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Annual Report/Newsletter Spring 2023



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Chairman's Report

Welcome to the 2022/2023 Annual Report for Springfield Parish Council, incorporating the Spring Newsletter.

This is the last newsletter I shall write for Springfield in the customary form, as due to the City Council's governance review, the parish you are familiar with was split into 3 parts on April 1st, 2023. There is more on these changes further on in the report.

It has been an honour and a privilege to serve the residents of Springfield as your Chairman for the last 11 years and I wish everyone all the best in the future.

This publication has been put together in conjunction with Community Ad Web Ltd at no cost to the Parish due to advertising revenue.

Annual Chairman's report update

We had continuity in our membership this year, with no changes to councillors to report.

There were however significant changes in the structure of the parish council. Chelmsford City Council launched a governance review of parishes across the whole City. Springfield Parish Council gave input to the consultation following its councillors' deliberations and a public meeting for residents.

Following the consultation, the parish originally formed 150 years ago, has been restructured. A new Chelmer Village Council has been formed and residents of Beaulieu, both original and new, join a new Chelmsford Garden Community Council with people from Broomfield and Little Waltham. This leaves a much smaller Springfield Parish Council in place. Unfortunately, as a result there has been a significant increase in the Springfield parish precept this year which is reported elsewhere. Your current councillors have worked hard to ensure that the new arrangements are as equitable as possible and have put in place a memorandum of understanding to guide our future relationships.

Finally, I would like to take this opportunity to thank our Clerk Mrs Barbara Larken and her team for their hard work in support of the Council. Four members of the team decided

to seek alternative employment during the year; Responsible Financial Officer and Deputy Clerk Kelly Wilde, Finance & Marketing Officer Mo Whitelaw, Services Supervisor Lee Woollard and Assistant Handyperson Ryan Vaughan. Our Administrative Assistant also moved on to pastures new. I wish them well in their new careers. Your Council has taken the opportunity of considering a restructuring in light of the new councils, which will happen in the following year.

We thank our remaining staff for their flexibility and continued support to all of our parishioners.

Cllr Ms Susan Sullivan

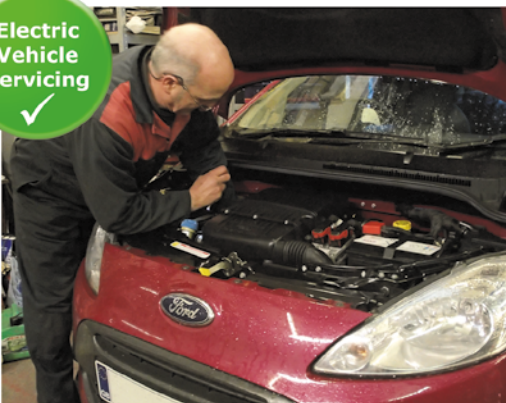
Chairman, Springfield Parish Council

MAY 2023 - JULY 2023

Month	Day	Meeting	Time
MAY 2023			
1st	Monday	Bank Holiday	
4th	Thursday	Elections	
15th	Monday	Annual Council	7.00 PM
22nd	Monday	Planning	6.45 PM
22th	Monday	Premises	7.30 PM
29th	Monday	Bank Holiday	
JUNE 2023			
5th	Monday	Finance and Policy	6.45 PM
12th	Monday	Planning	6.45 PM
12th	Monday	Environment & Leisure	7.30 PM
19th	Monday	Full Coucil (End of year accounts)	7.30PM
26th	Monday	Planning	6.45PM
JULY 2023			
3rd	Monday	Full Council	7.15 PM
10th	Monday	Planning	6.45 PM
24th	Monday	Planning	6.45 PM
24th	Monday	Premises	7.30 PM

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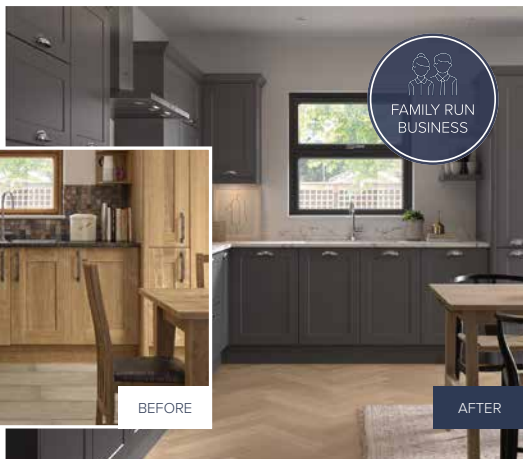
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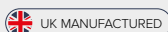
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During 2021 and 2022, Chelmsford City Council undertook what is known as a Community Governance Review.

This process is a review of the parish boundaries in the Chelmsford City area.

This review has led to the boundary of Springfield Parish being changed, this change came into effect on 1st April 2023.

There are now two new parishes that make up the area and these are The Village Council of Chelmer and The Community Council of Chelmsford Garden. Springfield will remain as a parish area albeit much smaller.

Residents will not see any significant change, other than the management of certain services will be transferred to these new councils. For residents this means you may be referred to a different council when making an enquiry.

