

Birdbrook News

Issue No. 75 May 2016



IT'S "ALL CHANGE" ON THE BUSES

After the latest consultations by Essex in respect of Passenger Transport it would seem that virtually all of the current serv-



ices provided under contract with ECC will stop and be replaced by DRT Services. That's Demand Responsive Transport Services to you and me. It looks likely therefore that the Friday 89B service will stop and we will become DRT3. As we understand it if you wish to use a bus you will need to call a number to arrange transport across our area. Groups can travel but only one person may well get a taxi turn up as opposed to a bus. Sounds like a pain but it seems the service will be available Monday to Saturday between fixed hours (8.00am to 6.00pm?) and not just restricted to Friday mornings. The age concessionary pass will also be accepted. A meeting is being held on May 12th and we hope to have a parish councillor to attend and report back and have ordered leaflets giving details which will be distributed as soon as they arrive. We will keep you fully informed as soon as we know more.

TRW.

ELECTIONS 2016 - are you going to vote?



This issue may reach you too late to remind you about the Police Commissioners election due on 5th May. However as we have no details yet of who, what or if anyone is standing we can't say much else. Unlike some other areas we do not have any other elections on that date.

The important one is on June 23rd the E.U. in/out referendum. It is important we all vote on this day, whatever our views, as it will steer the way the UK goes for a considerable time. Put the date in your diary now.

When responding to an advert you have seen in Birdbrook News please mention where you saw it. Thank you.



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NEWS FROM ST. AUGUSTINE'S CHURCH

Our Easter Sunday service was a joyous occasion. After the sombre events of Good Friday, we proclaim Christ's glorious resurrection on Easter Day. By sacrificing his life for us, Jesus gives us everlasting life. It was nice to see so many of our friends from other churches in the benefice and even some strangers, all were welcomed to this happy event and partook of tea, coffee, biscuits and socialising. It was wonderful to see children in our church who gleefully joined in or Easter egg hunt and swarmed all over the church and did not go away empty handed. Thanks to everybody who made this memorable day.

In an attempt to get more local people to use your church, we have instigated coffee mornings every first Tuesday in the month at 10.30am-12pm. These have been most successful. There is a raffle and a book stall and plenty to eat, a lot of it home made. Above all there is plenty of chat. Now that our

new boiler is working well we will have a warm church to sit in and it is a jolly occasion to see people from the village and beyond, chatting to each other, passing on news and, dare I say, local gossip! Do please come along for a nice social gathering.

The times of our services are set out elsewhere in the 'News' but please come along if you are able. We are a friendly bunch of Christians, the church is warm, there is a toilet! You would be most welcome.

Patrick Crouch
Churchwarden

Jesus is Astonishing

"The people were amazed..." (Mark 1:22)

Jesus is shocking! One of the most misleading caricatures of him is the "gentle Jesus, meek and mild" persona that portrays him as an insipid chap, who would faint at the thought of rocking any religious boats. Nothing could be further from the truth.

He launches into ministry with the effectiveness of a stun grenade. Demons shriek in protest and scurry off back to hell. People living under the heel of Roman oppression suddenly meet someone who is in charge of everything. Doberman-like demons are told to shut their mouths. Pain is sent packing and chronically ill patients leap out of bed and cook lunch. His teaching carries its own incredible authority. Rabbis quoted others extensively to make their words weightier; Jesus speaks as one sent directly from heaven.


Even popularity couldn't pin him down. Free from the demands of the crowds, he did what few popular leaders would ever do – walking away from their mingled adulation and demands and playing before the audience of one in solitary prayer.

Little wonder that the people were so shocked; the word "astonished" means to be struck repeatedly by blows. Jesus came like a repeated slap on the back of the head.

Jesus is no tamed, conventionally nice person who props up the status quo. He is wonderfully alarming and bids us leave our ruts. Being a Christian does have its boring bits; when prayer seems ignored, when faith feels like a leap over the Grand Canyon, when Christians fall out, or when we're sneered at for believing. But never let it be said that Jesus is boring. Now that is impossible.

Father God, give me the gift of astonishment again at you and your lavish grace, Jesus. Amen.

Blessings,
Jonathan.



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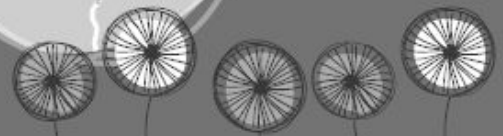
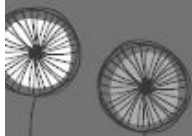
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Steeple Bumpstead Surgery

April 2016

The Surgery has continued with the regular Locum Doctors attending each week. Dr C Bergh, Dr K Zada and Dr J Akhtar have now been regular faces for a year. Dr P Abe continues as cover. Dr Zada is currently on a lengthy leave period and a handful of days will be covered by a new Locum. Dr Zada is back mid-April.

