

EASTWICK AND GILSTON PARISH MAGAZINE



Saturday 30th November
Village Hall, Pye Corner, Gilston

7.00pm for 7.30pm start

£10.00 per person includes one free drink
(Teams of 6)

Nibbles provided

Bring your own supper.

FABULOUS RAFFLE £1.00 PER TICKET

To book in your team e-mail:
Christine.law2@btinternet.com Or
Rosemarydavis131@gmail.com

All Proceeds go towards the upkeep of St Mary's
and St Botolph's churches

NOVEMBER 2024

GILSTON AND EASTWICK VILLAGE HALL MANAGEMENT COMMITTEE



See below a calendar of all clubs and classes that take place at our hall.
For more information about booking the hall go to www.eastwickgilston.org.uk

MONDAY	Sculpt Fit with Sam	Sam Tucker – samtucker76@gmail.com (trampoline based exercise class)	9.15am – 10.15am
	Parish Council	Parish Clerk – Christine Law 01279 411646 Meet on the 2 nd Monday of January, March, May, July, September & November	8.00pm – 10.00pm
TUESDAY	Zumba Gold	Sarah-Jane – sarahjane_786@hotmail.com	10.30am – 11.30am
WEDNESDAY			
THURSDAY	Irish Dancing	Amanda Hennigan – 07713974077 For more information	6.30pm – 8.30pm
FRIDAY	Chair Pilates	Sarah-Jane – sarahjane_786@hotmail.com	10.30am – 11.30am
SUNDAY	Harlow Church of God	Contact: Church Minister: Pr Shijau Thankachen - 07957630450	Sunday School 9.15am – 10.00am Sunday Service 10.00am – 12.30pm

Chair: Janine Bryant

Vice Chair: Trevor Brown

Treasurer: Linda Harvey

Bookings Officer: Erin Reilly 07710271611

Holding Trustee: Keith Harvey & Mary Jackson

Booking enquiries: gevillagehall@gmail.com For any bookings and queries about the Village Hall please contact: gevillagehall@gmail.com. Or go to www.eastwickgilston.org.uk, then village hall to use the calendar to view when the hall is available to book and use the booking form facility to book your event and to read the terms and conditions required.

The New Exercise Classes Golden Zumba and Chair Pilates began in week beginning September 9th . They have been well attended and we are grateful to East Herts Council for giving us a supporting grant to make this happen



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USEFUL CONTACT DETAILS

EASTWICK & GILSTON PARISH COMMUNITY WEB SITE: eastwickandgilston.org.uk

HUNSDON EASTWICK & GILSTON NEIGHBOURHOOD PLAN GROUP WEBSITE: hegnp.org.uk -

For all regular updates and information from the group you can subscribe to the mailing list at this link:

<https://tinyletter.com/gilston>.

EAST HERTS DISTRICT COUNCIL: <https://www.eastherts.gov.uk>. Telephone 01279 655261

HERTFORDSHIRE COUNTY COUNCIL: <https://www.hertfordshire.gov.uk>. Telephone 030012234040

FLY TIPPING

Report all Fly Tipping to East Herts Council on 01279 655261 or enquiries@eastherts.gov.uk, eastherts.gov.uk/flytipping. In an emergency situation contact the Police on 999.

HIGH WYCH POST OFFICE

Located at the rear of High Wych Memorial Hall. Open **Mondays** 9.30am – 12.30pm .

Wednesdays 1.00pm – 3.15pm. **Thursdays** 9.30am – 12.30pm.

KNOW YOUR COUNCILLORS

EASTWICK AND GILSTON PARISH COUNCILLORS



CHAIRMAN
MARK ORSON
01279 453257
Mark.orson@outlook.com



VICE CHAIR
JANINE BRYANT
piers.bryant@yahoo.co.uk



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PARISH CLERK
CHRISTINE LAW
01279 411646
Christine.law2@btinternet.com
Write to: 9 Church Cottages
Gilston, Herts CM20 2RH



JOHN DUNLOP
**EAST HERTS DISTRICT
COUNCILLOR**
john.dunlop@eastherts.gov.uk



ERIC BUCKMASTER
07578 170303
**HERTFORDSHIRE COUNTY
COUNCILLOR**
eric.buckmaster@hertfordshire.gov.uk