For Springfield Parish contact:
clerk@springfield-pc.gov.uk

Springfield Parish Council

St. Augustine's Way, Springfield, Chelmsford CM1 6GX
01245 466313 (Centre Bookings 01245 464583)
clerk@springfield-pc.gov.uk | www.springfield-pc.gov.uk

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Barbara Larken

Responsible Financial Officer & Deputy Clerk

Kirsty Roberts

Senior Handyperson

Phil Russell

Parish Centre Staff

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Chelmer Village Hall report 2022-23

Springfield Parish Council continues to manage Chelmer Village Hall through a management committee of parish councillors. The hall is a charity and is for the benefit of all parish residents.

This year more improvements have taken place in the building – including safety features on internal doors and upgrading of the toilets. We have also had a baby changing unit installed in the disabled toilet.

We have continued to look after this community asset in the centre of Chelmer Village so a variety of leisure and social activities can take place. The Roy Smith Room is an ideal space for small meetings or events, whilst the main hall is an excellent venue for regular activities, children and adult parties, A pre-booked licenced bar is available and bar manager can provide buffets on request.

Hall bookings can be made by contacting the booking administrator on **07716790510** or email **cvhbookings@hotmail.co.uk**

Finally, the management committee would like to thank all the parish council staff for their hard work, organising the improvements to the hall. Thanks also go to the booking administrator, caretaking and cleaning staff for their contribution in making sure that this valuable asset in Chelmer Village remains available for all the community to use.








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We are a charity that aims to offer support and friendship through a peer network of dementia carers and to anyone who has experienced living with a loved one with dementia.

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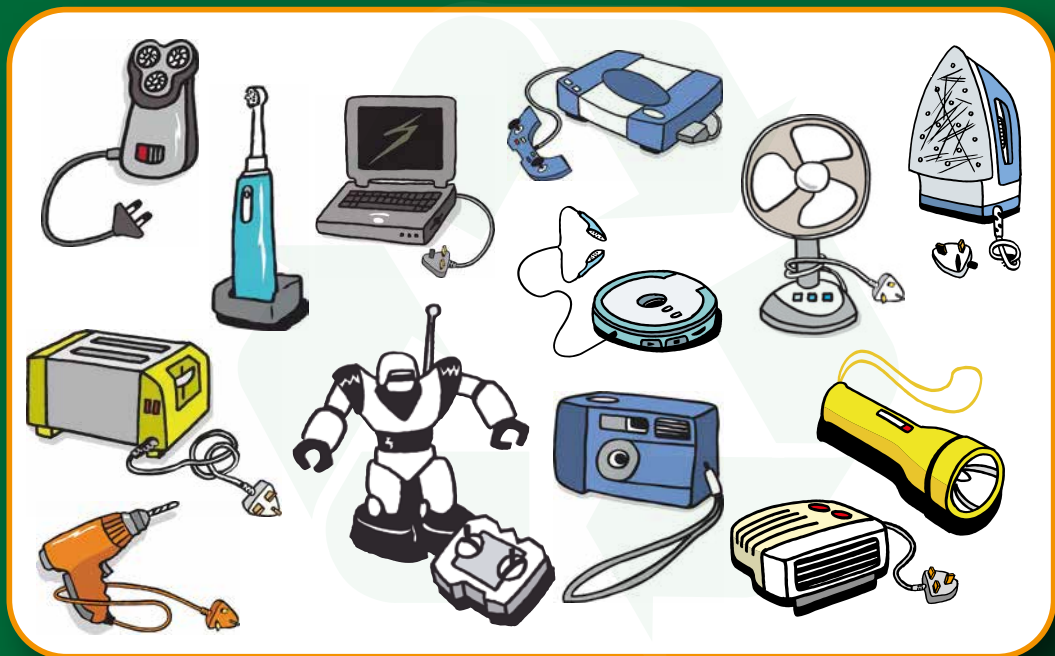
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Tues	6.30pm-7.30pm	The Walker Workout	Sue Walker	07908 989 677
	8pm – 9pm	Stretch	Carolyn Pink	07789 811067
Weds	5.15pm – 6.45pm	1 st Chelmer Village Rainbows (Girl Guides)	Kate Purtill	07778 401237
	7.00pm – 8.00pm	Zumba	Gemma Cook	07917 458958
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	7.15-8.45pm	Tai Chi	Mr Ch'ng Lay Seng	07986 534733
Friday	7.15pm-10.15pm	Bowls Club	Mr John Matthews	01245 256 611
Sunday	9am – 12.00pm	Bulgarian Class	Mrs Iliana Smith	07432 370534
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Coronation of His Majesty The King and Her Majesty The Queen Consort

The Coronation of His Majesty King Charles III and Her Majesty The Queen Consort will take place at Westminster Abbey, London, and will be conducted by the Archbishop of Canterbury on Saturday 6th May 2023.



The Ceremony will see His Majesty King Charles III crowned alongside Her Majesty The Queen Consort. Celebrations will be held across the country to honour this historic occasion, including over the special bank holiday weekend

between 6th and 8th May.

Celebrations and events

The Official Coronation programme will include the procession and service at Westminster Abbey on 6th May, the 'Coronation Big Lunch' across the country on 7th May (with a concert taking place in Windsor in the evening), and 'The Big Help Out' community activity on the bank holiday, Monday 8th May 2023.

