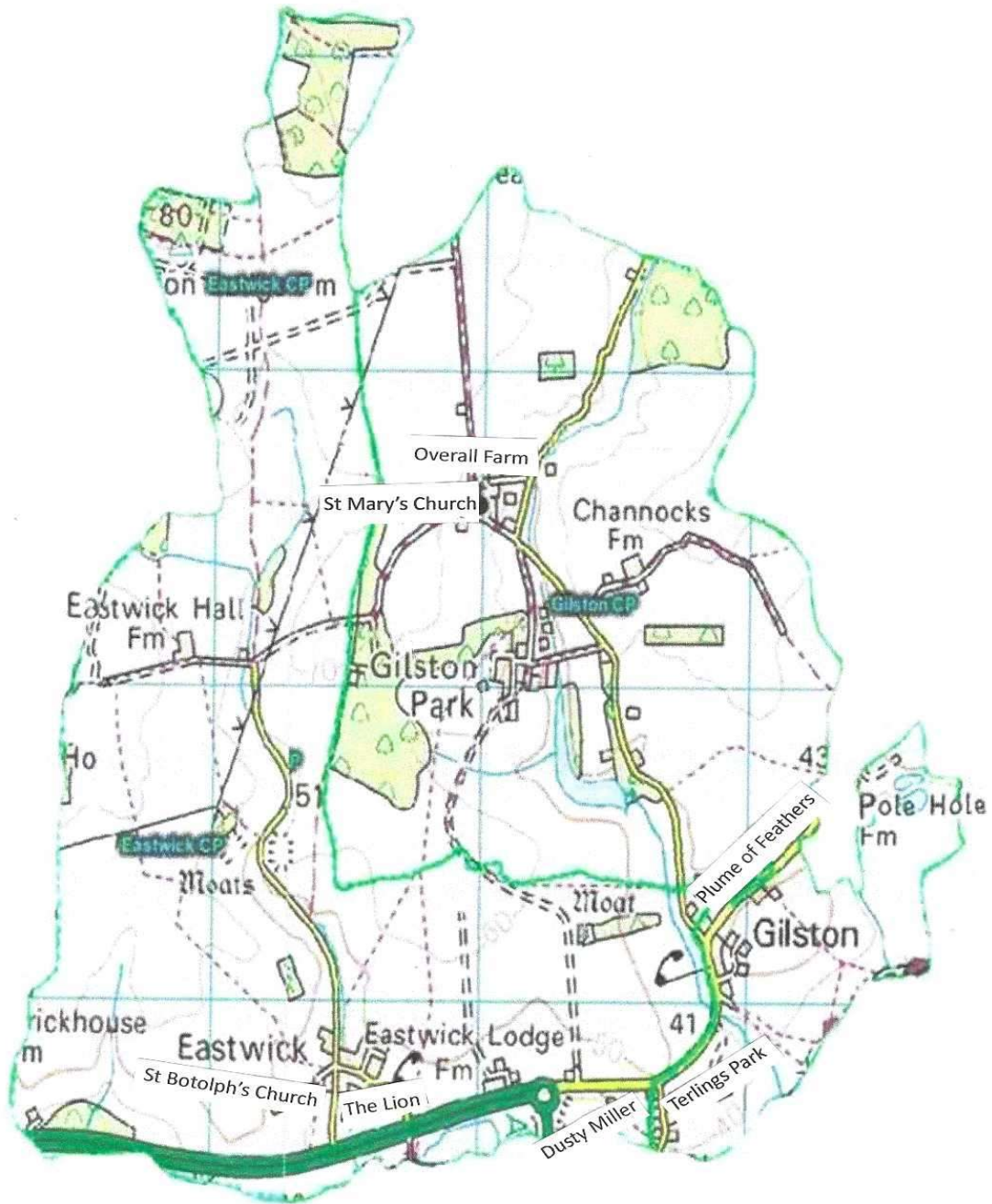


EASTWICK AND GILSTON PARISH MAGAZINE



JULY 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			
	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			
WEDNESDAY		Hall Cleaning	1.00pm – 3.00pm
THURSDAY	Baby Massage	Elena Luck	9.30am – 2.30pm
	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
SATURDAY			
SUNDAY			

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

www.gilston.info
gilston@meeting-place.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 PARISH COUNCILLORS