Mel Cunningham continues to lead the nursing team. Chrissie Farrant, Practice Nurse, is concentrating on respiratory and diabetes management. The Health Care Assistant Lynnette Garstang continues at the Practice. Practice Nurse Christina Wilson has settled in well and now covers all absences for the Nursing staff.

There have been no working days where a Doctor or Nurse has not been present all day since Mid-June 2015.

Clinical

- The Surgery remains part of the Prime Ministers Challenge project. This means appointments can be made for Saturday morning at Saffron Walden or Dunmow for GP and Nursing services. These appointments can only be made by phoning or being present at Steeple Bumpstead Surgery.

- Dementia Accreditation – The Surgery has made good progress on the programme to gain this award with the Alzheimer's Society. Initiatives such as amending the clinical IT system to alert of specific needs when appointments are being made and improved services for carers are examples of work completed. The Patient Participation Group are supporting this work and have also had the Alzheimer's Society attend their last meeting. The Practice Manager was asked to present the work that the Surgery was undertaking at a recent East of England conference.

- GP Shutdown days for West Essex are 20th April, 9th June and 13th July. This is on the Surgery Website and means the Surgery will be closed from 11.30am on these days. This happens nationally.

Dispensary

Noreen Metson and Jo Shurety continue to work tirelessly at the Surgery. Although only a quarter into 2016, they are on course to dispense and issue more than 40,000 items this year.

Support Staff

Rachel Mack our new Receptionist/Administrator has left and returned to her previous Surgery. This was a surprise. Lead Receptionist Emily Delicate has commenced looking for a replacement. Emily and Lesley Fergus, Receptionist, have increased their hours and we welcome Locum James Lofton who has excellent Reception experience and will assist the Surgery to fulfil opening times until we appoint a new Reception Administrator.

Your Help Please

The number of people who make appointments and then fail to attend is on the increase. This is frustrating for all of us. The Clinical Staff schedule their day around appointments, Reception are constantly juggling appointments trying to fit as many patients in as possible and people who have been told to call back or try another day are let down. This is because we would have been able to fit them in, If we had known an appointment booked was not being taken or cancelled. Many times where patients have tried to gain an appointment, we would have been able to fit them in.

Please endeavour to make the appointment you have booked. If your circumstances change and you cannot make an appointment you have booked, then please phone the Surgery and cancel it. 01440 730235. Thank you.

Andy Cutting

Practice Manager, Steeple Bumpstead Surgery

Steeple Bumpstead Surgery Patient Participation Group (PPG)

We continue to work with the surgery to improve services for everyone. We welcome your individual feedback, suggestions, comments or questions about the surgery and its services so these can feed into our discussions. Please contact our Chair, Liz Heyer. Liz Heyer - tel: 01440 730579 or email elizabeth.heyer@yahoo.co.uk

Gladman's proposed development

We have had discussion with the Surgery about the potential impact of the Gladman's proposed development on GP services. To date Gladman's has made no contact with either Provide or the Surgery itself. An additional 300 residents would represent a 12% increase on the current practice population. Villagers are already concerned about the difficulty in getting an urgent GP appointment and more patients will clearly increase the problem. There would need to be additional staff hours and there is also an issue about space as this is already at a premium.

The PPG will continue to liaise with both the Surgery and the Hands Off Steeple Bumpstead Group to ensure that the needs of the surgery are taken into account in the planning process.

Dispensary

The revised dispensary opening hours seem to be working well with no major problems. However, one of the ongoing issues for Noreen and Jo in the dispensary is that some patients on repeat prescriptions consistently fail to give the required 48 hours notice. In

one 3 week period this amounted to 53 patients. This meant that there were 53 times when staff had to abandon what they were doing to prioritise these patients above others that had given enough notice. If you need help remembering when to reorder your medicines please talk to Noreen or Jo and they will assist in whatever way they can. You may also be able to move onto the Managed Repeat Prescription Service. Also remember that if you have difficulty picking up your prescriptions from the surgery you can get a friend or relative to do this for you by agreement with staff.

Improving communications with patients

The PPG are launching a communications initiative with the aim of improving the speed of circulation of information about the Surgery and ensuring that as many patients as possible are kept up to date with what is going on. The intention is to create an email mailing list of registered patients of the Surgery. The PPG would have a nominated person to keep the list up to date and to send out relevant information. This could include staffing updates, emergency changes to opening hours and services available, reminders about GP shutdown days etc.