The Coronation Big Lunch



The Coronation Big Lunch (6th-8th May) brings neighbours and communities together to share friendship, food and fun. Be part of history by joining millions across the UK with a Coronation Big Lunch celebration in your community.

Sign up at www.edenprojectcommunities.com/the-big-lunch to receive your Coronation Big Lunch pack for all you need to

get started with ideas, top tips, practical advice and loads more.

Tens of thousands of Coronation Big Lunches and street parties will be held in the UK and Commonwealth on Sunday and across the weekend. Big Lunches take place across the UK annually and last year they raised more than £22 million for local charities.

The Big Help Out



From rolling up your sleeves to help a local group, to supporting some of the UK's best-known national charities, the Big Help Out on Monday 8th May will give everyone an opportunity to join in.

Hundreds of activities are planned for the day by local community groups, organisations and charities including The Scouts, Royal Voluntary Service, National Trust and RNLI.

Run a charity and want to get involved? Find out more and join a range of national and local charities already signed up at www.thebighelpout.org.uk

Created by Britain's best loved charities and organised by The Together Coalition, it will highlight the positive impact volunteering has on communities across the nation.

In tribute to His Majesty The King's lifetime of public service, The Big Help Out will encourage people to come out and support the causes that matter to them.

Street Parties



The UK has a long history of organised street parties to celebrate national events. Why not organise one with your neighbours for the Coronation?

You're welcome to host parties right across the Coronation weekend, or as part of the Coronation Big Lunches below. Read and follow government guidance on how to host a street party on www.gov.uk/government/publications/your-guide-to-organising-a-street-party

If you're planning to host a street party, submit your details to the interactive map via coronation.gov.uk/share-event

Coronation Concert

On Sunday May 7th a spectacular Coronation Concert at Windsor Castle will showcase the country's diverse cultural heritage in music,

theatre and dance. One of the highlights of the concert will be "Lighting up the Nation", in which iconic locations across the UK will be lit up with projections, lasers, drone displays and illuminations.

The Coronation Concert will bring together music icons, contemporary stars, a world-class orchestra and art performances. This concert will be broadcasted live and available to view on BBC One, BBC iPlayer, BBC Radio 2 and BBC Sounds.

There are plenty of events and celebrations taking place to honour this historic occasion so here's to what will be a very special and memorable Coronation bank holiday weekend. Long live the King!

For more information head to www.coronation.gov.uk



A year in the Community Garden

Our regular Thursday volunteering sessions were suspended through the turbulent winter months. Vegetation was left to die back naturally, nourish the soil, and provide shelter for wildlife.

Apart from occasional visits to top up the bird feeder and take care of any litter, the garden slumbered.

Now the work begins again and it's good to be back!

From early February, white crocus and snowdrop, planted with care by 2nd Chelmsford Lyons Beavers Colony last October were strewn like jewels throughout the raised bed. March saw threads of delicate narcissus weave their way through the borders too, accompanying established swathes of daffodil.

On our To Do list for April – a little TLC for the standard roses, and an early cut & edge of the main lawned area to provide a picnic space. The herb garden will see new labels and more varieties of edibles, raised bed perennials will be tidied and in-filled with vibrant rainbow shades for a splash of summer colour, borders edged and scattered with more butterfly-friendly and native wildflower mix. Fragrant, colourful climbers are beginning to burst into life again to adorn fence panels, and alongside them an informal gallery space will be created for the summer months.

We don't use and peat-based material, insecticides, or other poisons anywhere in the garden, and 1/3 of the space is now designated an ARK (Area of Restorative Kindness), to give nature even more of a helping hand. Find out more about this initiative at weartheark.org

We would like to thank everyone involved in the Garden project in 2022-23: -

Cllrs John Spence and Mike Mackrory for facilitating an Essex County Council Locality Fund grant, and Parish Councillor Andrew Potts for volunteering.

Parish Centre staff - Barbara, Kirsty, Kellie - for their help and support as we began our volunteering sessions, placing orders for plants and materials and sharing new volunteers' details and grant-funding opportunities.

And to Sharon and Mo in the office – key guardians and social media wizards!

Throughout the year our parish handyman Phil and Ryan kept a watchful eye on the garden, tended to the lawned areas, connected 2 water butts to existing guttering and installed the Friendship Bench. Special thanks to Phil for helping our rainbow design come to life!

Thank you to all the gifted artists from Barnes Farm Infant School - Elsie, Thaleia, Sofia, Halle, Isla, Freya, Brooke, Olivia, Alex, Oliver C, Emmy, Sofia, Lacey, Archie, Chams and Kaden. Your beautiful nature-themed designs, originally submitted as entries to the parish magazine cover competition, added something extra special to our garden over the Platinum Jubilee bank holiday.

Huge thanks to all volunteers - whether you joined us in person for Thursday morning sessions or shared thoughts and ideas for the space, you've all helped create a little haven in the heart of Springfield parish.

You'll find the Community Garden to the rear of Springfield Parish Centre car park – Everyone's welcome! If you'd like to know more about our volunteering sessions, or have ideas for future projects in the garden, please contact clerk@springfield-pc.gov.uk

Special guests - 2nd Chelmsford Lyons Beavers Colony, 6th October 2022.





Probiotics, prebiotics and gut health

If you've been feeling a bit under-the-weather or looking to avoid problems such as constipation, heartburn and irritable bowel syndrome (IBS) then we may be able to help!

