



It's Christmas at Colchester & Ipswich Museums

As Christmas is fast approaching, Colchester and Ipswich Museums have just the events to help you get into the festive spirit!

For all those that want to take a step back in time and get creative, *A Crafty Christmas Carol* is just for you, at Christchurch Mansion, Ipswich on Sun 4th Dec, 10am-4pm.

On Sat 10th Dec, 10am-4pm you can visit Ipswich Museum and discover a winter wonderland in *The Chronicles of Christmas*.

Or come along to Hollytrees Museum, Colchester on Sun 11th Dec, 12.30pm-4pm and help the servants prepare for Christmas in *The Night Before Christmas*.

Make sure you don't miss the Christmas Open Evening and Market at Colchester Castle on Wed 14th Dec, 3pm-8.30pm! Visit the Castle for free and stock up on those festive treats, fun rides and entertainment in the market outside. To find out more visit www.cimuseums.org.uk/whats-on

The Olympic torch is coming to Essex!

The 2012 Olympic torch relay will travel to 17 Essex towns and villages next year. The torch will arrive in the county on 6th July, when the procession heads from Ipswich to Colchester Castle. It will then travel via 10 locations before heading to an overnight stop at Hylands Park in Chelmsford.

The torch relay will also travel via Hadleigh, which will host the Olympic mountain biking events. Between 10,000 and 15,000 people are expected to attend the county's overnight stop at Hylands Park where a celebration will be held during the afternoon before the torch arrives in the evening. The free ticketed event will conclude with the finale of a cultural Olympiad event called Sparks Will Fly, which is being put together by artists and groups from across Essex.

Essex torch relay route

6th July 2012: Ipswich to Chelmsford

Colchester, Hatfield Peverel, Heybridge, Maldon, Rayleigh, Southend-on-Sea, Hadleigh, Basildon, Grays, Herongate, Brentwood, Chelmsford

7th July 2012: Chelmsford to Cambridge

Chelmsford, Harlow, Waltham Abbey, Stansted Mountfitchet, Newport, Saffron Walden

LOVE FOOD hate waste

What could you do with an extra £50 this Christmas?

With the shops already full of Christmas gifts, our minds turn to festive plans and tasty treats to enjoy with family and friends. And yet, we could all do with some extra cash in our pockets at this time of year.

Did you know that every month UK households throw away £50 worth of food that could have been eaten? By making a shopping list, checking the cupboards and fridge and eating up leftovers for lunch, we could all enjoy an extra bit of cash in the run up to Christmas and reduce the amount of good food being thrown away.

The good news is that Recycle for Essex has partnered up with the national Love Food Hate Waste campaign which has lots of helpful, quick and easy tips to help us make the most of the food we buy. Here are a few of our favourites...



Christmas Tasty Tips

It pays to plan - in the run up to Christmas there are lots of things we can do in advance to save time, here are our 3 top tips for this Christmas:

- Save time on Christmas Day by preparing foods in advance and freezing; stuffing, bread sauce, cranberry sauce and brandy butter can all be made ahead of time and frozen.
- Even the roast potatoes can be prepared in advance; peel, cut, par-boil and then freeze. On Christmas morning, season, sprinkle with olive oil and roast straight from frozen.
- If you're making your own mince pies, make sure none go to waste by freezing them uncooked - just bake a few at a time, straight from frozen, when needed.

Whatever food you love, we can help you waste less and save up to £50 a month at www.recycleforEssex.co.uk

 recycle for Essex

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Essex Air Ambulance and the 'Copter Kidz!

In July 2011 Essex Air Ambulance launched a brand new Visitor Centre based at Earls Colne Airfield, designed to excite, engage and empower visitors. The tour starts with a presentation about the Charity and introduction to vital life-saving work of our local Air Ambulance. Following this is a tour of the Centre allowing visitors to explore and learn about how the helicopter is tasked, which hospitals patients get taken to, how much equipment costs and lives saved. Play with interactive ipads and watch short videos about the Air

Ambulance. Subject to operations you will get to see the helicopter up close! Pre-book your visit, whether individuals, families, school groups or social groups via the Fundraising Office on 0845 2417 690.