COUNCILLORS RESPONSIBILITES

- Cllr Orson – Neighbourhood Planning Group & Footpaths Officer
Cllr Bryant – Neighbourhood Planning Group &
Village Hall Management Committee
Cllr Harvey – Highways
Cllr Marx

EASTWICK AND GILSTON PARISH COUNCIL

NEXT MEETING WILL BE ON

MONDAY 11TH NOVEMBER– 8.00PM

PARISH COUNCIL BUSINESS MEETING

VILLAGE HALL, PYE CORNER

All residents are most welcome to attend our council meetings.

CHRISTINE LAW - PARISH CLERK

01279 411646

christine.law2@btinternet.com

PARISH COUNCIL – COUNCILLOR VACANCIES

EASTWICK AND GILSTON PARISH COUNCIL STILL HAVE TWO VACANCIES ON THE COUNCIL AND WE ARE LOOKIN FOR TWO RESIDENTS THAT ARE INTERESTED IN JOINING THEM ON THE COUNCIL.

IF YOU FEEL THAT YOU MIGHT BE INTERESTED PLEASE CONTACT THE PARISH CLERK – CHRISTINE ON 01279 411646 OR ONE OF THE COUNCILLORS

GILSTON LANE RESIDENTS / USERS

Can we please ask that Gilston Lane residents and users of the lane use it with a bit of respect.

We know that it has a 60mph speed limit but it is not safe to do whose speeds.

When travelling on the lane please respect other users.

If they are travelling at a safe speed do not try and get into there bumper or try to overtake them this is what causes accidents.

Thank you for your help in this matter.

Christine Law
Parish Clerk



FAULTY ROAD SURFACE?



To help us keep Hertfordshire's roads up to scratch we need YOU to let us know when things are not right! So whether it's a pothole, pavement problem, faulty streetlight, icy road or any other highway fault, go to: www.hertfordshire.gov.uk/highwayfault or call: 01432 261800 or General Enquiries 0300 123 4040 – Hertfordshire Highways Fault line

Benefice of High Wych and Gilston with Eastwick

Church website: stjameshighwych.org.uk

Facebook: Gilston & Eastwick church's

For all recorded church services go to the Facebook page above.

NOVEMBER SERVICES

3 rd November	3 rd Sunday before Advent	8.00am	BCP Holy Communion	St James, High Wych
		9.30am	Breakfast & 10.00am Family Service	St James, High Wych
		4.00pm	All Souls Service	St James, High Wych
10 th November	Remembrance Sunday	9.30am	Holy Communion	St James, High Wych
		10.45am	Remembrance Service Followed by refreshments	War Memorial, Eastwick
17 th November	2 nd Sunday before Advent	9.30am	Holy Communion	St James, High Wych
Change of date for Gilston Service		11.15am	HOLY COMMUNION	ST MARY'S, GILSTON
24 th November	Sunday next before Advent	9.30am	Holy Communion	St James, High Wych
		11.15am	Family Service – Preparation for Christmas	St Botolph's, Eastwick

The services in all our churches are all back in person, they are also livestreamed on the **Gilston & Eastwick Churches Facebook page**.

Benefice churches will be open for private prayer. St James, open every day 9.00am to 4.00pm. An information notice is displayed outside the church. St Mary's open every day 8.00am to 4.00pm and for advice on opening of St. Botolph's for private prayer, please contact Rev. Alison Jackson.

PRIEST IN CHARGE: Rev'd Alison Jackson

revajacksonhwge@outlook.com

1 Dovedale, High Wych, Sawbridgeworth CM21 0DT

01279 790145

07833 667707

READER: Judith Denton, Path Cottage, High Wych Lane, CM21 0JP

01279 723714

SAFEGUARDING OFFICER: Cath Sharples

Diocesan Safeguarding Advisor (DSA)

01279 600996

01727 818107

HIGH WYCH PARISH

LAY LEADER OF WORSHIP: Jan Bellingham

01279 724247

CHURCH WARDENS:

Janet Bellingham

Sam Clark

01279 724247

07717542524

GILSTON WITH EASTWICK PARISH

CHURCH WARDENS:

Michael Shaw

We have a vacancy for a Church Warden

01279 726792

LAY LEADER OF WORSHIP / MISSION ENABLER:

Rosemary Davis

01279 419763

PCC SECRETARY:

Mrs Christine Law

01279 411646

PCC TREASURER:

Werner Marx

marxwerner2@gmail.com



November Letter

You are known and loved by God.