The largest population of microorganisms within our body live within our bowel and this bacterium is completely unique to each and every individual. Each species of bacteria plays a specific role in our health and therefore require different nutrients for growth, this is why it is so important to eat the right foods and aim for a tummy friendly diet. The health of our gut affects the health of our brain, supports a healthy mood and promotes wellness.

So, we all know it's important to lead a healthy lifestyle and to eat healthy but what does eating healthy mean?

When deciding on what to eat we ideally need to cut out processed foods and focus on gut-healthy foods which typically fall into two groups: probiotics and prebiotics. Here we'll explain briefly what these two food groups are and provide some suggestions of foods to incorporate into your daily diet.

Probiotics – helpful bacteria found in fermented foods

Suggestions: *yoghurt with live cultures, kombucha, sauerkraut, kimchi, cottage cheese, kefir*

Prebiotics – non-digestible food that promotes fermentation and becomes food for gut-healthy probiotics

Suggestions: *mushrooms, garlic, oats, soybeans, artichokes, dragon fruit*

To sum it up, cut heavily processed foods, artificial foods, foods with added sugar and preservatives and try maintain a healthy microbiome by consuming a wide range of fresh, whole foods derived from fruits, vegetables beans and whole grains.



PLAY IN THE PARK



Chelmsford
City Council

This is Chelmsford City Council's free play scheme that visits venues across the city during Easter and Summer school holidays. The sessions which took place at Springfield Parish Centre and on Chelmer Village Green were subsidised by Springfield Parish Council.

During the Summer school holidays 1613 children attended sessions that were held at Springfield Parish Centre and Chelmer Village Green.

The feedback received was very positive.
For 2023 the parish council has agreed the following dates with Chelmsford City Council:

At Springfield Parish Council:

Monday 24th July 2023 am & pm

Monday 31st July 2023 am & pm

Monday 7th August 2023 am & pm

Monday 14th August 2023 am & pm

Monday 21st August 2023 am & pm

All attendees need to book a slot prior to attending.

Further details and information will be available via the parish council's noticeboard, website, and Facebook page.



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Funding secured for residential electric vehicle charging

The Government has confirmed that Essex County Council (ECC) will be awarded £236,000 as part of the electric vehicle (EV) residential charge point scheme.

Approximately 60 charging points will be installed in 30 locations across the county from summer 2023 onwards and supports ECC's ambition for Essex to become safer, greener and healthier.

EV charging at home usually takes place off-street in garages and driveways.

However, in many parts of the UK, off-street parking is unavailable so by installing charge points on-street or in public car parks, residents without off-street parking can enjoy the convenience and value of charging their electric vehicles at home.

Tracey Vickers, Essex County Council's Head of Sustainable Transport, said: "In a rural county, the car is always going to need to be part of the solution for necessary journeys.

"This grant will allow trial charge points in different types of rural and urban locations to understand what works where.

"As more residents use electric vehicles, communities will benefit from improved air quality and lower their carbon footprint helping Essex to become safer, greener and healthier."

The locations for the charge points have been chosen and were submitted as part of the bid. However ECC will be looking at more extensive provision across the county as part of different scheme, called LEVI, which will start later in the year.

The grant funding has been made awarded by the Office for Zero Emission Vehicles (OZEV) and will be administered by the Energy Saving Trust. ECC will be publishing their EV strategy later this year.

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Planning Committee

The Planning Committee meets fortnightly throughout the year, usually on alternate Mondays, in the library at the Parish Centre in St Augustine's Way to discuss planning applications that are sent to us by Chelmsford City Council(CCC).

The applications range from residential alterations to large-scale commercial and infrastructure projects, and our comments, along with those from other consultees, are then considered by the City Council (as Local Planning Authority) in deciding whether to approve or refuse the proposals. During the last 12 months, the Committee has considered 156 applications.

As always, residents are invited to participate, and details of how to access meetings are included on the Council's website and notice boards around a week before.

Chelmsford Local Plan

The Chelmsford Local Plan 2013-2036 was adopted in May 2020 by the City Council in order to guide development within the entire City area. The Government requires all local Councils to carry out a review of these plans every five years in order to, among others, ensure that suitable targets are in place for the creation of the right number and types of homes and space for businesses, alongside community facilities and the infrastructure needed to support the growing population. In Autumn last year, the City Council commenced this review so that the public can be consulted fully before the current Plan's expiry in 2025, and has extended the Plan's timescale to 2041.

In considering where growth can be accommodated, CCC put forward 5 possible options: concentrating growth in existing urban areas and at sites already allocated for development including the Chelmsford Garden Community to the north of Greater Bealieu; expansion of larger villages; development along existing transport corridors; or a completely new settlement at Hammonds Farm, to the east of Chelmsford. The Committee favoured the first of these options and noted that, for the North East Chelmsford Garden Community, upwards of 2,500 dwellings would be provided post - 2036 in addition to the 3000 already included in the Local Plan. Consequently, it was considered

essential that adequate road infrastructure, such as the new Radial Distributor Road 2, is constructed in tandem with the new housing development.

