

EASTWICK AND GILSTON PARISH MAGAZINE

CHRISTMAS AND NEW YEAR WASTE COLLECTIONS 2024-25



WEEK 1

Normal dates		Revised dates	
Monday	23 Dec >	No change	
Tuesday	24Dec >	No change	
Wednesday	25 Dec >	Friday 27 Dec	
Thursday	26 Dec >	Saturday 28 Dec	
Friday	27 Dec >	Monday 30 Dec	



WEEK 2

Normal dates		Revised dates	
Monday	30 Dec >	Tuesday 31 Dec	
Tuesday	31 Dec >	Thursday 2 Jan	
Wednesday	1 Jan >	Friday 3 Jan	
Thursday	2 Jan >	Saturday 4 Jan	
Friday	3 Jan >	Monday 6 Jan	

WEEK 3

Normal dates		Revised dates	
Monday	6 Jan >	Tuesday	7 Jan
Tuesday	7 Jan >	Wednesday	8 Jan
Wednesday	8 Jan >	Thursday	9 Jan
Thursday	9 Jan >	Friday	10 Jan
Friday	10 Jan >	Saturday	11 Jan



IMPORTANT REMINDER



There will be no garden waste collections between

30th December 2024 and 11th January 2025

JANUARY 2025

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.

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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

Neighbourhood Planning Group

Footpaths Officer



VICE CHAIR

JANINE BRYANT

piers.bryant@yahoo.co.uk

Neighbourhood Planning Group



LINDA HARVEY

01279 410435

lindamaryharvey@icloud.com

Village Hall Committee

Highways



WERNER MARX

marxwerner2@gmail.com



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

EASTWICK AND GILSTON PARISH COUNCIL

NEXT MEETING WILL BE ON

MONDAY 13TH JANUARY 2025– 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

WE HAVE TWO VACANCIES TO BE FILLED FOR PARISH COUNCILLORS IF YOU MIGHT BE INTERESTED PLEASE CONTACT THE PARISH CLERK

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NOTICE OF VACANCY IN OFFICE OF COUNCILLOR

PARISH OF GILSTON NOTICE IS HEREBY GIVEN

That due to the resignation of Robert Wightwick, a vacancy has arisen in the Office of Parish Councillor for the Parish Council.

If by 9 January, 2025 (14 days excluding Dies Non, after the date of this notice) a request for an election to fill said vacancy is made in writing to the Returning Officer at the address below by TEN local government electors for the said Parish, an election will be held to fill the said vacancy, otherwise the vacancy will be filled by co-option.

If an election is not requested by TEN local government electors, the vacancy will be filled by co-option as soon as practicable after 9 January, 2025.

Dated 16 December, 2024

Helen Standen

Returning Officer

Wallfields

Pegs Lane

Hertford

Hertfordshire

SG13 8EQ

DRAFT - The Parish Council Business Meeting of Monday 11th November 2024. Village Hall, Pye Corner, Gilston 8.00pm

PRESENT: Cllr's Bryant, Harvey, Marx, Orson, Eric Buckmaster (CC), John Dunlop (DC), 2 members of the public. Christine Law (Clerk) in attendance.

Cllr Buckmaster and Cllr Dunlop's reports are attached to these minutes.

PUBLIC PARTICIPANTION

- a. No questions asked.

BUSINESS MEETING STARTED AT 8.00PM

50) APOLOGIES FOR ABSENCE

- a) Cllr Wightwick

51) RECEIVE COUNCILLOR'S DECLARATION OF INTERESTS

- a) Cllr Marx – As Treasurer of the PCC a question will be asked later in the meeting.

52) MINUTES FOR APPROVAL

- a) Minutes of the Parish Council Business Meeting of 8th July 2024 proposed by Cllr Marx and seconded by Cllr Bryant. They were then signed as a true record by chairman Cllr Orson.

