre.

In 1975, Oak Apple Farm was sold and the orchards purchased by another large fruit grower in Langham. It became part of the Williamson Fruit Farms estate, one of the largest fruit farms in the UK.



During the 1980's the main field up to School Road was cleared of the orchards (farmers were paid to remove fruit trees) and was sown with arable crops. The field which is now the Nature Reserve, did not really have much activity as the farm buildings were in a poor state, and what was remaining of the land area was not very productive.

During the nineties, fruit farming was a changing industry and much of the fruit area in the UK was being converted to other crops. In 1999, this 1.5 acre block

of land was offered for sale as it was more or less separate from the larger 10 acre field.

**I**n 1999, when the land went on the market, a few Langham residents were interested in protecting it from developers. At the same time, two Langham residents, Ian Sutherland and the late Gordon Turner were also looking for a piece of land to site the village pond after the original pond dried up. The timing of their desire to find a home for a village pond and other residents wishing to protect the Oak Apple Farm piece of land coincided, and ten village families joined forces to secure the future of this part of Langham.

During the last 21 years a group of Langham residents have transformed this

field into **Hornestreet Nature Reserve**. With the support of the Dedham Vale AONB team, a pond was created and many trees planted to create the Reserve as you see it today. Many residents donated funds to purchase trees in memory of loved ones. It has truly been a village success story!

Today the Reserve is managed by a small group of residents, but we are always looking out for like-minded volunteers to help keep this gem looking good for the benefit of the community.

If any village resident would like to know more about helping, please contact John Helliwell (e-mail [jm370@btinternet.com](mailto:jm370@btinternet.com)) or Laura Benns ([ljmarquetteuk@yahoo.com](mailto:ljmarquetteuk@yahoo.com)).

*John Helliwell*

Pictures by Andrew Stacey.



## Boxted Parish Council Report – June 2021

Our first face to face meeting at the Village Hall since last March. At this month's meeting we met our current Colchester Ward Councillor, Nigel Chapman and also our newly elected Essex County Division Councillor Lewis Barber.

We plan to work with Cllrs Chapman and Barber and our neighbouring parishes on a joint plan to look at traffic and highways issues across this rural area. We hope that by working together we can have a stronger voice when trying to persuade Essex Highways and Colchester Borough of the need for improvements especially when it comes to safer routes for pedestrians and cyclists.

We hope to hear that the village green is transferred to parish council ownership and we have been looking at the original landscaping plan and hoping to put in place a maintenance contract that keeps the green in keeping with the original plan. The main grass area will be reseeded in the autumn with wildflowers (they didn't get established last year) and we hope to have a meadow-styled green next year with paths cut through the wildflower lawn. The edges will be kept shorter.

We have several people interested in biodiversity and Cllr Jon Hunt will be getting in touch shortly to organise an exchange of ideas and plans. **If you would like to join the group you can register at <https://boxtedparishcouncil.org.uk/boxted-biodiversity-sustainability-working-group/> or drop an email to us** (address at end of this report).

For Councils this time of the year is very much focused on audit. Our internal audit is complete, our accounts for last year are published on our website, as is our budget for this year. We now enter the external audit process.

The residents' **Save Our Bridge** campaign is still active. Essex Highways still seem determined to replace Boxted Bridge, by Boxted Mill, despite their own commissioned surveys and reports saying it should be repaired given its heritage.

**W**e continue to campaign for change to the current admissions policy for the new Trinity School so that Boxted children can feed automatically to it. The current position is that Boxted children would more likely go to St Helena, driving

past Trinity School, and Lexden-based children would drive past St Helena to get to Trinity School which is nonsensical.

The Village Hall is open again for bookings. We have seen the 44<sup>th</sup> **Colchester Scout Group** using the Hall and field as a temporary home. They will now be returning to their normal base but being in Boxted has been very successful. The group would like to try and launch a Beaver group or even Cub group in the village. For that they need children and volunteers. If you are interested, please contact **Darrin Keeble** on

**07801 966 939** or

*dkeeble.44Colchester@btinternet.com*

The Hub café is open again, the cricket teams are back in full swing, the outdoor gym equipment is installed, and our new bins are in place. You can now put your plastic bottles and cans in the recycling bin which will go to Green Recycling for processing.

Don't forget if you want to get in touch with the Council, please drop an email to *boxtedparishcouncil@gmail.com* and follow the facebook page titled Boxted Parish Council.

## 2<sup>nd</sup> Langham Scout Group

**A**t long last, Beavers, Cubs and Scouts are back face to face. We had a number of Zoom meetings, although the novelty quickly wore off.

For the past 62 years the Group has existed we have not had so long a break.

We started back at the end of April and every section have enjoyed being together again. The Beavers have taken part in a litter pick around the Community Centre, hope you saw the picture in Langham Locals. The

Cubs and Scouts have been in Hobday woods, hiking, cooking their food especially marshmallows. All our activities until the end of term will be outside as long as it does not rain.