How well do you know yourself? How well do people know you?

If I were to ask you for 3 facts about yourself that you don't mind other people knowing – what would you say? This is called your 'Arena'.

For me I might say, I am married to Paul, I have 4 boys and I love to sing.

What about if I asked you for 3 facts about yourself, that you know but other people do not. These maybe things that are more secret. This is called your 'Façade'.

What if I asked you what your 'blind spots' are? This is really tricky to answer because we don't know these, but probably other people do.

But then what are the things about you that are unknown to others and also unknown to you? That is really, really tricky.

What if I were to tell you that God knows those things. The things that are unknown to you and unknown to anyone else are known by God. He knows your future, he knows there is hope for you. How amazing is it to be truly known and loved?

We are told in the Bible that:-

Psalm 139 (First 6 verses)

You have searched me, Lord, and you know me.

² You know when I sit and when I rise; you perceive my thoughts from afar.

³ You discern my going out and my lying down; you are familiar with all my ways.

⁴ Before a word is on my tongue you, Lord, know it completely.

⁵ You hem me in behind and before, and you lay your hand upon me.

⁶ Such knowledge is too wonderful for me, too lofty for me to attain.

Some of the things that no one knows about us, are maybe because they are too humble, or too shaming, or they are too private. If you know that God knows everything about you...

How does that make you feel?

Happy, sad, worried, angry, ashamed?

How about if I say that God knows all about you, and sees you fully and truly and still loves you as his child, a child that he longs to spend time with to show you how much he cares about you.

How about if I say to you that God is waiting for you to call on him, he is at the door saying,

'Ask and it will be given to you; seek and you will find; knock and the door will be opened to you'.

(Matthew 7:7)

He knows you and he loves you and he is waiting for you.

My prayer for you today is that if you are feeling lost, or alone, scared or worried, call on Jesus, you open that door and let him into your life. We are promised 'life in all its fullness' – I pray that for you.

The prayer you could say would be:-

Jesus, you know me and love me just as I am

Thank you.

Help me to open the door in my heart to you,

To see you more clearly

And to love you with my whole heart. **Amen**

Your Priest

Alison

PS As to what is happening in November – so much. There are plenty of flyers in this magazine for you to think about and come along to, whether it's Jimmy's baby and toddler group, Wednesday Welcome, Yr 7's Jim's café, or any of our Family services. We have even given you a sneak preview of all Our Christmas services – so get your Christmas Jumper washed and ready 😊. One thing to note though is if you would like to come to our All Souls Service on 3rd November (see flyer) – please let me know revajacksonhwge@outlook.com, or there is a sign up sheet at the back of St James, High Wych and St Mary's Gilston, and both churches are open every day from 9.00 am to 4.00 pm, **or you can just turn up on the day.** At this service we will read out the name of

your loved one who is no longer with us and you will be able to take a flower up to the altar and light a candle to remember them as part of this service.

2 Corinthians 13:11

Final Greetings

Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you.

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Romans 15:13

New International Version

13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Online prayer sessions - Tuesday mornings at 9.30 am – link below

<https://us02web.zoom.us/j/84557900182?pwd=MDhIR2ZBSFc4RXdxWW4zL3FJRkx0dz09>

Meeting ID: 845 5790 0182 Passcode: 640464

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DAWN'S
POP UP GIFT SHOP
SMALL HALL - HIGH WYCH MEMORIAL HALL
MONDAY, TUESDAY & FRIDAY
12NOON TO 4.00PM
GIFTS FOR EVERYONE TO BUY
COME AND BROWSE & HAVE A CUP OF TEA



All Soul's Service

*St James,
High Wych*

Sunday 3rd November

4:00 PM

At this service you will have an opportunity to remember someone you have loved and lost. Their names will be read out and you will be able to take a flower to the altar and light a candle to remember them.