53) ACCOUNTS

- a) Clerks report to the Council of accounts summary (attached).
- b) Clerk's Salary increase - NALC & SLCC have agreed an increase in local government pay scales with effect from 1 April 2024. It was proposed to increase the Clerk's pay in line with these changes and award backpay.
- c) Budget for 2025-2026 – the proposed budget for the next financial year and 2025-26 Parish Precept was reviewed. In previous years a contribution has been made from our Parish Precept towards our Neighbourhood Plans Group's overall costs in representing our parishes interests on Gilston Area development matters. The Neighbourhood Plan Group funding is now considered sufficient to cover anticipated expenditure for the foreseeable future and it is proposed to make no further contributions and to reduce the Parish Precept for 2025-26 onwards. If circumstances should change this can be reviewed.
- d) Churchyard Maintenance the annual grant of £600.00 was proposed. For future reference the Parochial Church Council (PCC) were asked to provide information on their churchyard maintenance costs for our next meeting.
- e) 8th May 2025 – 80th year VE Day – Cllr Bryant proposed that the Parish Council should consider sponsoring VE Day celebrations. It was agreed that councillors should consider whether there is sufficient interest in VE day celebrations, possible events and how potential event organisers could be identified, for discussion at our January meeting.
- f) The Parish Council received a request from Rev Alison Jackson for help with funding for the maintenance of some Yew trees within St Botolph's, Eastwick churchyard. These trees are considered dangerous and need urgent work to make them safe. It was proposed that a grant of £1,500.00 be made as a contribution to the overall costs.

Items a-f were proposed by Cllr Orson and seconded by Cllr Bryant.

54) PLANNING AND ASSOCIATED APPLICATIONS

- a) Grassland, Pye Corner, Gilston – 3/23/1110/FUL – Retrospective change of use of buildings A (Class e), B (class B8), c (Class B8), D (Class B8), E (Class B8) and F (Class E). Awaiting decision.
- b) The Old Rectory, Gilston – 3/24/0068/FUL – Installation of 100 ground mounted PV Cell Solar Panels on the paddocks to the north of the Old Rectory. Awaiting decision.
- c) 2-7 Kirkpatrick Place, Gilston – 3/24/0882/FUL – Replacement of 6 number Juliet balcony's with new aluminium frame and fully glazed cantilever balcony's – Awaiting decision.
- d) 95 Pye Corner, Gilston – 3/23/2463/HH – Has been refused by planning but applicant has gone to appeal. Awaiting decision.
- e) Land Adj. to 66 Eastwick Road, Eastwick 24/00065/Refuse. The applicant has taken this to appeal, and we are still awaiting decision.
- f) 17 Roseley Cottages, Eastwick – E/24/0142/ENF structure that has been erected in the garden was being investigated. This since has been removed and case now closed.

55) COMMUNITY FORUM

- a) Cllr Bryant proposed that agenda items Community Forum and Neighbourhood Plan in future be merged under the heading Neighbourhood Development with Community Forum being a sub-heading.

- b) The next Community Form is scheduled 27th November 2024 at the Manor of Groves, High Wych. Start time 6:30pm Recommend residents to attend these events and bring their questions, concerns, etc with them.

Agenda	
Drop In Sessions An opportunity to speak to developers and Council Officers - please come along with any specific questions you would like to ask	
7pm	Welcome by Cllr Vicky Glover-Ward (Chair)
7.05pm	East Herts Local Plan Consideration of flooding and drainage matters in the preparation of the Local Plan and the allocation of sites
7.30pm	Thames Water: Approach to the provision of capacity Developer Teams: Approach to development to build in capacity Presentation followed by Q and A
8.25pm	Close

- c) A Community Forum was held 25th September. Summary of what was presented: The key take-aways
- i) Dwindling number of residents attending, some voicing their poor perception of the event
 - ii) SLMP consultation is "completed", PFP are going through all feedback received and, in due course, will publish final "draft" along with table of feedback received and changes made or reasons why not
 - iii) The half hour before and after for "informal discussion" gives EHC opportunity to avoid having to answer questions they don't want to in public. Important topics are not being openly discussed for all to hear (e.g. Jenny Pierce explaining to 1 resident why no action has yet happened with flooding on Gilston Lane - this is important for several residents who were at the CF)
 - iv) opportunity to "tick a box" for their (EHC) wonderful engagement
 - v) BenS, PFP, offering to hold joint, with NPG, open event for residents that would give more useful information. NPG to propose the agenda.
- d) Village7 Masterplan webinar 2nd October
- i) Estimate less than 30 residents attended
 - (1) EHC - VG-W, JohnD, EricB, Sara Saunders, Jenny Pierce
 - (2) PFP - Ben Stevens, James Blair, ?Charlie Ward?
 - (3) Meeting Places - ChrisC (leaving MP), replaced by Joel Fayers
 - (4) TW- Jonathan Locke, Charlie Murphy ?Cratus?
 - (5) NPG - Anthony, Janine
- e) The presentations given by EHC and the developers can be found at <https://www.eastherts.gov.uk/planning-and-building/community-forums/gilston-area-community-forum>
- f) If there are any specific topics that you would like to learn more about at future CFs, please email them to: Community.Forum@eastherts.gov.uk .
- g) Recommended reading – Comments Tracker found at <https://www.eastherts.gov.uk/planning-and-building/community-forums/gilston-area-community-forum>

