

# NEWSLETTER

APRIL 2022



## ASSISTANCE TO UKRAINE

### Mark Hughes from The Big Bear Cider Mill heads to Poland

The war in Ukraine has shocked and saddened us all. Mark Hughes, an Essex business man and Stisted Parish Councillor, felt he had to do something to help the Ukrainian people. He decided on Monday 28<sup>th</sup> February to fill a van with aid and drive to the Polish/Ukrainian border. Mark has previously driven across Europe and Africa so is an old hand at driving long distances. He met with members of Stisted Parish Council and Stisted Village Hall on Monday evening to discuss how they could achieve this mission, the team decided to set up a donations point at Stisted Village Hall and start an Amazon wish list. The items needed were Batteries, medical items, nappies and formula, sleeping bags, baby slings, wind up torches etc.

Mark and the team were not expecting the reaction they got. Donations came flooding in from all directions, everyone wanted to help and be involved; the generosity was wonderful to see. What started as a small personal mission, gained momentum!

1200 Amazon parcels turned up at Mark's house, these all had to be opened and sorted into categories. Mark and the team were overwhelmed with the depth of feeling in the community, everyone was interested and wanting to help where they could.

A spreadsheet was created; as well as logistics, Mark feared post Brexit paperwork could scupper the expedition. Kate Nichol worked tirelessly on a spreadsheet listing all donations, and boxes were labelled in four languages, English, French, German, Polish and Ukrainian. Messages of goodwill were included in each box.

After frantic packing and sorting of donations, Mark left for Poland in the early hours of Monday 6<sup>th</sup> March. One week from his first idea, the van was fully loaded, the Eurostar crossing booked, the route planned and a co driver Jon McKie ready to share the driving.

The route went through France, Belgium, Holland, and Germany and on through Poland to the border. Prior to arriving in Berlin, Mark was asked by a contact on the Polish/Ukrainian border for Haemostat powder to help with bleeding loss, and blood bags, these were desperately needed for trauma wounds. With some difficulty these items were sourced and ordered in Berlin and will soon be delivered to where they are needed.

Apart from being stopped by police twice in Germany, Mark made it to the border close to Lviv without too much trouble, a journey of approximately 1300 miles. A Ukrainian couple Alex and Victoria offered to put up the team for the night as all accommodation was full, very welcome after the long drive.

Mark said “I was humbled by the commitment of Alex and Victoria, despite having limited space and three children, they were hosting up to 12 refugees a night. Their commitment to helping out fellow Ukrainians in dire need, is inspirational. They kindly provided sausages and beer for us too, Most welcome after the long drive!”

Back at Stisted Village Hall there were still piles of donations that couldn't be fitted onto the van. Mark had contacted John Vincent from TEECH, a registered charity that regularly delivers aid and support to Moldova. Moldova shares a border with Ukraine and is one of the poorest nations in the EU.

On Tuesday 8<sup>th</sup> March John pulled up outside Stisted Village Hall with a large van and trailer, villagers loaded it up with boxes of food, medical and first aid equipment, baby food, blankets, sleeping bags and soft toys, the vehicles were fully laden. John set off for Moldova on Saturday 12<sup>th</sup>.

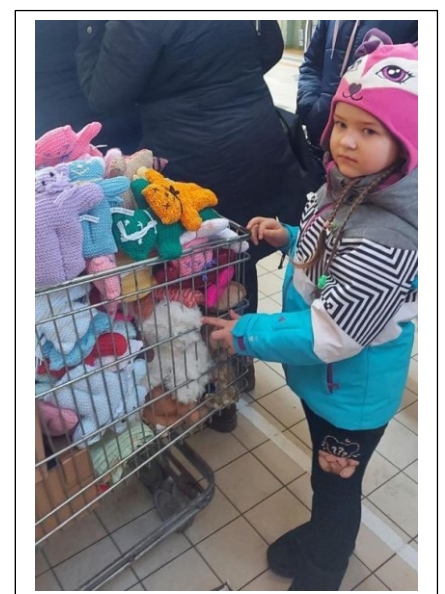
Mark is heading back to the UK and will arrive late on Friday 11<sup>th</sup>. His mission was to take aid as far as he could to the people who really need it. After unloading in the snow Mark started his return journey.