If you would like your loved one to be included in this service please email:
revajacksonhwge@outlook.com
or telephone 01279 790145



Nature Notes by the late Cynthia Howe, long-time nature lover and resident of Gilston

Sunday 15 November 2009

Home Creatures

Tired but happy. A most enjoyable day yesterday when we visited our grandson Ric in Chittlehampton Oxfordshire.

The squirrels, pheasants and birds have missed their handouts, and seemed extra hungry today.

We were pleased to oblige, we missed the contact with them yesterday.

Friday 20 November 2009

The Heron

Today, just as Mike walked into the kitchen, I looked out of the lounge window and watched a heron take off. It was flying low across the lawn and upward through the branches of our garden's trees. I have very mixed feelings regarding the heron, because he empties our pond, but I love to watch him. It takes away my breath when I watch him in flight. He did not fly very far – just across the paddock and into the field, where he spent the next two hours silently stalking the river's edge.

Later on, I watched a goldcrest, such a tiny restless little bird. He spent ten minutes between a conifer and a bird bath never staying long on either, but impatiently flying between the two.

Monday feels very near now. I cannot believe that for the last few months I have been so anxious for this day to arrive, and now that it is here I am filled with dread. Will I have the strength and fortitude to bear what I must if the news is bad? How foolish and selfish to even wonder such a thing when I have already lived 67 years, and so very many people have not even had this much.

Monday 23 November 2009

Black Sky, White Birds

For days we have had rain. All morning it was wet though just before we left it dried up, but was very windy. Now on the journey to the hospital, to hear the scan results, there is bright sunshine, although the roads are still very wet.

Deciduous trees are almost bare and all rivers are full to overflowing. I can see the sky reflected on the flooded areas of flat fields and road edges.

We drive quietly. We are both sober. The uncertainty of the last three months has been bad enough, but the strain of the last three days has been almost unbearable.

Pylons march across fields reminding me of the Eiffel Tower, they stand sentinel at the roadside between the turning for Westmill and the village of Buckland.

Here and there is evidence of the high winds in the trees, having blown down on the verges and roadsides. In a field on the right-hand side is a dwelling – once a windmill. I wonder what it is like inside. Does it have curved walls? Steep chalk sides bound the road on either side now – very ivy-covered in places.

Cambridge is 13 miles away. 12 miles away. 11. Put Coldplay on the stereo.

The sky is very black and angry, and silhouetted against it is a rising and falling flock of white birds. Perhaps they are not white – it may be a trick of the reflected light against the clouds’ blackness. How can the sky be so black and yet the sun be shining so brightly? It feels like a reflection of my fear and hope.

Black sky, wet roads and cars with their headlamps on.

In Trumpington now and passing the turning for Grantchester – these so familiar names from researching the Howe family history, so many of Mike’s forbears came from this area.

A thick rainbow rises from a belt of green trees ahead.

Turning off now for the hospital at the end of this road. The windscreen is splattered, as if the drops are my tears being held back, but only just, because my fear is great and my sorrow at what might be is even greater.

The appointment is now over and I have been informed that I have lung cancer. I must be brave for my family.

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THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk



One of the best ways to enjoy and appreciate our wonderful area is on foot, so the Hundred Parishes Society’s website has always included a selection of walks. They have generally been focused on footpaths but last winter’s exceptional rain made many paths difficult. This prompted us to develop a new series of walking routes that do not use any footpaths. We hope our “Quiet Lane Walks” will appeal to anyone who does not like cleaning boots and also perhaps to families, people with mobility problems or less-energetic cyclists.

Our website now has almost 40 Quiet Lane Walks in addition to over 100 established routes. You can find a route that suits you by either scanning the lists of walks or by going to a specific parish introduction to see which route numbers go there – the Quiet Lane walks start with the number 3. We have put together quiet lane routes that visit 41 of our hundred parishes but we would welcome suggestions for more - just email a simple route outline to hundredparishes@btinternet.com and we will put together a full route description.

The new routes range in distance from 1 mile to 12 miles and pass through typical Hundred Parishes territory: lovely villages and attractive countryside, often with an inviting café or pub.