56) PARISH PATHS

- c) Cllr Orson reported:

- i) Issues raised on Parish Paths matters by Nicholas Maddex our Herts CC Access Projects Officer, Countryside and Rights of Way on our behalf with Knight Frank representing Places for People:
 - (1) Paths through the sugar beet are becoming blocked by growth or regrowth of sugar beet. They should be cleared to a width of at least a metre, as required by the Highways Act. More care needs to be taken in future over clearing paths through sugar beet and in keeping them clear.
- ii) Other actions:
 - (1) HCC's contractor has cleared the low branches from the Eastwick end of footpath 16, and from footpath where it goes through the hedge near its east end.

57) HIGHWAYS

- c) Cllr Harvey reported:
 - i) Remaining issues on Gilston Lane and left towards High Wych were reported in April - still no action though feedback suggests arguments continue over responsibility.
 - ii) Some work was done on Eastwick Hall Lane drainage as it leaves A414 but not as expected. Please see report from Eric Buckmaster. Some potholes have been flattened along the road but the last half mile into the village remains dangerous for drivers nor helped by large deposits of mud.
 - iii) I have not been given any information on Terlings Park.
 - iv) Current works in Harlow and numerous diversions to A414 have contributed to regular congestion at the A414 roundabout by Eastwick Lodge Farm. This affects everyone in Eastwick and Gilston Parish. Whilst the newly cleared footpath between Eastwick Village and Eastwick Lodge Farm as was, is much appreciated and makes walking much easier the pollution from standing cars probably makes it unadvisable.
 - v) Plans are scheduled throughout the year for ongoing surveys of the roads prior to works. These may result in lane closures and will create backlogs of traffic around Pye Corner, the entrance to Terlings and of course the roundabout and the A414 and entrance to Eastwick.
 - vi) It remains difficult to track reported works through the HCC Highways portal.

58) NEW HOMES BONUS / INVESTMENT INTEREST

- a) Aerial Photographs –Cllr Marx reported that the aerial photos of our parishes have been successfully uploaded onto the Eastwick and Gilston Community Website www.eastwickandgilston.org.uk. Additional wording has been added under Community Page giving instructions and contact information for printing the high-definition files

59) VILLAGE HALL MANAGEMENT COMMITTEE

- a. Cllr Harvey reported:
 - i. As Treasurer I can confirm that last years accounts have been uploaded to the charity commission and will be available to view.
 - ii. Car park -we have decided not to increase charges for next year. We will however increase gardener input into its surrounds- including a makeover of the sleeper garden.
 - iii. The hall had a free survey to assess energy efficiency on July 12. East Herts have offered us a grant to fund an air curtain at the front door and an app for distant heat controls. We are considering this.
 - iv. Chair Pilates and Golden Zumba will begin, weekly this September courtesy of a grant from East Herts. It has been well attended and will continue until March. After that it is likely that Chair Pilates will continue and possibly Zumba.
 - v. A fund-raising race meeting has been organized for next May.
 - vi. We still look forward to a new web page for the hall.
 - vii. We will be increasing hall hire by a very small amount to reflect our increased costs. We are still less expensive than most local halls.

b) OFFICAL PORTRAIT OF THE KING

- a. This was handed over to the Village Hall Management for displaying within the Village Hall.

c) CORRESPONDENCE

- a. None.
- d) **ITEMS BROUGHT FORWARD AT THE DISCRETION OF THE CHAIRMAN FOR INFORMATION ONLY.**
 - a. None.
- e) **ITEMS COUNCILLORS WOULD LIKE TO BE ADDED TO THE NEXT AGENDA.**
 - a. Gilston Sign – Cllr Bryant – Proposal for a sign as you enter the village by Church Cottages as there is nothing to state that you are in the village of Gilston. Need further investigation and discussion.
 - b. Safety Barriers, Pye Corner.
- f) **DATE OF NEXT MEETING**
 - a. Date of next meeting – Monday 13th January 2025 -Parish Council Business Meeting.
 - b. 10th March – Annual Parish Meeting – followed by Parish Council business meeting.
 - c. 12th May – Annual Meeting of the Council followed by business meeting
 - d. 14th July – Council Meeting
 - e. 8th September – Council *Meeting (since the last meeting this date has been changed to the 15th September.)*
 - f. 10th November – Council Meeting

Meeting closed at 9.30pm

COUNTY COUNCILLOR AND DISTRICT COUNCILLOR’S REPORTS CAN BE FOUND ON THE VILLAGE WEB SITE.