At a more local scale, two planning proposals have generated considerable public interest:

LIDL foodstore on land near to Cuton Hall Lane

This application had previously been refused by the City Council following a large number of objections by residents and the Parish Council. In May last year, LIDL launched an appeal against this decision and, following its submission of slightly revised proposals, the appeal was considered by a Planning Inspector. In his decision, he drew particular attention to the loss of open space and the effect on the character and appearance of the locality that the foodstore would cause and, accordingly, rejected LIDL's appeal.

Extension to the Ferrers Dental Surgery, Pump Lane, North Springfield

This proposal seeks to provide substantially larger accommodation for an expansion of the range of dental treatments provided. In their personal representations to the Committee, a number of local residents outlined their considerable concerns about a likely increase in street parking in neighbouring roads and the highway safety issues that could result, together with increased noise and disturbance to nearby properties. Further advice from the Highways Authority is being sought, and this application has yet to be decided.

As a result of the Community Governance Review mentioned elsewhere in this report, the Committee will, from May this year, exist in a slightly different form and will be focussed more closely upon the North Springfield area. I should therefore like to thank my fellow Council Members and Officers for their much appreciated contribution to our work over recent years.



Premises

The Premises Committee oversees the Parish Centre in North Springfield.

The Centre has recovered from the disruption of the COVID pandemic and has returned to being a thriving and popular place for the people of Springfield. We are always happy to welcome new clubs and classes. Please contact the office for details of vacant slots (**01245 464583**).

We continue to maintain and upgrade our facilities, most noticeably in this year repairs to the heating system. We saw the reopening of the café, which has proved very popular with people both before and after their classes or their visit to the library. Why not drop in and try one of the delicious cakes?

The Parish continues to support the weekly afternoon clubs for senior citizens. We subsidise the Indoor Bowls Club, Bingo and the regular Tea Dances.

If you have a spare afternoon and would like to join in with any of these social activities, please call the Centre for details.

Thanks are due to our Facilities Manager Rob Rayner and his team of services supervisors and cleaning staff for the excellent work they do in maintaining your Centre to a high standard of cleanliness and functionality.

Finance Tables

2021 – 2022 Financial Year (Figures given below are based on unaudited accounts)			
Total Income: £ 538,069.00		Total Expenditure: £ 539,888.00	
Precept	410,540	Finance & Policy	235,811
Interest & Misc	5,839	Public Loan Repayments	63,467
Premises	120,771	Premises	226,190
Allotments	408	Allotments	200
CIL Tax	511	CIL Tax	450
		Environment & Leisure	13,770

2022- 2023 Financial Year (Figures given below are based on unaudited accounts)			
Total Income: £ 576,565		Total Expenditure: £ 569,464	
Precept	430,483	Finance & Policy	217,219
Interest & Misc	7,699	Public Loan Repayments	61,054
Premises	135,139	Premises	241,212
Allotments	407	Allotments	298
CIL Tax	2,837	CIL Tax	26,876
		Environment & Leisure	22,805



New figures show huge impact of fly-tipping across South East

Newly-released figures from Defra show that there were more than a million incidents of fly-tipping on public land in the last year – and more than 100,000 in the South East alone.

Councils dealt with 1.09 million fly-tipping incidents in 2021/2022, though these figures only account for waste illegally dumped on public land that has been reported to the authorities. Representing around 27,000 rural businesses across England and Wales, the Country Land & Business Association (CLA) believes these figures only tell half of the story.

Many fly-tipping incidents occur on privately-owned land, painting an even more damaging picture of the financial burden and environmental impact fly-tipping brings. One CLA member is so badly affected he pays £50,000 a year to clear up waste. This highlights the need to change the current fining and imprisonment laws, which are not often enforced and do not deter criminals.

CLA South East represents thousands of farmers, landowners and rural businesses in Kent, Hampshire, Surrey, Sussex, Berkshire, Buckinghamshire, Oxfordshire and the Isle of Wight.

Regional Director Tim Bamford said: "These fly-tipping figures barely scratch the surface of a crime that's blighting rural communities and damaging the rural economy. Two-thirds of all farmers and landowners have at some stage been a victim.

"But hundreds of thousands of offences on private land are going unrecorded, with

farmers bearing the cost of removing rubbish themselves.

"It's not just the odd piece of litter blotting the landscape, but tonnes of household and commercial waste which can often be hazardous – even including asbestos and chemicals – risking the safety of people and animals. This often requires costly expert treatment to remove.

"The maximum fine for fly-tipping is £50,000 or 12 months in prison, but this is rarely enforced. This means landowners pay on average £1,000 to remove the waste, but in some cases have paid up to £100,000 to clear up other people's mess, or risk facing prosecution themselves.

"It seems that criminals simply do not fear prosecution. Ministers should look urgently at increasing the penalties for convicted fly-tippers, and properly resource rural police forces to ensure they are held to account. Without more progress farmers, not the criminals, will continue to pay the price."

In the borough of Chelmsford, there was a total of 640 fly tipping incidents reported by local authorities with highway incidents the highest recorded category with 517 cases.

For more information about the CLA and its work, go online and visit www.cla.org.uk/in-your-area/south-east and follow @CLASouthEast on Twitter.



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Speed Watch And 20s Plenty

The Speedwatch program is set to resume in the Springfield area in the coming months. Re-training of volunteers has been scheduled, and sites have been identified - and agreed - with Essex Police.

