



AUTUMN/WINTER EDITION 2015

RUNWELL ROUNDAABOUT is sponsored by Runwell Parish Council: Keeping you informed about issues affecting Runwell Residents. Every effort is made to ensure the information in this newsletter is correct. The Parish Council cannot accept any liability for errors or omissions. Views and opinions expressed in this edition are not necessarily those of the Runwell Parish Council.

ANOTHER YEAR almost over, where does the time go? So welcome to the last Roundabout for 2015. Hope you will find something of interest or perhaps make you smile in this edition.

RUNWELL PARK - The Park continues to be well used, especially over the weekends with Essex Royals and others using the football pitches, also throughout the week many dog walkers enjoy its safe open spaces and youngsters play on the swings. The Park has been provided with new benches, one kindly donated by Runwell Junior School, where users can sit and enjoy the surrounding countryside. The play area recently had its annual Health and Safety inspection and apart from a couple of minor fixes, passed. Those areas that need addressing are being worked upon by Larry our caretaker in residence. The spring see-saw has been removed and consideration is being given to placing a small trampoline in its place. July saw the park visited by Canadian Geese for a week, whilst a welcoming site they apparently enjoyed their stay, we do wish they would clean up after themselves. A fairly large sum of money has been spent on replacing the path to the pavilion and play area making access better for all.



The Essex and Herts Air Ambulance service have placed a clothing bin by the entrance to the park, please support this worthwhile cause by donating any old clothes you no longer need, a very good cause and very conveniently placed (see photo above)

The nature area (1.8 acres) in the South West corner of the park is still being cultivated and is a work in progress, ideas for this area will be welcomed. September saw the Park's facilities being used by the participants of the Wickford Carnival which was the start of a successful day. The Parish Council hope you will continue to enjoy your park, if you have any suggestions as to how this facility can become even more beneficial to us all please contact the Council.....*Tim Waterhouse, Chair Parks Committee* .

RUNWELL HOSPITAL DEVELOPMENT - As you most probably know this is now called **St. Luke's Park**. First phase of this housing development has begun, The A132 has been re-routed and opened on schedule and the access road to the new development off the new roundabout is virtually ready when needed. Any problems should now be directed straight to the site manager. As you are also probably aware there have been road works and delays in the Runwell Road (A132) which hopefully should not last for much longer, fingers crossed.

ALLOTMENT UPDATE - It has been another good harvest, and I still have cabbages leeks spring onions and spinach growing. The melons this year were a great success. Lots of digging and weeding this week, getting the ground ready for winter. At the end of this week, I will plant the garlic and onions to over winter. Enquiries for plot availability: Linda 01268 732033.

BOXING DAY WALK

Yes it's that time of year again, well almost. 2015 will be the 41st Boxing Day Walk.

I along with 11 others went on the 1st Boxing Day Walk in 1975. We met in the Quart Pot car park at 10.30am and set off along footpath No.7 to Poplars Farm. We then went across to the Running Well on footpath No.5 where I gave a short talk on the history of the Parish, we retraced our steps back to footpath No.7 continuing to Warren Road. On the left Giffords Farm House and on the right a pond, here we turned right and walked down to footpath No.10 again on the right this path follows the Runwell Hospital fence and then on to Runwell Road where we turned right and back to the Quart Pot. Altogether we took about 2hours.

If you want to join us this year then come along on 26th December to the Runwell Park car park, off Church End Lane at 10.15am for a 10.30 start. The walk takes about 2 hours from start to finish. At the start of the walk a book is passed round for all to sign just to prove how many have used the Public Footpaths on this one day each year. There will also be a collection for the Brain Tumour Charity - The Sarah Kitchener Perrow Fund. Last year £116.60 was collected on the day, so many thanks to all who helped raise this amount. Hope to see you on Boxing Day, to walk off the Christmas pudding.

Have a healthy and happy Christmas! (P.S. Wellington Boots if wet) *David De'ath.*

RUNWELL VILLAGE HALL - During the 6 week closure of the Runwell Village Hall vital repair work was carried out. The floor looks particularly smart now, and hopefully in 2016 we might have new curtains. The Parish Council would like to thank the volunteers who gave up their time to help with the taking down of the curtains, then brushing and vacuuming to remove the layers of dust, then putting them back again. To Hire: Contact Clerk to the Council Mrs Jo Pharez 01268 735152 email jo@runwellpc.wanadoo.co.uk

**GET IN SHAPE
WITH KATE**



Burn fat, get fit & have fun....