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**EASTWICK AND GILSTON PARISH COUNCIL MEETINGS FOR 2025
ALL MEETINGS WILL BE HELD IN THE VILLAGE HALL, PYE CORNER, GILSTON AND WILL START AT 8.00PM UNLESS OTHERWISE STATED AND ARE OPEN TO THE PUBLIC AND PRESS**

MONDAY 13 TH JANUARY	FULL COUNCIL
MONDAY 10 TH MARCH	(ANNUAL PARISH MEETING)
This is a meeting of the electorate and not a Parish Council meeting	
FOLLOWED BY THE PARISH COUNCIL MEETING	
MONDAY 12 TH MAY	(ANNUAL MEETING OF THE COUNCIL)
FOLLOWED BY THE PARISH COUNCIL BUSINESS MEETING	
MONDAY 14 TH JULY	FULL COUNCIL
MONDAY 15 TH SEPTEMBER	FULL COUNCIL
MONDAY 10 TH NOVEMBER	FULL COUNCIL

In the year of Local Government elections, the Annual Meeting of the Council will be held between the fourth and fourteenth day after the election (inclusive).

The Annual Parish Meeting is a meeting of the Electorate and is not a meeting of the Council, should meet annually between 1 March and 1 June (both inclusive).

Christine Law (Parish Clerk)

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.

JANUARY SERVICES 2025

5 th January	Epiphany	8.00am	Service of the Word	St James, High Wych
		9.30am 10.00am	For breakfast Family Service	St James, High Wych
12 th January	Baptism of Christ	9.30am	Holy Communion	St James, High Wych
	1 st Sunday of Epiphany	11.15am	Holy Communion	St Mary's, Gilston
19 th January	2 nd Sunday of Epiphany	9.30am	Holy Communion	St James, High Wych
		4-6pm	Messy Church	High Wych Memorial Hall
26 th January	3 rd Sunday of Epiphany	9.30am	Holy Communion	St James, High Wych
		11.15am	Holy Communion	St Botolph's, Eastwick
		2.30pm	Baptism of Leon Von Karisson	St James, High Wych
		3.45pm	Baptism of Theo Convery-Close	St James, High Wych

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

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

SAFEGUARDING OFFICER: Cath Sharples

Diocesan Safeguarding Advisor (DSA)

HIGH WYCH PARISH

LAY LEADER OF WORSHIP: Jan Bellingham

CHURCH WARDENS:

Janet Bellingham

Sam Clark

01279 790145

07833 667707

01279 723714

01279 600996

01727 818107

01279 724247

01279 724247

07717542524

GILSTON WITH EASTWICK PARISH

CHURCH WARDENS:

Michael Shaw

We have a vacancy for a Church Warden

LAY LEADER OF WORSHIP / MISSION ENABLER:

Rosemary Davis

PCC SECRETARY:

Mrs Christine Law

PCC TREASURER:

Werner Marx

01279 726792

01279 419763

01279 411646

marxwerner2@gmail.com

Psalm 121

¹ I lift up my eyes to the mountains—where does my help come from?

² My help comes from the Lord, the Maker of heaven and earth.

³ He will not let your foot slip—he who watches over you will not slumber;

⁴ indeed, he who watches over Israel will neither slumber nor sleep.

⁵ The Lord watches over you—the Lord is your shade at your right hand;

⁶ the sun will not harm you by day, nor the moon by night.

⁷ The Lord will keep you from all harm—he will watch over your life;

⁸ the Lord will watch over your coming and going both now and forevermore.



January Letter

Searching for those Holy Moments

As we move from the Old Year to the New Year I have to be honest and say I am finding this December a little tricky. As I write this we are still to have all our Christmas services, which I know will bring me great joy, but.... I do get fed up of dark mornings and evenings, of muddy dog walks and a muddy dog on cream carpets!! My heating has been broken and I have been full of cold for weeks. That's one way of looking at it...