There are some NEW sites that will be monitored, to include the newer part of the Beaulieu development. If you would like to volunteer in helping this project, and help improve safety for all, please let the relevant Parish Clerk (Chelmsford Garden Community – Springfield Parish – Village Council of Chelmer know and details can be forwarded to Cllr. Richard Lee.

On the subject of 'speed', there is a '20's Plenty' campaign that Springfield Parish Council is following to determine if this would be appropriate for our estate roads. It seems all 'new' estates are built with 20mph limits from their incarnation, such as Beaulieu, and Chancellor Park - we see no strong reason why this couldn't be spread to other estates in our

area. Communications about this are ongoing with Chelmsford City Council, and Essex County Council."





Full steam ahead for new Chelmsford train station as construction begins

The development and building of the first railway station on the Great Eastern mainline in more than 100 years is now underway at Beaulieu in Chelmsford.

Works began at the site near the Boreham Interchange in January. Local MPs, councillors and senior representatives from the partners involved in the project visited the site to see how the development is progressing.

It is expected the work will be completed and the station open by the end of 2025.

The new station and connected transport links, such as the new Beaulieu Parkway relief road and the Chelmsford North-East by-pass, will play a significant role in transforming travel in Chelmsford and the surrounding areas.

It will help relieve pressure at the Chelmsford train station, reduce car journeys into the city, and therefore tackle congestion on local roads, reduce pollution and encourage more Chelmsford residents to use safer, greener, healthier modes of travel for short journeys.

The new station is being funded by nearly £160 million, which includes £124 million from the Government's Housing and Infrastructure Fund, £12 million from the South-East Local

Enterprise Partnership and £22 million from the developers of Beaulieu, Countryside and L&Q.

The station is a significant addition to the Beaulieu and Channels neighbourhoods in the north of the city, which form the first phases of the new Chelmsford Garden Community.

The Beaulieu Park station will provide travel to London Liverpool Street in 40 minutes and will include three platforms, car parking, a public transport interchange, cycling facilities and new track for passing trains.

Find out more about the plans by going online and visiting

www.networkrail.co.uk/running-the-railway/our-routes/anglia/improving-the-railway-in-anglia/beaulieu-station/



What's On at Springfield Parish Centre



Day/Times	Club Name	Contact Details
Monday		
8 am – 16.00pm	TIDDLYWINKS PRE-SCHOOL	Zoe Perry Tiddlywinks123@btinternet.com 01245 463245
09.00-14.00	HARTBEEPS	Sheryl Glanville-07462575717
10.30-12.30	MS MONDAY CLUB Multiple Sclerosis Group	Ann Davis 07548 898945 brentwoodchelsford@mssociety.org.uk
13.00-14.30	YOGA CLASS	Kim Brunning – 01245 477136 brunningkim@btinternet.com
16.30-18.30	THE CHELMSFORD DRAMA CENTRE-LAMDA	Leanne Johnson -07792 832609 info@thechelsforddramacentre.co.uk
17.00-18.30	6 th SPRINGFIELD BROWNIES	For details of 6 th Springfield Brownies and
18.30 – 20.00	6 th SPRINGFIELD GUILDES	Guides, please enquire to office@girlguidingesssexne.org.uk
19.30pm -21.30pm	SPRINGFIELD ART GROUP	Norman Preece 01245 420637
20.00pm – 22.30pm	SPRINGERS Amateur Operatic and Dramatic Society	Jackie Bates jbates@gmail.com
20.30-22.30	BADMINTON	Duncan Jarvis- 07834 391775 trekduncan@gmail.com
Tuesday		
8 am – 16.00pm	TIDDLYWINKS PRE-SCHOOL	Zoe Perry Tiddlywinks123@btinternet.com
09.30-12.30	HEADWAYS ESSEX SUPPORT GROUP- (Every third Tuesday)	Angie O'Toole 01206 768797
10.00 -11.30	YOGA CLASS	Kim Brunning – 01245 477136 brunningkim@btinternet.com
10.00-16.30pm	ESSEX DEMENTIA CARE- Kelly Bleasdale ***NEW FROM 2 ND MAY 2023****	Kelly Bleasdale-01245 363789 Kelly@essexdementiacare.org.uk
13.30pm -15.45	BINGO SPC Afternoon Club	Duncan Lumley Samcat11@virginmedia.com
20.00pm – 22.00pm	WING CHUN KUNG FU	Mark Solomon's marksolomonssifu@gmail.com
19.00pm –20.00pm	AEROBICS (incl HIT)	Jose 07876016943
19.30-21.30pm	LACE MAKING – Bobbing along	Sandra Watson sandrawatson14@talktalk.net
Wednesday		
8 am – 16.00pm	TIDDLYWINKS PRE-SCHOOL	Zoe Perry Tiddlywinks123@btinternet.com
09.30am-12.30	TAPPY TOES CHELMSFORD	Charlotte Browne 07917525087 charlotte@tappytoes.com
10am – 11am	HEART AND SOLE – Health Walks in Chelmsford	Email: heartandsole@chelmsford.gov.uk Telephone Number: 01245 606569
14.45pm-16.45	TAI-CHI- Weekly practice sessions	For details www.taoisttaichi.org Email: rtapner@taoist.org Mobile: 07561252266
15.15pm- 18.45	KUMON after school Maths and English	Eirini-07534 812489 Chelmsfordnorth@kumoncentre.co.uk