EASTWICK AND GILSTON PARISH COUNCIL



CHAIRMAN
MARK ORSON
Neighbourhood Planning Group
Footpaths Officer



VICE CHAIR
JANINE BRYANT
Neighbourhood Planning Group



LINDA HARVEY
Highways
Village Hall Committee



WERNER MARX



JAMES BEAZLEY



PARISH CLERK
CHRISTINE LAW
01279 411646
clerk@eastwickandgilstonparish.gov.uk



JOHN DUNLOP
EAST HERTS DISTRICT
COUNCILLOR



ERIC BUCKMASTER
HERTFORDSHIRE
COUNTY COUNCILLOR

CONTACT DETAILS - Email Addresses:

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LINDA HARVEY	-	cllr.l.harvey@eastwickandgilstonparish.gov.uk
WERNER MARX	-	cllr.w.marx@eastwickandgilstonparish.gov.uk
JAMES BEAZLEY	-	cllr.j.beazley@eastwickandgilstonparish.gov.uk
ERIC BUCKMASTR	-	eric.buckmaster@hertfordshire.gov.uk
JOHN DUNLOP	-	john.dunlop@eastherts.gov.uk

EASTWICK AND GILSTON PARISH COUNCIL

PARISH COUNCIL BUSINESS MEETING

NEXT MEETING WILL BE ON
MONDAY 14TH JULY 2025– 8.00PM

VILLAGE HALL, PYE CORNER

All residents are most welcome to attend our council meetings.

CHRISTINE LAW - PARISH CLERK
01279 411646 clerk@eastwickandgilstonparish.gov.uk

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

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EASTWICK AND GILSTON PARISH COUNCIL ANNUAL MEETING
Parish Council meeting of Monday 12th May 2025 at 8.00pm, Village Hall, Pye Corner

PRESENT: Cllrs Beazley, Bryant, Harvey, Marx,
In attendance: Christine Law (Parish Clerk), Eric Buckmaster (CC), 9 members of the public.

ANNUAL MEETING STARTED AT 8.00PM

AGENDA

- 1) **TO RECEIVE APOLOGIES FOR ABSENCE:**
 - a) Cllr Orson, John Dunlop (DC).
- 2) **OUTGOING CHAIRMAN'S ANNUAL REPORT FOR 2024-25**

Cllr Orson annual report was presented to the meeting in his absence. The full report can be found in the July edition of the parish magazine and parish web site and the Parish Council's Annual Report.
- 3) **Election of Chairman** - Cllr Mark Orson was proposed by Cllr Bryant and seconded by Cllr Marx. Cllr Orson had accepted this post via email.
- 4) **To receive the Declaration of Acceptance of Office from the Chairman** – This will be on the agenda of our July meeting for Cllr Orson to accept.
- 5) **Election of Vice Chairman** – Cllr Janine Bryant was proposed by Cllr Orson via email and seconded by Cllr Beazley. Cllr Bryant accepted the post.
- 6) **2024-2025 ACCOUNTS**
 - a) Cllr Bryant presented the 2024-25 Receipt and Payment accounts (Appendix 2).
 - b) Annual Governance Statement 2024/2025.(Appendix 3).
 - c) Accounting Statements for the year ended 31 March 2025. (Appendix 4).

This were proposed by Cllr Bryant and seconded by Cllr Marx and accepted by full council.
- 7) **NEIGHBOURHOOD PLANNING GROUP ANNUAL REPORT**

Annual report is attached to these minutes and also can be found on the web site and Parish Council's Annual Report. (Appendix 5)

Appendix for this meeting can be found on the web site or in the 2024-2025 Annual Report

Meeting closed at 8.15pm.

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The Parish Council Business Meeting of Monday 12th May 2025. Village Hall , Pye Corner, Gilston 8.00pm

PRESENT: Cllr's Beazley, Bryant, Harvey, Marx, Cllr Eric Buckmaster (CC), Cllr John Dunlop (DC), 10 members of the public. Christine Law (Clerk) in attendance.

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

PUBLIC PARTICIPATION

This item was chaired by Cllr Marx as Cllr Bryant declared an interest in the matter.

1. The landowner of the triangle piece of land, land registry ref 39178645, off Gilston Lane attended the meeting to inform and reassure the Parish Council and residents of his intention to submit a planning application for residential use.

Cllr Marx thanked the landowner for coming to the meeting and updating us on this matter.

2. It was asked what has happened to the suggestion from a group of residents that the Parish Council buy this plot of land. The meeting was reminded the residents concerned were asked to put together a proposal to present to the council. The following is from May 2024 Parish Council minutes:

It was asked if the Parish Council could assist funding purchase of this land. The Parish Council would need a comprehensive proposal to be submitted to consider this possibility and given the possible scale of the expenditure would require a parish referendum to reach a conclusion.