However, another way to look at it is... I am so glad I have Bean, she is a great companion and walking buddy, and thanks to a great team of plumbers we are now toasty warm again.... and my cold is finally going! I am searching for those 'Holy Moments'. Moments when I see and am aware that God is with me in my everyday life.

I know I am not alone in having minor irritations throughout my day, but I also try to see how fortunate I am. Each week we have a team (who I am very thankful for) who pray for our world, our country, our government, our communities, those among us who are sick or in need, we bring all these prayers to God and ask for help and also give thanks for all that he is doing. If you would like prayer, please let me know.

As I think forward from today, there will be lots of things that will bring me joy over the next few weeks:-

The school nativity play, Pop Up Carol services, our Christmas party at Jimmy's toddler group, our final session at Jim's café to name a few. So many people to see and company to enjoy, getting time to spend with my children and grandchild, a quite moment with a good book and some chocolate – all glorious.

There will also be some difficult stuff that I can't talk about here....

This is life's journey – the ups and the downs, the rough with the smooth, the magic in the muck, the joy and the pain of it, and not just in the Christmas season.

As we head into January – we are still us, filled with hope and/or worries for this New Year. We will all have things in the coming year which will be times of joy, and no doubt there will be some welcome and unwelcome surprises along the way. This is the human condition.

But, we are a people called to Hope. Hope that every day is a new day, that God gives us each day as a gift, to enjoy, to work in, to endure in, to help each other in and to find 'Holy Moments' that we can share with others.

God watches over our lives, and my prayer for you is that you see God working for your good in your everyday. Revel in the people you love and the people who love you, the beauty we are surrounded by. Lift your eyes up and think of the good things in your life and work out who needs your help.

And I want to give you a question to ponder for this year end....

Does Jesus get tidied away and put back in a box with the angels, the shepherds, the wise men, the Christmas tree and the decorations to gather dust until next year? Or are you prepared to keep him from being 'put away'? To wonder what a life with Jesus could be like?

This January we are running an online Alpha course to give you an opportunity to find out more about Jesus and why he is so important to our lives, I would love it if you could join me and journey with me for 6 weeks.

The Alpha Course 2025 – is a series of interactive sessions that explore the basics of the Christian Faith. It is for anyone who is curious about exploring the big questions of life, faith and meaning. Please join us online for 6 weeks. Dates for your diary:-

20th, 27th Jan and 3rd, 10th, 17th and 24th Feb.

At 7.30 pm online.

Contact Rev Alison Jackson for the Zoom link on 01279 790145 or 0783 366 7707

Alpha could be part of your Hope for January, the opportunity to begin a new life with Jesus at the centre. Alternatively, you and your family might want to come to our new Messy Church sessions which will be running every month from the 19th January 2025. (see flyer for more information)

'I lift my eyes up, where does my help come from? My help comes from the Lord (**Psalm 121 v1-2**)

As you read this I wish you a Merry Christmas and a hope filled New Year. May God be with you, bless you and protect you and may you always be able to see those Holy Moments that God gives you.

Your Priest
Alison



Starting in January 2025, St James church will be holding a monthly Messy Church on the 3rd Sunday of every month.

This is a free all age, family friendly event focused on having fun and creating time for us to come together and hear the stories of Jesus, plus other bible stories, and growing as a community.

We will do crafting, singing, listen to a story and then eat some yummy food together, what could be better!

- 19th January – In the Memorial Hall (4pm-6pm)
- 16th February – In the Memorial Hall (4pm-6pm)
- 16th March – In the Church (4pm-6pm)
- 18th April (Good Friday) – In the Church (10am-12am)
- 18th May – In the Church (4pm-6pm)
- 15th June – In the Church (4pm-6pm)
- 20th July – In the Church (4pm-6pm)

- This is a free event, no need to book, just turn up!

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

Tuesday, 1 January 2008

How Not to Feed a Blackbird

The first snowdrops, iris and aconites are in bloom. I have watched a blackbird, who has for the past three years lived in the ivy and honeysuckle covering fallen pear tree. She has become very tame. As soon as I appear at the window she flies across and waits for currants to be thrown for her. Should I already have a handful of peanuts ready to place on the outer window ledge, for the various tits, she will fly to the ledge and sit there enjoying a peanut feast.