Our fun, friendly, easy to follow diet and fitness class will help you to get fitter, increase your energy levels, lose weight and tone up at your pace. Suitable for ages 18-80+ - come along and join the fun!

Monday 10am - 11.30am diet & exercise (exercise only welcome 10.30-11.30am)

Class includes optional weigh in and health/fitness related talk.

Runwell Village Hall, Church End Lane, Wickford, SS11 7JE Class fee just £6 per week. For more information or to book your space contact Kate West fully qualified & insured instructor 10+ years' experience

Tel: 01277 651185 Mob: 07932 691419 E-mail: katehwest@gmail.com Facebook at Get in Shape with Kate.

INTERLUDE TIME.....

I am currently trying to make friends OUTSIDE of twitter and face book - while still applying the same social media principles.

It works like this: every day, I go down the street and tell passers-by what I had for breakfast, how I feel, what I have done, where I had dinner the night before, what I will be doing today, and what I think about almost everything. I give them pictures of my family, my dog, and me doing some gardening and spending time in the local library. I also listen to their conversations and tell them I love them and it works:

I already have 3 people following me: 2 Police Officers and a Psychiatrist.

WHEN NIGHT BECOME DAY

It was towards the end of World War 2 - 1944/1945 - all was quiet this night and we were all in bed asleep at our home in Runwell. About 2.00am my father was woken up by a bright violet/white light. He said it was

so bright that he could read a newspaper indoors. He got up and went to the back door opened it and went outside and looking down the garden (east towards Rettendon Church on top of the hill) there was this bright light coming up from the ground to the left of the Church. He said this happened about four or five times, it looked as though there were 4 or 5 of these lights in a line from the River Thames in the south to Chelmsford in the north. The whole of the sky was lit up and so was the ground. These lights were fixed (search) lights some 30' to 50' diameter dug into the ground (I don't know how deep) and had mirrors all-round the side and across the base. This line of lights was under the main air raid corridor the Germans were using to bomb London.

At the Rettendon Annual Flower Show some 5 years ago I was talking to a resident about this light and was told that the remains of it were still there in the wood at the back of the cricket field at the south west corner, so I had a look but couldn't find it. In 2014 I had to go to the Essex Record Office in Chelmsford. Whilst I was there I looked at the RAF aerial photos of 1945 taken in September that year, there were two of the area, one of which covered Rettendon and Runwell. On careful examination of this photo I found a bomb hole at the bottom of our garden on the north side, other things like the trenches from the pill boxes along the A130 can be clearly seen. I found the site of the 'fixed (search)light' it was where I had been told it was, so when I attended the 2014 Rettendon Annual Flower Show I went to look again to find it, this time I looked in the correct place, cleared some of the weeds etc. then took about four photos. The circle is soil about 30' to 50' diameter with a 6' concrete surround. In this path is a manhole (this has been filled in) which means that all round there might be a tunnel where the light may have been operated. It is possible that this is the last remaining 'fixed (search) light' left that was so important to the defence of London helping to stop the air raids. I think it would make a lasting memorial; the concrete circle could be cleared of all the weeds etc. and the centre area cleared and levelled and a plaque placed nearby to inform local residents and visitors, the important part the Parish of Rettendon played towards the end of World War 2 and to let them know the residents are proud to have been involved.....D. De'ath.....*Thank you David. Is there anyone else out there who remembers these lights, if so let us know?*

CHANGE OF VENUE FOR ACTION FOR FAMILY CARERS - Information and Support for Family Carers now meet in Wickford Community Centre, Market Road, Wickford on the 4th Monday in the month from 10.00am-12 noon or please call us on 01621 851640. We are a charitable organisation and can offer all sorts of help, free and confidential service.