Your child can become a 'Copter Kidz hero and help Pilot Pete keep the special emergency helicopter flying and saving lives in Essex. This fun club for 5-11 year olds is a great chance to meet new friends, get lots of goodies and learn more about the day to day work of Essex Air Ambulance. Visit www.essexairambulance.co.uk



Love your leftovers!

Recycle for Essex has teamed up with Mark Baumann, British MasterChef and owner of Baumanns Brasserie in Coggeshall, to promote the Love Food Hate Waste campaign across Essex this winter. The Love Food Hate Waste campaign aims to help Essex residents make the most of their food and reduce the amount they throw away. Mark has created a fantastic recipe for a chicken, mushroom, cheese and leek pancake with cheesy sauce, using leftover chicken and vegetables. Download Mark's recipe card at www.recycleforessex.co.uk.

Essex residents are also being challenged to create leftover recipes in their own kitchens this winter. The prize for the best recipe is a three course Sunday lunch for two at Baumanns Brasserie. The competition runs from Fri 2nd Dec 2011 until Tues 31 Jan 2012. For more competition information visit www.facebook.com/recycleforessex or www.recycleforessex.co.uk.

Recycle for Essex will also be holding a series of Love Food Hate Waste roadshows across the county this winter. The team will be on hand to answer questions and offer advice on reducing food waste, and there will also be some great giveaways. To find a roadshow near you visit www.recycleforessex.co.uk and click on Events in Essex.

Countdown to London 2012 Olympics

Following on from our first athlete, gymnast Reiss Beckford, we continue our Countdown to 2012 with **Chloe Rogers**, Team Essex Ambassador and international hockey player born in Harlow, who played for local clubs Chelmsford, Bishops Stortford, Braintree and Dunmow.

■ How old were you when you knew you loved hockey?

■ I loved and played all sports, particularly football but there were no local girls' teams and the local boys' team wouldn't let me join so I joined the local hockey club aged seven. I quickly progressed to a higher level in hockey which kept me keen and wanting to play more.



■ Did you get help and encouragement from people around you?

■ Yes, I had very good teachers at school who played and coached local club hockey, encouraging me to join a local club from a young age, with my parents taking me to Sunday morning Mini's hockey.

■ How did you fit training around school work?

■ Not very well! I managed to get GCSE's, A-levels and a degree as that is important for my life after hockey. During A-levels my teachers let me hand in homework a little late if I had been away training or miss class on the basis that I would catch up.

■ What motivates you to keep training whilst your friends are out having fun?

■ I find most of the training fun and still get to do other stuff and see friends occasionally. I get to travel the world playing the sport I love for my job. Motivation comes from being competitive and wanting to win medals at every competition. Sometimes the training is a grind, but at a tournament you remember why you do all the work.

■ Who is your inspiration?

■ When I was younger, Sally Gunnell, having watched her win Gold at the 1992 Olympics in Barcelona, my teacher Carol Wooding at school and an ex player Karen Brown now an Assistant GB coach.

■ What is the greatest goal you've achieved so far?

■ Playing in the 2008 Beijing Olympic Games and winning a Bronze medal at the 2010 World Cup in Argentina.

■ Are you excited about London 2012 and did you get tickets for other Olympic events?

■ Yes, we now train weekly on the official pitch in Stratford and it's great to see developments on site. It's strange training every day for an event taking place for just two weeks next year and it will be odd not to have that focus after the games. I got one ticket for athletics and one for tennis.

■ Do you think London 2012 will inspire other young hockey players to take up the sport?

■ Having watched Sally Gunnell win Gold in 1992 on TV when I was seven, my dream was to compete in an Olympics in any sport. Each Olympics inspired me to be there competing. I believe Team GB will win lots of medals, encouraging and inspiring younger people.