15.30pm-17.30pm	ABC DANCE-Lisa Hands ***NEW CLASS FROM 3.05.23*****	Nadia Kelsey-07702 420373 helloabcdance@gmail.com
17.00pm-19.00	LISA HANDS-YOGA ***NEW FROM 4TH APRIL 2023 ***	Lisa Hands – 07932637896 Lisa@lisahandsyoga.com
17.30pm-20.00	CHILDREN'S SCOTTISH HIGHLAND DANCING CLASSES ***starts 01.03.23****	Sharon Radcliffe 07733 580 30 radcliffehighlanddancing.co.uk
18.00pm – 21.45pm	OFFSPRINGERS Amateur Operatic and Dramatic Society	Jackie Bates rjbates@gmail.com
19.30-21.30	SPRINGFIELD CRAFT CLUB	Ginny Cooch Coochginny7@gmail.com
19.30 – 22.30	SPRINGFIELD CAMERA CLUB	Chris webber 01245 468074 Email: chris.webber2@sky.com
20.00pm-21.30pm	SALSA D'LITE	Alexandra Woodcock 07831 650618
Thursday		
8 am – 16.00pm	TIDDLYWINKS PRE-SCHOOL	Zoe Perry Tiddlywinks123@btinternet.com
9.30-11.45	BASKING BABIES	Elizabeth Ohrland-07477 573861 Liz@baskingbabies.co.uk
10.30-12.00	YOGA CLASS	Kim Brunning – 01245 477136 brunningkim@btinternet.com
13.00 – 16.00	BOWLS	Duncan Lumley Samcat11@virginmedia.com
16.15pm – 18.45pm	LITTLE STARS(4.30pm – 6pm) LAMDA (6pm – 6.30pm)	Vicki 07743 650845 backstage@littlestarsuk.co.uk http://www.littlestarsworkshops.co.uk
19.45pm – 21.15pm	LINE DANCING (beginners/mixed ability)	Tracy attwood@sky.com
Friday		
8 am – 16.00pm	TIDDLYWINKS PRE-SCHOOL	Zoe Perry Tiddlywinks123@btinternet.com
9.15 -13.00	BABY COLLEGE	Sarah Peters 07453287915 sarahp@babycollege.co.uk
9.30 – 11.45am	BABY BALLET	Laura Watkins 07534260067 babyballet.co.uk
09.30-11.30	LITTLE ATHLETES **NEW CLASS STARTS 6 TH JAN 2023	Rob Burdge 07845 651586 Littleathletes-chelmsford@hotmail.com
13.45-15.45	TEA DANCE SPC Afternoon Club	Duncan Lumley Samcat11@virginmedia.com
16.00pm – 19.15pm	CHILDREN'S BALLET Weston School of Dance	01245 287638 office@theweston.dance
16.30pm – 20.30pm	HIP HOP (12 to 18 years) Weston School of Dance	Elisabeth Weston 01245 287638
19.15-22.00pm	SPRINGFIELD YOUTH GROUP(11YRS-17YEARS)	07561842070 Club mobile
Saturday		
09.30-13.00	KUMON- maths and English	Eirini 07534812489 chelmsfordnorth@kumon.co.uk
SUNDAY		
10.00-13.00	GRACE ASSEMBLES OF GOD	Samuel Nil Jackson 07784136005 Churcherkim@yahoo.com

St. Augustine's Way, Springfield, Chelmsford, Essex CM1 6GX. Tel. (01245) 464583

The Springfield Parish Centre is also available for functions and parties. For further information, please call 01245 464583.

Please note that some activities do not run during the school holidays.

Outdoor Table Tennis Update

Two outdoor table tennis tables have been installed. One is located at Boleyn Gardens near the outdoor gym and the other at Chelmer Village Green. These have been funded by CIL Tax.



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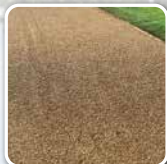


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Mouth-Watering May Treats

The month of May is always a great month marking the transition from Spring into Summer but this May will be extra special and hopefully one to remember!

Millions will be coming together to rejoice in the crowning of King Charles III and celebrating His Majesty's Coronation. With that being said, we thought it would be handy to provide you with some easy treats this month whether you're looking to enjoy a treat alongside the Coronation celebrations or you're venturing into the garden to enjoy some spring sunshine for the first time this year.

RHUBARB CRUMBLE WITH CUSTARD

INGREDIENTS

500g rhubarb chopped into 2-inch chunks

100g golden caster sugar

For the crumble topping:

140g self-raising flour

85g chilled butter

50g light brown muscovado sugar

METHOD

1. Tip the rhubarb and sugar into a saucepan, cover and simmer on a very low heat for 15 mins.

2. When the rhubarb is soft but still holds its shape and sweet enough (you can add more sugar), pour the rhubarb into a medium baking dish.

3. Heat oven to 200C/180C fan/gas 6.

4. For the crumble, rub together the butter and the self-raising flour with your fingers until you have a soft, crumbly topping.