Victoria messaged “Just wanted to let you know that all baby food, first aid kits, batteries and sleeping bags are going to Kharkiv and Mykolaiv, everything else into Kyiv.” Mission accomplished.

Mark added “After seeing the situation first hand and the commitment of those helping the people of Ukraine, I need to go again. This time with much needed medical aid.”

If anyone would like to donate towards a future trip please do get in contact.

For more information about The Big Bear Cider go to:<https://www.thebigbearcider.co.uk>  
[Copy of Press Report dated 17 March]



### Improving Road Safety in the Village

You may be aware that at the end of January, the Highway Code saw a number of changes in an effort to improve the safety of pedestrians, cyclists and horse riders while using the road. While the changes are too numerous to cover in detail here (parishioners can find details on [www.gov.uk](http://www.gov.uk) by searching for “2022 Highway Code changes”) the basic gist of the changes are that the drivers of vehicles now need to give priority to pedestrians, cyclists and horses and their riders where previously the motorist had priority. Since the road network in the Parish is popular with all three of these types of road users, it would be wise to familiarise yourself with the changes so you can act in accordance with the new rules.

Earlier in the year, the Parish Council performed a parking survey around the school and adjoining streets to establish if there were any issues with parking during the school-run. It was noted that there are a number of parents and residents that park their vehicles in contravention to the Highway Code, namely; parking opposite junctions, parking over driveways; parking within 10 metres of a junction. When combined, these inconsiderate practices make the area outside the school and around the village green unsafe for all road users and pedestrians, so it was decided that further action was required. Hence, we will be applying for the appropriate road markings to be installed to restrict parking in the problem areas. Readers should note that the process of implementing new road markings is a democratic one, and should the application be accepted by Essex Highways, residents will be given the opportunity to voice their opinions before any action is taken.

While parking is frequently an issue in parts of the Parish, speeding is another major road safety issue that parishioners raise. Recently, we have been successful in applying for a number of “Pedestrians in the Road” signs which we expect to be installed within the next twelve months along sections of Rectory Road, Kings Lane and Back Lane where there is no footpath available for pedestrians. We are hopeful that the introduction of these new signs will go some way to raise driver awareness as to the likelihood of pedestrian traffic on these roads and encourage them to slow down and observe the speed limits.

In addition, the Parish Council are also working with Essex County Council to try and reduce the speed limit between the A120 and Stisted Village so it is at least in line with the 50mph limit on the A120, if not lower. We are also working towards establishing safe pedestrian routes to the A120 to allow access to the public transport available there.

If you have any suggestions for new or improved road signage or improvements to the road network in the Parish please get in touch with the Parish Council or drop in to our monthly meeting to share your thoughts.

#### **BDC Online Report It Tool**

Residents are able to report a wide range of items via the online BDC Report It tool such as fly tipping, abandoned vehicles and missed bin collections using the following address:

[https://www.braintree.gov.uk/info/200345/do\\_it\\_online/999/do\\_it\\_online/3](https://www.braintree.gov.uk/info/200345/do_it_online/999/do_it_online/3)

Don't forget to bookmark our website: [www.stisted-pc.co.uk](http://www.stisted-pc.co.uk)  
And follow us on Facebook at [facebook.com/stistedparishcouncil](https://facebook.com/stistedparishcouncil)  
Contact us via email at [stistedparishcouncil@yahoo.co.uk](mailto:stistedparishcouncil@yahoo.co.uk)

## Street Lighting Trial - Reducing our Carbon Footprint

Over the past few months the parish council has been reviewing the street lighting arrangements within the village due to a number of factors, these being:-

- **Energy conservation, the UK's drive to 'net zero'**. The majority of the lighting within the village is of the old yellow sodium lighting type. This type of lighting is known to be very inefficient and therefore uses a high amount of energy to light up the required areas.
- **Asset financial costs**. In addition, the cost of maintaining the old type of fittings is increasing and due to the age of the lights, maintenance work is also increasing year on year.
- **Energy costs**. As we all are aware, the cost of energy is increasing and the amount of expenditure to energise the old lights is a significant proportion of the overall parish budget and has therefore a high potential to impact council tax rates if not addressed.
- **Availability of new technology**. New LED technology provides a very efficient and low cost maintenance free solution, whilst providing great performance. The new LED lights use less than 10% of energy than our existing lights and comply with all environmental regulations.