Route descriptions can be freely downloaded from our website and then printed. The descriptions should ensure that nobody gets lost and they include snippets of information about places along the way.

If you do not have access to the internet but would like some walk suggestions, please write to The Hundred Parishes Society, 2 Greenfields, Stansted Mountfitchet CM24 8AH. We will send you a list of available routes and then print some for you. There is no charge.

Ken McDonald, Secretary

An Important Date for your Diaries!!

CANCEL OUT CANCER

There will be a FREE Cancel Out Cancer Session

at
Sawbridgeworth Memorial Hall
on
Thursday 14th November
19:00 – 20:00

Cancel Out Cancer is an excellent local NHS volunteer/patient led campaign that aims to not only improve people's understanding of cancer, but also to encourage everyone to take action to promote their own health. The group's aim is to improve people's awareness and understanding of cancer by talking it through in this one-hour interactive session. They will be asking us what we already know about Cancer and then giving information on:

- Helping people understand cancer, including what it is and isn't.
- How to spot cancer in its early stages, signs and symptoms, for best possible chance of successful treatment.
- What screening opportunities there are
- Understand how we can reduce the risk of developing cancer
- Provide useful website details and phone numbers.
- Encouraging people to spread the message to friends, family, and others

****To book your place, please email your Patients' Group at:**
patientgroup4sawbosurgery@gmail.com

You can contact us again on that same email address if your plans change and you cannot attend. **

'Flu Vaccinations 2024: If you are called for your 'Flu Vaccination please book your slot at the Surgery via the link on the text or letter that you receive. The flu vaccine is recommended for people at higher risk of getting seriously ill from Flu

You can get the free NHS flu vaccine if you:

- are aged 65 or over (including those who will be 65 by 31 March 2025)
- have certain long-term health conditions
- are pregnant
- live in a care home
- are the main carer for an older or disabled person, or receive a carer's allowance
- live with someone who has a weakened immune system

If you are eligible, please contact the Surgery to book your appointment.

If you are aged 75 – 79 The RSV vaccination is now available. It protects against Respiratory Syncytial Virus which can cause pneumonia in older adults.

Thank you.

'This is me' is a simple leaflet for anyone receiving professional care who is living with dementia or experiencing delirium or other communication difficulties.

A support tool to enable person-centred care

'[This is me](#)' can be used to record details about a person who can't easily share information about themselves. For example, it can be used to record:

- a person's cultural and family background
- important events, people and places from their life
- their preferences and routines.

The leaflet can be used in any setting – at home, in hospital, in respite care or in a care home.

'[This is me](#)' helps health and social care professionals better understand who the person really is, which can help them deliver care that is tailored to the person's needs.

It can therefore help to reduce distress for people with dementia and their carers. It can also help to overcome problems with communication, and prevent more serious conditions such as malnutrition and dehydration.

'It is a brilliant, simple product which I highly recommend.' - Carer of a person living with dementia

Now in its fourth edition, '[This is me](#)' has been endorsed by the Royal College of Nursing since 2010. The latest edition includes changes that were suggested by people living with dementia, carers and health and social care professionals.

[Download This is me](#)

After downloading the leaflet, you can either:

- print it out and fill it in by hand
- save the file to a device and add text electronically.

Photos can only be added by hand once the leaflet is printed.

You can buy a pack of 25 for £3.50 + postage and packaging [from our online shop](#).

Get a copy of '[This is me](#)'

Download a copy of the leaflet or order a print version from our publications order form.

[View and download the PDF](#)

[Blood Pressure Diary](#): Did you know that if you are asked to do a weekly blood pressure diary by a clinician at the surgery, this can now be done on your phone? The surgery can send you a text with a link which lets you record your blood pressure readings for both am and pm. The text even asks if you want to be sent a reminder for each reading. At the end of the week, your average blood pressure is calculated automatically.

If you are not available to complete this when asked, the clinician can set it up to start on a date which is convenient for you.

[Bereavement Café; Hailey Centre; Sawbridgeworth](#)

For those who are finding life difficult at the moment due to a bereavement why don't you consider coming to the next session of the St Clare Hospice Bereavement Cafe being held on the first Tuesday of each month from 2 – 4pm?