The list of participant's addresses would only be used for sending and receiving Mail related to the Surgery Services and no other use. It would not be shared with any other person or organisation apart from the nominated person and their cover for absence.

Patients can sign up to this new service via a form which is available from the Surgery Reception. Alternatively, email Liz Heyer and the form can be sent to you electronically. After completion put the form in the secure box at reception. New patients registering with the practice will be handed the form accordingly and patients leaving will prompt the Surgery to notify the nominated PPG member to remove that contact from the list. You can decide to unsubscribe at any time.

Please sign up to this new service – and let us know about any other ways we can keep you up to date with Surgery news.

Together we can improve services for everyone

I have not prepared any Chairman's notes for this issue for the following reasons.

Nothing much has happened on the outstanding items being dealt with since February Newsletter. The Annual Parish Assembly is to be on 11th May and The Chairman's Report will be announced at that time and distributed shortly afterwards along with an update of The Parish Plan. Anything here therefore would really be only a duplication or even more of these documents.

Please look out therefore for the aforementioned documents dropping through your letter box.

TRW

BIRDBROOK PARISH COUNCIL

The latest meeting of the Parish Council took place on Thursday 3 March at the Community House, Birdbrook. We were pleased to welcome 1 member of the public.

The Parish Council are pleased to say that we have another new Parish Councillor. Mr Martyn Gilbert has been co-opted onto the Parish Council. We hope that he enjoys his time with us.

Defibrillator – You may have seen from previous notes that the Parish Council are attempting to provide 2 defibrillators for the village, one in Birdbrook and one in Baythorne End. It is proposed that it will be located in the telephone boxes. We are now looking into sources of funding and will keep you advised of developments.

Parks – The annual safety inspection of the play equipment has been carried out and some minor work was required which has now been done.

Parish Plan Review – Thank you to Peter Smart and Richard Walker who have carried out a review of the Parish Plan. It will be available shortly.

Highways – Potholes are a continuing problem on the roads. Please remember that anyone can report a problem in to Essex County Council on www.essex.gov.uk/reportahighwayproblem then just follow the instructions.

The next meeting will be the Annual General Meeting and Parish Assembly to take place on Wednesday 11 May 2016 at 7.30pm in the Community House, Birdbrook.

There being no further business to discuss the meeting closed at approximately 9.30pm

Full minutes and agenda are available on the village website www.birdbrook.org.uk

Debbie Hilliard

Parish Clerk

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Birdbrook Ladies Group

February

Amanda Sutherland, a former costumier, came talk to the group this month. She gave us a fascinating potted history of her background, her training and jobs right up to what she concentrates on now. She has trained at the London College Fashion, worked at the Royal Opera House and Angels in the West End where she dressed a number of stars. She had also been a buyer and involved in bridal design and wear.

Currently she has a studio in Haverhill where she designs fascinators, some using up cycling techniques. She also makes hat trims and neck warmers using ties. Amanda brought along some of her stock to display and for us to try on.

There were beautiful beaded tiaras and some very innovative jewellery using coke cans. She also incorporated the use of plastic milk bottles in some of her wares as well as balloons and tights. There is an eco feel to some of her work.

My particular favourite were the fancy pants fascinators made using rather delicate lingerie items. Amanda holds workshops and this is very popular with hen parties!!!

Although some rather unusual materials are used in her creations the final products are stunning. She was an excellent speaker and her enthusiasm for her work shone through. We enjoyed it so much we have asked her back again!

Several members purchased some of the items on display and the evening was rounded off with the usual raffle.

March

This month we enjoyed a very entertaining and amusing talk by our guest speaker Francis Luck. She is now retired but had spent many years as a Registrar. A serious and important job most of the time but also one which could, at times, be very amusing and even entertaining. She certainly met a very varied cross section of the the general public and at times we all wondered how she had managed to keep her composure or a straight face. All in all a most enjoyable evening.



April

Unfortunately this months speaker was unable to attend. However we were lucky enough to welcome Mr Barry Williams accompanied by his wife and daughter, the latest newcomers to our village. He gave a most interesting talk on his passion for bird ringing. This is an important way of allowing scientists and others to follow migration routes and the fluctuations of species numbers.

His early inspiration was fuelled by watching programmes by the or ornithologist Peter Scott and by David Attenborough.

Barry has spent many years travelling the world fulfilling his dream.

After a fascinating talk relating some of his exploits he finished by showing us slides of many of the amazing birds he had ringed.

Steeple Bumpstead



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Timing of issues and deadline dates are in pull-out section.

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