In consultation with Essex highways streetlighting department, the council has agreed to purchase two new LED lights, these will be installed at two trial locations as direct replacement to the existing lights. The trial is intended to provide residents the opportunity to see two different types and to provide feedback to the council via the parish council meetings prior to a full roll out across the parish.

We have also completed an assessment of the village with regards to dark spots. There are some areas that may require additional lighting, this will be decided as part of the full roll out of the LED lights. We are not intending to change any columns, it will only be the head of the light that will be changed.



## YOUR PARISH COUNCILLORS

Chairman:	Dave Burge	Councillors:	Phil Fisher
Vice Chairman:	Neil Denley		Mark Hughes
Clerk:	Melanie Whiteside		Helen Remfry
Email:	stistedparishcouncil@yahoo.co.uk		Hayley Waive
			Dave Willingham

### Parish Council Meeting Dates 2022-23

6 Apr / 4 May / 1 Jun / 6 Jul / 7 Sept / 5 Oct / 2 Nov / 7 Dec / 4 Jan 2023 / 1 Feb / 1 Mar

Please note all meetings are now held in the Village Hall.

The agenda will be posted on the website approximately a week before the meeting.



### Stisted Spring Clean and Litter Pick

Thank you to everyone who helped with the Stisted spring clean and litter pick in February which resulted in the fantastic effort of many bags being collected. Brave volunteers picked up bottles, cans and general rubbish covering the lanes and A120.

If you'd like to get involved please contact us at [stistedparishcouncil@yahoo.co.uk](mailto:stistedparishcouncil@yahoo.co.uk)



### Will You Pledge to Pick Up a Bag of Litter?

It's not long until the start of the start of the 2022 Great British Spring Clean and this year the message is simple. Pledge to pick up one bag - or more - and join the #BigBagChallenge. Because one bag makes a big difference.

Please make a pledge to pick up a bag of litter now and help us protect the places we love. For more information, and to pledge, go to the Keep Britain Tidy website [www.keepbritaintidy.org](http://www.keepbritaintidy.org)

### Reporting Road or Highways Issues to ECC

ECC carry out regular inspections of roads and pavements on our network, but know that issues may come up between these inspections. These could be potholes or other road surface issues, damaged street lights, overgrown trees or missing lit bollards. You can tell ECC about maintenance issues online by using their highways reporting tool <https://www.essexhighways.org/transport-and-roads.aspx>

If you think there's a risk to public safety, do not report it online, please call ECC immediately on 0345 603 7631 or if you have hearing problems you can use the text phone service on 0345 758 5592.

**What3Words App** - If you have a Smartphone and have downloaded the What3Words app you can use this to accurately report road defects such as potholes or blocked gullies. At the site of the defect open the app and take a note of the 3 words assigned and these can then be recorded in the comments section of the online reporting tool. By doing this it will accurately take the Highways workers to the exact spot - saving time. The app has assigned a unique 3 word address that will never change to each 3m square in the world. The 3 word addresses are easy to say and share, and are as accurate as GPS coordinates.



Al-Anon Family Groups UK & Eire is there for anyone whose life is or has been affected by someone else's drinking.

Our members provide meetings in all major towns and cities and are committed to being there for you when you need help. Whatever your relationship with the drinker, you will find other people who have similar stories to tell. You will realise that you are not alone. Listening to the shared experiences of others may help you find the confidence you need to deal with the effects of someone else's drinking. You will find it is possible to rediscover happiness, whether the alcoholic is still drinking or not. Your anonymity is protected by using first names only. You will not be asked to reveal your surname or any other details about your identity or that of the drinker. Anything discussed within an Al-Anon meeting is treated as confidential, including your presence at the meeting. We are widespread, with more than 700 groups throughout the UK and Eire. Details can be found on our website [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk) selecting Find a Meeting Al-Anon meetings are free. Helpline 10 am -10 pm 0800 0086 811 365 days of the year.

**AL-ANON**  
FAMILY GROUPS  
UK & EIRE