A warm welcome awaits from our lovely guests but also the trained volunteers. We started the cafe in April 2022 and since then it has grown in size and is now a regular venue for those who have experienced a loss.

You may never have been to a support group; we appreciate it takes courage but we will be there to welcome you, (along with a cuppa!).

[Where](#): The Hailey Centre, 2.00 - 4.00pm

[Next sessions](#): Tuesday 5th November; Tuesday 3rd December; 2 – 4pm

[After the Clocks go Back.....2024](#): Please look out for our updated booklet for 2024. It has been available since the end of October. It is full of ideas, groups, places to go to help to avoid loneliness and isolation during the winter months. You can find copies in our two Pharmacies, the Hailey Centre, The Memorial Hall, the Library, the Town Council offices, Central Surgery and other public buildings around Sawbridgeworth. Please take a copy and enjoy the great facilities that are in our town.



HERTS CONNECT – NEIGHBOURHOOD WATCH

Advice issued to owners of high value gold

We are issuing advice in the run up to the cultural festivals celebrated by many families during autumn, to help them protect their treasured family gold and jewellery.

Many families wear their jewellery, as part of the celebrations of Diwali and other religious holidays, and in previous years there has been increases in criminals targeting these valuables. On Friday (11 October) a burglary in St Albans resulted in £15,000 worth of jewellery being stolen.

If you plan to attend an event it is advisable to be discreet when wearing high value jewellery items in public. Also ensure that these items are securely stored when kept in the home, or consider keeping them somewhere else like in a safety deposit box.

Detective Chief Inspector Luke Whinnett, from Hertfordshire Constabulary's Local Policing Command, said: "Some families who have large collections of valuable jewellery, and in particular high value gold, have been targeted by criminals in the past. Wearing lots of gold and jewels as you travel to weddings and religious festivals can draw unwanted attention from criminals, so we recommend keeping it hidden until you reach the venue.

"Burglars tend to target houses that are empty, particularly if they are not very well-secured. Taking basic steps to secure your home can be enough to deter many burglars. If you have made a significant investment in gold and jewellery, it makes sense to take all possible precautions to protect these items."

To help keep your property safe and home secure, follow these steps:

- We would advise you to remove the jewellery from your house altogether, so if you are a victim your valuable items won't be stolen. Keep all jewellery and other valuables in a safety deposit box – speak to your bank to find out what's available.
- Use a doorbell camera, internal camera and/or a monitored burglar alarm.
- Ensure doors are double locked at all times. Keep windows closed and locked.
- Install 'dusk to dawn' external lighting.
- Use timer switches in your home to control internal lights, radios and a simulated TV.
- Keep keys and valuables secure and out of sight.
- Ensure boundary fences are secure with side gates locked.
- Take photos and keep a list of all valuable property in a safe place, including make, model, description and value.
- When travelling always keep valuables in your carry-on luggage. Your carry-on remains under your watchful eye throughout the journey, reducing the risk of loss or damage.
- Forensically mark items of value, as a hi-tech way of linking your property to your address, options available are – Selecta DNA / Smartwater. Always take specialist advice before marking expensive or irreplaceable items.

For more advice on protecting your gold, visit the crime prevention pages at www.herts.police.uk/protectyourhome.

You can report information online at herts.police.uk/report, speak to an operator in our Force Communications Room via our online web chat at herts.police.uk/contact or call the non-emergency number 101.

Alternatively, you can stay 100% anonymous by contacting the independent charity Crimestoppers on 0800 555 111 or via their untraceable online form at crimestoppers-uk.org.

VILLAGE DEFIBRILLATORS

We have four defibrillators within our two villages and they can be found at:

Gilston & Eastwick Village Hall, Pye Corner – CM20 2RB
Can be found on the outside at the front of the building by the notice board.



The Lion Public House, Eastwick – CM20 2QP
Can be found in the covered area to the right of the pub courtyard.

St Mary's Church, Gilston Lane, Gilston – CM20 2RJ
Can be found in the porch as you enter the church on the right-hand side.

Terlings Park, Kirkpatrick Place – CM20 2FX
Can be found outside of the entrance gates beside the intercom.