Three days ago I baked an extra potato and cutting it in half, threw it on the lawn. Of course, she was the first one there and a few minutes later, on hearing the screech of the blackbird, I ran back to the window to see a sparrow hawk cloaked over her. There was nothing I could do, but try to learn from it. I felt very sad and determined that in future I would throw food into the undergrowth to reduce the chance of this happening again.

Friday, 1 January 2010

A Frosted Blackbird

It's very cold outside, the sun comes up moon white every morning into a silvery sky, last night's sunset was surprisingly red, so perhaps today the sun will shine and gently warm some of the creatures living outside and enduring this freezing spell of weather.

It's 9am: the thin white sunlight brightens the snow on the lawn and in the fields, while deepening the shadows. A pair of squirrels is busy collecting food from the bird table and storing it in the woodpile, a jay sitting on the lower branch of the birch tree, watches them, as yet he has made no attempt to sabotage their winter store. My guess is that he is the one that has already been eating food straight from the bird table, and is now marking where his next meal will come from. Another squirrel is sitting fatly, his fur all puffed out, on the bird table. He has eaten his fill, stored much, and is obviously not interested in the rest of the food, other than to guard it from the birds with a view to keeping it for himself.

A skein of Canada geese just flew noisily above the garden, I love the way their calls announce their coming, making it possible to fully enjoy the sight of their flight formation. The fieldfares are here at last! Only four but such a welcome sight, yesterday I watched a solitary redwing feeding in the same overgrown but

many-berried cotoneaster that feeds the fieldfares today.

Early this morning, I watched two blackbirds tussling over food on the bird table; one of them was lightly brushed with frost and must have had a very cold overnight perch. I wondered at the metabolism of birds and knew that if that was us subjected to these sub-zero temperatures we would likely have succumbed to hypothermia, but here less than fifteen inches away was this striking black and bright yellow-billed chap, perky as ever and fighting for his rights on the food table.

Happy new year, not only to you but to all my garden friends outside who give so much pleasure and ask for so little in return.

Saturday, 2 January 2010

Winter Scene

Another trip to Reading today: it is a freezing cold day with thick, heavy, white frost on the verges. Coming from Gilston on the A414 we see flooded fields turned into frosty ice rinks. Clouds of seagulls hovering low over the land.

Red berberis berries and white snow berries line the road at one point. The deciduous trees stand stark and bare the ground underneath carpeted by a thick, crisp cover of frosted white leaves. We pass a hungry heron pacing a field with frozen soil bereft of stream, and wonder what he will find to eat. Winter sunlight imperceptibly greening the frozen grass. Horses standing woodenly on white frost covered legs against bare hedges catching the warmth of weak sunbeams.

Thursday, 7 January 2010

Striking Looking Birds

Snow still thick on the ground; I watched a covey of eight red-legged partridges in the orchard at the end of our garden. They are a striking looking bird and watching them through binoculars I wished we saw them more often.

The moorhen is back in the garden, this year on its own – another striking looking bird. We are delighted every winter to see it for a few months wandering all over the garden. This year it is pecking at any long stray tufts of grass poking through the snow. It also eats the food put out for the birds.



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THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

This article was drafted by a member of The Hundred Parishes Society who has allowed us to adapt and publish it.

Like others, I have covered many miles through the patchwork of landscape in the Hundred Parishes and have often crossed intersecting footpaths, stopping to examine my map to understand why they exist and where they go.

Recently, I picked up local author Christopher Hadley's book, *The Road*, in which Hadley explores a spur of Ermine Street which connects former Roman towns at Braughing and Chesterford, carving a straight line for 13 miles through The Hundred Parishes. Hadley draws on years of archaeological and historical research. Tracing the route, he gathers lost names, locates burial mounds and tracks down archaeology in the hope of revealing two thousand years of history. Through his words, we gain a glimpse of the civilisation that sited and constructed the road, of the people who used and maintained it and, eventually, of what happens when a road passes out of general use and the legacy it leaves behind.

Much of this route can be walked still; the actual Roman road is most visible as Beards Lane where it defines straight parish boundaries, with Clavering and Arkesden to the south-east and Langley and Elmdon to the north-west.

In short, *The Road* is a lyrical, nostalgic, sometimes humorous and intriguing social history and travelogue which will enthral enthusiasts of cultural and local history. After finishing this book, I find myself re-examining parish churches, wondering if the red, small bricks in the tower are Tudor in origin or perhaps pillaged from a lost Roman storehouse.