We have places in all sections from age 6-14, and we take members from Langham, Boxted and surrounding areas. If your child (boy or girl) is interested in joining please contact

The Group Scout Leader, Denise Hobday on

*GSL.2ndLanghamScouts@gmail.com*





## The best thing you'll do this week (and that's a promise.)

Tired of dull weekdays? Want to try something new, learn new skills and meet a whole new group of friends?

2nd Langham Scouts have been providing Scouting in the local area on a Wednesday evening for over 60 years and we have recently restarted our meetings face-to-face.

We currently have space In Beavers, Cubs and Scouts and would also welcome any adults who would love to get involved!

For more information, or to book a space, please either email [enquiries@2ndlanghamscouts.org](mailto:enquiries@2ndlanghamscouts.org) or contact us via our website.

[www.2ndlanghamscouts.org](http://www.2ndlanghamscouts.org)

**Scouts**   
2nd Langham

## BOXTED BOWLS CLUB

After a long period of absence, Boxted Bowls welcomes back members and new members to resume playing bowls at Boxted Village Hall

**Friday 3rd September 2pm - 4 30pm**

All information please Email.

*christinalawrence@hotmail.co.uk*

Government ruling permitting, I look forward to meeting you all again and warmly welcoming new members.

Christina Lawrence

Secretary



## Boxted Bridge

An update has been posted on the Boxted Bridge webpage to advertise coring investigations planned for **5th - 9th July at Boxted Bridge on Wick Road**. These activities will establish the extent of the existing foundations at the abutments and support any future plans for the bridge. The advertised dates may change if the works are affected by poor weather or if unexpected issues arise.

During this period it will be necessary to temporarily close Wick Road at Boxted Bridge until the works are complete due to the restricted working area. **No vehicles will be permitted to pass over the structure until the road is reopened.** Signed diversions will be in place during the closure and nearby residential properties will remain accessible from either side of the structure. Access for pedestrians and dismounted cyclists will be possible over the structure during these activities.

## Langham Ladies

The **Langham Ladies** are reopening the season with a **Picnic Day on Sunday 15 August**, commencing at 12 noon.

Existing members only are invited to bring their own picnic to eat in the beautiful gardens at Langham Lodge. Members may bring one additional guest. (In case of inclement weather, alternative arrangements are available).

Numbers will be limited; please make reservations with Ginny on 01206 323419 or email her on

*virginia.mary.moss@icloud.com*

The next meeting in the Community Centre will be a talk on **Coco Chanel** by Paula Short on Thursday 9 September at the revised time of 7.30 pm. At this event, any ladies wishing to join the group are very welcome.

All events will be held in strict observance of Government regulations in force at the time.

Details of the renewal of membership for 2021/22 will be sent out in due course.

## NORTH COLCHESTER MEN'S SHED

As any man who beavers away on a project in a shed at the end of their garden will tell you, the process can be extremely rewarding emotionally, but can also be a lonely one.

It's worse for those who have retired from regular work or have lost their life partner and as a result find themselves at a loose end.

That's where **men's sheds** come in. They offer a space for guys to meet up for a chinwag and a coffee – but most of all to enjoy making stuff. The idea started in Australia and now the **Men's Sheds Network** is spreading its tentacles worldwide. Think Women's Institute – but without the women and the regular speakers.

Langham now has its own such facility: the **North Colchester Men's Shed** is one of the more recent additions to a list of more than 600 in the UK.

The shed itself is far from being a wooden hut. The North Colchester version is actually a brick-built barn which has been carefully transformed by the founder members over the past 18 months.

Years of decaying cow dung were swept away; floors were levelled and walls painted; doors now secure the premises and the rusted old fuse box has been replaced by one that passes the latest regulations.



The shed is now equipped with a range of work benches together with a seating area where members can relax in comfort during the all-important tea breaks.

“Sheds are about meeting like-minded people and having someone to share your worries and smiles with. They are about having fun, sharing skills and knowledge with like-minded people and gaining a renewed sense of purpose and belonging,” said Roger Newnham, chairman of the North Colchester shed.

*If you are interested in joining the North Colchester Men's Shed contact Roger Newnham on 07988 736571.*





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## Langham Parish Council Update – June 2021

A big thank you to all who have taken the time to fill in our recent Village Amenities Survey. We now have lots of data to pull together and analyse over the coming weeks. 35 questions x 160 individual respondents makes for well over 5,000 views to be captured and assimilated. So it may be a few weeks before we can start sharing initial results and planning the next steps. But in the meantime, thank you for taking the time to share your thoughts and ideas on how we might

improve our village for the benefit of all.

Our next public meeting dates are listed below. All are welcome.

### Planning Committee Meeting:

Thurs 8<sup>th</sup> July, 6.00pm,

Langham Community Centre

### Parish Council Meeting:

Thurs 8<sup>th</sup> July, 7.30pm,

Langham Community Centre



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### ***Enhanced recovery after joint replacement starts before the operation.***

The pandemic has resulted in a service backlog in the NHS, especially in orthopaedics where people are waiting much longer for joint replacement operations. We know that just sitting around with arthritic joints (especially knees) results in de-conditioning and weakness, loss of confidence, decreased mobility and more pain. A pre-operative programme that focuses on keeping you fit, mobile and strong can help prevent those problems getting worse. The Chartered Society of Physiotherapy has also recently endorsed the need for waiting list support programmes.