The defibrillator is designed to be very easy to use and talks you through what you need to do step by step.

If you are in the unfortunate position of needing to use it you simply
Phone 999

You will be given the code to open the cabinet and then supported by the
Emergency Services.

CLOTHES BANK VILLAGE HALL, PYE CORNER, GILSTON

TO ALL RESIDENTS



THE CLOTHES BANK CAN BE FOUND AT THE BACK OF THE VILLAGE HALL IN ITS CAR PARK.

WE NOW HAVE A CLOTHES BANK FOR YOU TO USE.
IT TAKES ONLY OLD CLOTHES, HANDBAGS, BELTS AND SHOES (PLEASE MAKE SURE ALL ITEMS ARE IN BAGS).

IT WILLNOT TAKE – SOILED RAGS, CARPET, RUGS, BLANKETS, TOWELS, SHEETS, GLASS, METAL, PAPER OR RUBBISH. THIS WILL BE EMPTIED ONCE A WEEK FOR US.

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THE EASTWICK AND GILSTON PARISH MAGAZINE MONTHLY DEADLINE FOR ARTICLES IS THE 16TH OF EACH MONTH – TO BE SENT TO IN A WORD DOCUMENT:
christine.law2@btinternet.com

The Parish Magazine is printed for us by: Shogun Print, Shogun House, Unit 2 Wilems Works, Forest Road, Hainault, Essex IG6 3HJ 07956 301 169 –
[e.mail: neale@shogunprint.com](mailto:neale@shogunprint.com) – [web site www.shogun-print.com](http://www.shogun-print.com)



Every Thursday morning
From 9.30am to 11.30am
at High Wych Memorial Hall
(term time only)

Healthy snacks will be provided

£2 per session, per family
For childminders: £2 per child



Scan the code above to pay securely online

Need to CONTACT THE POLICE?

Which one IS BEST FOR YOU?

Follow the 5 STEPS

1. RIGHT SERVICE?
Is it a police issue or is another service better suited?

2. CHECK ONLINE?
Is the information already on our website? Check online: www.herts.police.uk

3. REPORT ONLINE?
Has a crime already happened and you want to report it? Report online: www.herts.police.uk

4. LIVE CHAT/CALL 101
Do you want to share some information with us or speak to someone specific? Use live chat, otherwise call 101.

5. CALL 999
Is it an emergency? Is a crime happening right now, or is a life or property at risk? Call 999.

HELP US TO HELP YOU
SCAN THIS CODE TO GET ONLINE QUICKLY

HERTFORDSHIRE CONSTABULARY
Prevention First



WHEN USING OUR PUBLIC RIGHTS OF WAY PLEASE BE AWARE

Please make sure your dogs are under control and if not on leads in your sight.

Always clean up your dog's poo because it can cause illness in people, livestock and wildlife

Never leave bags of dog poo around, even if you intend to pick them up later.

Deodorised bags and containers can make bags of dog poo easier to carry. If you cannot find a public waste bin, you should take it home and use your own bin.



Run by the churches of High Wych & Gilston with Eastwick
On the first Wednesday of every month
2:00 pm - 4:00 pm

Wednesday Welcome
Every 1st Wednesday of the month



Over 55's Welcome for tea, coffee, and cake.
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For more information contact:
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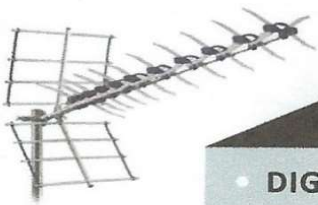


Are you struggling with your energy bills?

If you live in Sawbridgeworth, High Wych, Gilston, Eastwick or Spellbrook and your financial situation meets the criteria, you may be eligible for assistance from **The Sawbridgeworth Charitable Trust**.

For more information, please contact our clerk:
Di Kitson on 01279 723212 or email: diana.kitson@btinternet.com





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10TH NOVEMBER 2024

We will gather at

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Our Act of Remembrance

Will start at 10.50am
led by Rosemary Davis

We will plant a Field of Remembrance.
Lay our poppy wreaths and observe the
national 2 mins silence at 11.00am
Followed by Coffee & Cake and a chat at
St Botolph's afterwards.