RUNWELL HORTICULTURAL ASSOCIATION - First of all apologies to the members of the Association for announcing in the Summer Edition that their July meeting was to be held at Christchurch Wickford, do I have an excuse – yes, I was given the wrong information. In September the Autumn Show was held and for the September meeting joined forces with Wickford Horticultural to present an evening with Ken Crowther from BBC Radio Essex, a very entertaining evening. Programme for the rest of the year and New Year as follows:

9th November 'Goodies and Baddies' (Plants and animals we love to hate) speaker Cliff Moore.

14th December 'Christmas Get Together'; 18th January 'Fruit Growing' speaker Mike Able

8th February 'Beautiful Gardens to Visit' speaker Harry Brickwood and 14th March AGM.

The trading hut is now closed and will reopen in February. Contact: Reg Bailey 01268 733142

CHOOSE 'WELL' THIS WINTER - As the weather gets chilly and we all huddle indoors, colds and viruses become more common. Self-care and prevention is often the best place to start. When returning from a shopping trip wash your hands first, it's surprising what you pick up from shop doors and supermarket trollies. Stock up on everyday medicines like paracetamol, anti-diarrhoea tablets and indigestion remedies so that you can treat minor illnesses at home. If you are unwell and not sure where to go for help, call NHS111 for immediate free advice this gives you access to care for any health problem that is not life-threatening 24 hours a day, seven days a week, 365 days a year. Your local pharmacy can provide confidential, expert advice and accessible opening hours. Or you could go to your Doctor.

ANOTHER PARISH COUNCILLOR IS NEEDED

Due to the retirement of a long standing hard working Councillor we now have a vacancy. Parish Councillors have a long tradition of promoting wellbeing and a sense of pride in the local community. If you

feel this is you then why not become a councillor? Do Councillors need special skills other than common sense? NO then why not put your name forward!!

To be a Councillor you need to:-

- *Care about getting the best for your community
- *Want to make a difference
- *Adhere to a code of conduct
- *Have the time
- *Be committed and enthusiastic

COULD THIS BE YOU? If so for further details please contact Mrs Jo Pharez
Clerk to the Council 124 Church End Lane, Runwell, Wickford, SS11 7DP.
Email jo@runwellpc.wanadoo.co.uk Telephone: 01268 753152.

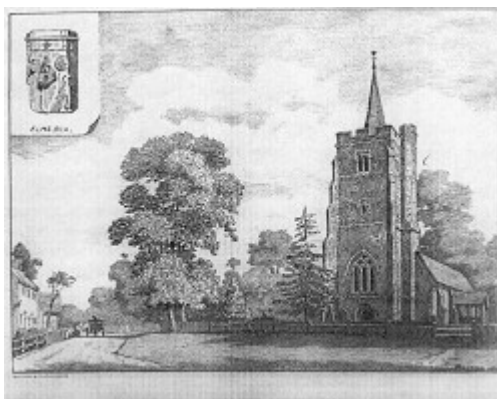
WHAT'S ROUND THE CORNER - by Jeanne from the Ladygate Scribblers.

What's round the corner?

Why! 'Tis little Jack Horner
Tell me, my lad
Why look' est thou so sad?
He gave me a scowl
And out came a growl
Well - I put in me thumb
To pull out a plum
And got cuffed round the ear
By me Mum

The Ladygate Scribblers, meet in St. Andrews Church Hall, London Road,
Wickford, SS12 OAN on Mondays at 2.00pm if you are interested go along.

HERE IS A THOUGHT OR TWO - The most destructive force in the universe is gossip.
Junk is something you've kept for years and when you eventually throw it away, you need it.



ST.MARY'S CHURCH
Christmas Bazaar
Saturday 28th November
Runwell Village Hall,
Church End Lane SS11 7JE
Doors open at 1.30pm.

We look forward to seeing you there.

By the way I thought I ought to tell you the editor who retired at the beginning of the year was brought back for the Summer Edition and I am still here, so any articles for the Spring Edition by 28/02/2016 to the Runwell Village Hall or email to jo@runwellpc.wanadoo.co.uk

ESSEX COUNTY COUNCIL MID AREA HIGHWAYS are responsible for the maintenance of the roads and footpaths in Runwell. To report defects 0845 703 7631 or hazards 0845 603 7631.



THE SEASONS GREETINGS FROM ALL OF US TO ALL OF YOU AND A HEALTHY 2016

Runwell Roundabout printed by Images, Runwell Rd. Runwell, Wickford 01268 761900.