The highway which is the focus of this book is one of several local routes with Roman origins. Many feature somewhere in the walks that can be downloaded from www.hundredparishes.org.uk.

Ken McDonald, Secretary

Newsletter from your Patients' Group – January 2025

Email: patientgroup4sawbosurgery@gmail.com



If you are unable to see this Newsletter, or the attachments within it, clearly on your phone or tablet, you can also find it on the Surgery's website, halfway down the Home Page.

Do you Feel that you have Something to Offer to your Patients' Group?

Have you ever thought about joining your Patients' Group? The Patients' Group at Central Surgery is a group of patients, carers and GP practice staff who meet to discuss practice issues and patient experience to improve the service. Our Patient Group at Central Surgery has been running for over 10 years and we are now looking to recruit some new members, particularly younger members who are currently under represented.

Our role is:

- To give patients and practice staff the opportunity to meet and discuss topics of mutual interest.
- To provide a means for patients to become more involved and make suggestions about the healthcare services they receive.
- To explore issues from patient complaints and patient surveys, contribute to actions plans and help monitor improvements.
- To support health awareness and patient education.

If you are interested, then please email us at patientgroup4sabwosurgery@gmail.com or drop a sealed note into the surgery addressed to the Chair of the Patient Group giving your contact details.

Bell Pharmacy: From January Bell Pharmacy will be slightly reducing their opening hours. They will now be open from 9am - 6pm on Monday to Friday. Saturday opening times remain the same at 9am - 1pm. There

are several reasons for this but mainly that Pharmacy funding has remained static for several years now. There have been increased costs to the Pharmacy over the last few years in the form of Minimum Wage increases, a rise in Business rates and electricity price rises. More recently there has been an increase in employer National Insurance. The decision has been made, reluctantly, to close the Pharmacy slightly earlier at a time when there is the least footfall. Hopefully you will continue to support our Pharmacies.

Dry January: Dry January® started in 2013 with 4,000 people taking part. Now in its 11th year, and it has come a long way since then, with over 175,000 taking part in 2023. Dry January® means going alcohol-free for the whole month using Alcohol Change UK's tools and resources, and that can bring huge, obvious benefits - but the really good stuff is under the surface...

What you will notice: See your skin get brighter, your wallet fuller, your days busier. Feel your step get bouncier, your mind calmer, your mornings fresher. Most people who do Dry January® see a whole host of obvious benefits that make Dry January® the perfect start to the New Year. Dry January® often helps people to drink more healthily year-round. On top of that, they have boosted levels of wellbeing, and much more besides. **Why not give it a go, just for a month?**

SMHT - Free Digital Skills Workshop – Manage Your Health Online

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Find out how to effectively manage your health online using your NHS Account and the NHS App and Website.

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LOCATION: MEETING ROOM – UPSTAIRS@SAWBRIDGEWORTH MEMORIAL HALL, THE FOREBURY, CM21 9AX
WHEN: THURSDAY 23RD JANUARY
TIME: 10.30AM–12.30PM
PLEASE BRING YOUR OWN CHARGED DEVICE
Booking essential please call 07592 475839 or email: manager.smht@gmail.com

After the Clocks go Back.....: January can sometimes be a difficult month for people especially after the excesses and socialising of Christmas and New Year. This little booklet offers lots of ideas of places to go and activities to take part in that cost nothing or very little. You can find this booklet in many outlets around the town – Pharmacists; Surgery; Hailey Centre; Town Council Offices; Library; Memorial Hall among others - or by following this link: [After the Clocks go Back - 2024-2005 Booklet.pdf](#)

If you wish to comment on any aspect of your care (good or not so good) at Central Surgery: you can do so on the Central Surgery website at the following page:

or by clicking on this link: <https://www.centralsurgerysawbo.nhs.uk/have-your-say/> and then clicking on the appropriate box on there.

Keeping Yourself well in Winter

- From boosting your immunity to wearing slippers, now is the time to take action to stay well during the winter months. It is essential to take steps to protect your health and that of your loved ones.
- The NHS in Hertfordshire and west Essex is encouraging everyone to 'Be Prepared for Winter' by following key health advice early in the season to help prevent illness. We also need to relieve the pressure on the NHS services.