5. Add the light brown muscovado sugar and mix together with your hands.

6. Scatter the crumble over the rhubarb and bake for 30 mins or until golden brown on top.

7. Serve piping hot with a big jug of thick vanilla custard.

TRADITIONAL SCONES WITH CLOTTED CREAM AND JAM

INGREDIENTS

350g self-raising flour

¼ tsp salt

1 tsp baking powder

85g cubed butter

3 tbspcaster sugar

85g sultanas or fruit of choice (optional)

Dash of lemon juice

175ml milk

1 tsp vanilla extract

1 egg beaten

Jam of choice

Clotted cream



METHOD

1. Heat the oven to 220C/200C fan/gas 7 and into a large bowl, add the self-raising flour, salt and baking powder, then mix.
2. Add the cubed butter into the flour and rub in with your fingers until the mixture looks like fine bread crumbs. Stir in the caster sugar and sultanas (if using).
3. In a microwavable jug heat the milk in the microwave for about 30 secs until it's warm, but not hot. Add a dash of lemon juice and the vanilla extract to the warmed milk and set aside.
4. Put a baking tray in the oven. In the dry mix, make a well and add the liquid. Combine the mixture quickly with a cutlery knife.
5. Dust some flour onto your work surface and tip your dough out on top. Coat the dough and your hands with a little more flour, then proceed to fold the dough over 2-3 times until it's a little smoother. Do not over-work the dough or it will become tough.
6. Pat into a round roughly 4cm deep, take a 5cm smooth-edged cutter and dip it into some flour.
7. Using the cutter, cut out your scones from the dough until you have four scones. You may need to press what's left of the dough back into a round to cut out another four.
8. Lightly brush the top of the scones with a beaten egg, then carefully arrange on the hot baking tray.
9. Bake for 10 mins until risen and golden on the top. Eat just warm or cold on the day of baking, generously topped with jam and clotted cream.

BISCUIT BUNTING

INGREDIENTS

350g plain flour
100g cold cubed butter
1 tsp bicarbonate of soda
140g light soft brown sugar
1 large egg | 75g golden syrup
2 tsp vanilla extract
To decorate:
1kg ready-to-roll icing
Food colouring in colour of choice
Icing sugar for rolling

METHOD

1. In a food processor add the flour, butter, bicarbonate of soda and sugar and blitz together until no lumps of butter remain, then tip into a mixing bowl.
2. In a separate bowl, whisk together the egg, golden syrup and vanilla extract and then stir this into the bowl with the flour mixture with a wooden spoon. Using your hands, knead together into a smooth dough.
3. Heat oven to 200C/180C fan/gas 6.
4. Find some clean card and cut out a triangle template in the size you want your bunting to be.
5. On a lightly floured surface, roll out your dough using your template to cut out triangles – re-roll trimmings to get as many as you can.
6. Carefully lift the biscuits onto some baking sheets lined with baking parchment. Use a pencil end to make 2 small holes in the top of each biscuit – not too close to the edge. Bake, one tray at a time, for 8-10 mins, remaking each hole when biscuits are just out and still soft. Cool. (Un-iced biscuits can be frozen for up to 3 months, or will keep in an airtight container for a week.)
7. Divide the icing into as many colours as you want, and knead in food colourings to get your desired colours. Roll out thinly on a surface lightly dusted with icing sugar, and use your template to cut out icing triangles. Brush the backs of the icing with a little water and stick onto the biscuits – making holes in the icing to match the biscuits as you go. Cut out small circles from leftover icing, brush backs with water and stick onto some of the biscuits. Decorate with icing pens, if you wish, then carefully thread through ribbon or string and hang up your treats.



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Find Your Active Essex

Find Your Active is focused on helping people find time to move, get more active and enjoy the benefits.

This month is about discovering the different ways to move more and exploring activities that people wouldn't normally consider. Supporting people to become more active can be made easier by boosting their confidence and ensuring they feel safe to explore new ideas.

The ability to discover new activities is not restricted by age and the Able like Mabel campaign for older residents emphasises the importance of including gentle movement into their everyday routine. This could come in different forms from spending more time outside gardening to practising strength exercise whilst waiting for the kettle to boil!

Finding different ways to move can also be a great chance to increase your weekly socialising. Joining a club or group or starting your own can not only encourage social interaction but can help residents start getting into a routine and actively including movement into their weekly or daily schedule because they're more motivated to do so when surrounded by like-minded people. Starting a walking group can be a great activity to encourage, residents can set up a Whatsapp or Facebook group for their street or friends or people from a support group and they can set weekly walks and challenges to get out together.

April is the perfect time for this as well as we should be encouraging everyone to get back out in the sun now spring has sprung!

Setting goals for the month can encourage trying new activities and movements, so why not write out a weekly plan and attempt to try at least 3 new activities a week even if it is new online classes or a squat challenge, how many squats can you do when the kettles boiling or while you're brushing your teeth?

Finding new ways to move more that work for you can also be a great tool to reduce stress as it can take your mind away from everyday worries and anxieties. Group activities with the added socialising can also help manage stress as feeling supported and being surrounded by positive energy can be an instant mood booster. At any age we can make new discoveries of things we love that can boost our mood and distract us from those worries.

Trying new things can improve memory, mood and motivation so why not start April off with a bang and set new goals and challenges to move more and enjoy being active.

To find out more, visit the webpage below, or get in touch to see how we can support.

www.activeessex.org/find-your-active



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