At Physio 3.0, we are launching our new E.R.P (Enhanced Recovery Programme) to boost recovery after hip and knee joint replacement surgery. We are working collaboratively with senior clinicians in our network to develop and deliver this service.

#### **So, what does our E.R.P involve?**

The programme is designed specifically for each individual but will be a combination of mobility, strengthening, general fitness and balance training. There is also a strong education component which will help you understand your procedure and give you confidence for your recovery. You will have 3 sessions with us starting around 12 weeks (or less if appropriate) before your planned surgery date. We will begin with an initial assessment in week 1, a review session in week 6 and then an exit review session in week 12. We will monitor your progress through the programme by taking initial measurements and then re-measuring these as we work through the programme with you.

#### **And the benefits?**

There is evidence that a pre-operative programme can help you:

- Halt further de-conditioning while you wait for your operation
- Better manage your pain before and after the operation
- Get you home quicker
- Feel more confident in getting back to your daily activities
- Move more before and after the operation

As with most things in life, you will get out what you put into the programme. Your commitment is a vital ingredient for success.

If you're waiting for a joint replacement operation, or are concerned about someone who is, please give us a call on 01206 638 482 or visit our website [www.physio3.co.uk](http://www.physio3.co.uk) and click on the 'Service Bundles and Fees' page for more information. We may be able to help.

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## 100 Club Draw

The 100 club May draw was made  
on the Random Number generator  
again and the lucky winners are:

1. Helen Hewes (96)
2. John Faulkner (92)
3. Ernie Schofield (39)
4. Carolyn & Jim Blacklock (58)

**Some numbers available.**

Contact Sue Armstrong

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## Langham Community Shop

### Needs new volunteers to help to keep our valuable Shop open

We have a great, but small, team of volunteers who have continued to work throughout the lockdowns over the past year, but more people are now urgently required to help fill the shifts.

Full training will be given and there are always 2 volunteers working together.

There is the option of working a regular shift or to fill gaps in the rota when they occur and when suits you.

A small commitment from you could make a big difference to the continuation of our Shop.

For more information, please contact our Volunteer Co-ordinator

**Cath Hine**

**07825 952560**

**Please give us your support**



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*Langham and its Parish Council  
need **YOU!***

The Parish Council needs new members to enable it to continue efficiently.

This Council represents the Village and looks after its interests.

If new members are not elected or co-opted to bring the Council up to its full capacity, there is a possibility that the Council could be disbanded. This would result in the interests of the village being passed over to others, with no representation from the village residents. This could be the end of Langham as we know it, an independent rural village, not just another village that is swallowed up by Colchester.

We need enthusiastic residents of Langham to step forward and join the Council before it is too late.

If you want to find out more please contact the Parish Clerk on

[clerk@langhamparishcouncil.co.uk](mailto:clerk@langhamparishcouncil.co.uk)

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Enquiries may be phoned to 01255 201763 or emailed to

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Langham with Boxted, West Bergholt and Great  
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Email: lwb.wb.gh.parishes@gmail.com

**Churchwardens**

**St Mary's Langham**

Stephen Garner 272599

Sgarner.22@btinternet.com

Denise Hobday 230918

hobdaylangham@hotmail.com

**St Peter's Boxted**

Dominic Shiel 273324

**Zone Youth Group**

Dominic & Linda Shiel 273324

**The Edge Youth Group**

Dominic & Linda Shiel 273324

oOo

**St Mary & St Peter Newsletter**

**Editor** Stephen Pollington 683670

Email: lwbnewsletter@gmail.com

**Advertising** Paul Armstrong 616604

Email: boxlangads@gmail.com

**Distribution**

Elaine Mott (Boxted) 273183

Linda Tralau (Boxted) 272710

Andrew Stacey (Langham) 272806

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**Contact**

**Debbie Eley**

Telephone:- 01206 870266

Email:- [boxted@community-centre.org.uk](mailto:boxted@community-centre.org.uk)

Home to a number of local clubs and regular activities, it is also available for hire for parties and functions, with a capacity of 120 seated in rows or 100 seated at tables.

*If you have any new clubs or events planned in the future, please consider using the village hall as your venue.*

**Deadline for submissions for the  
September edition:**

**15th August**

**Contact the editor via email:**

**[lwbnewsletter@gmail.com](mailto:lwbnewsletter@gmail.com)**

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**Please telephone the number(s) shown for the DAY ON WHICH YOU MAKE YOUR CALL (not the day of your appointment). If there is no reply, please do not leave a message but RING ANY OTHER NUMBER.**

Revised 13/04/2021. Organizer Arabella Brentnall, 01206 272013