- Key actions to take include getting vaccinated, looking after your mental health and boosting your immunity by eating well and getting some exercise.
- Ensure you and your family are up to date with flu, COVID-19, and RSV vaccinations if eligible - these vaccines are especially important for older adults, those with underlying health conditions, and pregnant women. Visit the Hertfordshire and west Essex vaccination hub for more information on all seasonal vaccinations, eligibility criteria, and how to get your vaccine.
- Keep your medicine cupboard well-stocked with essentials and know how to manage minor illnesses at home. For minor health concerns, your local pharmacy should be your first point of call. Pharmacists are trained professionals who can offer advice and treatment without the need for an appointment. Using your local pharmacy can help you get care quickly. They may also be able to offer treatment and prescription medication for some conditions without you needing to see a GP, a service known as Pharmacy First.
- Advice organisations like Essex Frontline and Herts Help can connect you with vital support services in your local community. Whether you need help staying warm, managing energy bills, or affording food or getting healthcare, they are ready to support you.
- Look after your mental health and boost your immunity. Winter can be challenging for mental wellbeing, so take steps to stay connected, active, and mindful.
- A balanced diet and regular physical activity are crucial for maintaining a strong immune system. Even in colder weather, try to include fruits, vegetables, protein and exercise into your daily routine. Drinking enough fluids - whether that's tea, coffee, squash or water is also essential, even in winter. This helps you to stay well and prevents dehydration, which can weaken your immune system.
- Take precautions to prevent trips and falls, especially if you're older or caring for someone who is older. For more information, resources, and guidance on winter fall prevention, visit the NHS website.

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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.

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TWELFTH NIGHT – EPIPHANY

On the 12th night after the birth of Jesus, the Three Kings led by a star came to Bethlehem with gifts for the Baby Jesus of gold, frankincense and myrrh. It is the end of the Christmas festive period and the time when we taken down the decoration and burn the Christmas Tree.

There is a special cake to have on this evening – the French call it a Galatte des Rois. One tradition is that hidden treasure is put inside it – the one who finds the treasure is king for the night. Treasure could be a new coin or a little charm or trinket.

Another custom is to bake the cake with a bean and a pea (dried) in the mix. The one who finds the bean is king and the one who finds the pear is queen for the night. They rule over the party, perhaps wear crowns and lead the games.

TWELFT NIGHT CAKE

8oz butter	grated rind of lemon
5oz sifted icing sugar	3oz self-raising flour
3oz ground rice	6 egg yolks
3 egg whites	extra sifted icing sugar

Cream the butter and grated lemon rind and them beat in the icing sugar. Sift the flour and ground rice together and add one third of it to the creamed mixture. Add two of the egg yolks and repeat with the remaining flour and yolks. Fold in the stiffly whisked whites and turn into a prepared tin (possibly a ring shape) and bake in over 350F (reg 4) for about an hour. Then test to see if springy and cooked. Decorate with a lemon butter icing or just sifted icing sugar and decorate with little figures of the three kings or with corns or stars.



Every Thursday morning
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Healthy snacks will be provided

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Published: 4/2025

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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









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

Next, On Wednesday 8th January 2025
Then, Every 1st Wednesday of the month



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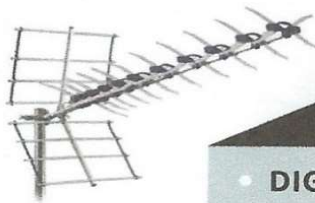


Are you struggling with your energy bills?

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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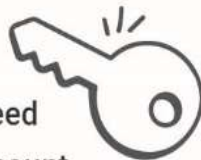
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TUES 24TH DEC	12PM - 11PM	12PM - 9PM
WEDS 25TH DEC	12PM - 2:30 PM	CLOSED
THURS 26TH DEC	PRE-BOOK ONLY	PRE-BOOK ONLY
FRI 27TH DEC	CLOSED	CLOSED
SAT 28TH DEC	12PM - 10PM	12PM - 8PM
SUN 29TH DEC	12PM - 6PM	12PM - 5PM
MON 30TH DEC	12PM - 6PM	12PM - 5PM
TUES 31ST DEC	12PM - 4PM	12PM - 4PM
	TICKETED EVENT	TICKETED EVENT
WEDS 1ST JAN	12PM - 6PM	12PM - 4PM
THURS 2ND JAN	CLOSED	CLOSED
FRI 3RD JAN	12PM - 11PM	12PM - 9PM



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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.

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TO ALL RESIDENTS



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

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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

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