The meeting is now chaired by Cllr Bryant.

3. A resident enquired when the tyres on footpath 28 were going to be replaced as it was thought that a grant was being applied for to replace an old gate located near Church Cottages. The tyres have been positioned on private land as obstacles to prevent motor vehicles entering that section of footpath 28, with full permission from N. Maddex, Herts County Council RoW Officer, and Gilston Park House Management Company, to reduce the risk of further fly tipping. The Parish Council was not involved with the sourcing of the tyres and is not aware of any grants available for private landowners.
4. Concerns were raised about the speed barriers in front of The Plume of Feathers as they are in need of replacement. Cllr Buckmaster said that he would look into this matter.
5. It was reported to the meeting that some residents in Terlings Park are concerned about the noise of speeding / racing cars that can be heard at times from Harlow. It was suggested concerned residents could raise this with Essex Police or Harlow's MP.

BUSINESS MEETING STARTED AT 8.15PM

1)APOLOGIES FOR ABSENCE

Cllr Orson & John Dunlop (EHDC).

2)RECEIVE COUNCILLOR'S DECLARATION OF INTERESTS

a) Cllr Bryant.

3)MINUTES FOR APPROVAL

- a. The minutes of 10th March 2025 were proposed by Cllr Harvey and seconded by Cllr Beazley
 - b. The minutes of 1st April 2025 were proposed by Cllr Bryant and seconded by Cllr Marx
- Both signed by Cllr Bryant (Vice Chair) as a true record.

4) ACCOUNTS

- a. Clerks report to the Council of accounts summary (appendix 1).
 - b. Parish Council Financial Regulations has been put back until our July meeting.
 - c. A funding request has been received from Terlings Park MC for two benches on the site. This was discussed and approved a grant for £850.00. Clerk will write to the MC about this matter.
 - d. Investment Account – Has been put back until next meeting.
 - e. Gilston Village Sign – Cllr Bryant explained next steps as included in proposal to March 2025 PC meeting. Step 1 to commence.
 - f. HAPTC membership £574.02 this is just for information as invoice has already been paid.
- a-f proposed by Cllr Marx and seconded by Cllr Harvey agreed by all council.

5) 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 – 3/24/2151/FUL – This application has been withdrawn.
- d. 2-7 Kirkpatrick Place, Gilston – 3/25/0705/FUL – New application – replacing 6 Juliet balconies with new cantilever balconies (to measure 3.0metres wide, 1200mm deep, 1200mm high). Balconies to be grey aluminium frame and glazes to the front and sides. This was discussed at the meeting and no objections were raised. Clerk to write to Planning with these comments.
- e. Plume of Feathers P.H. – 3/25/0545/LBC & 3/25/0546/FUL – Proposed external hot food hut positioned in garden seating area. Parish council discussed this at our meeting and response has been sent to Planning – Awaiting decision.
- f. Hodgson House, Gilston – 3/25/0543/HH – Demolition of outbuilding. Erection of a single-storey rear extension with green roof and roof lights and alterations to fenestrations. Erection of a single-storey outbuilding with green roof. Awaiting decision.
- g. X/25/0215/CND – Discharge condition 6 (Strategic Landscape Masterplan) attached to 3/19/1045/OUT – Land North of the Stort Valley and the A414 Gilston, Herts. Awaiting decision.

6) PARISH PATHS

Cllr Orson not at meeting but Cllr Harvey reported that she had been in contact with Nicholas Maddex about footpath 16 where there is a damaged kissing gate. It is likely this will be removed as there are no longer livestock in that field.

7) COMMUNITY FORUM/ NEIGHBOURHOOD DEVELOPMENT

- a. Cllr Bryant report is attached as appendix 2

8) HIGHWAYS

- a. Cllr Harvey verbally reported:
Eastwick Hall Lane improvements have made it safer. Further work likely but no detail yet. Various road works happening, related to the Gilston Area development and Harlow's STC, which disrupt local traffic.

8 b. GILSTON VILLAGE ADDITIONAL SIGN

This was discussed at the meeting (paper submitted to March 2025 meeting) and was agreed to go ahead with step 1.

9) GILSTON STAKEHOLDER LIASION GROUP (Knight Frank)

See Appendix 2

10) NEW HOMES BONUS/ INVESTMENT ACCOUNT

a. New web site: It was reported that it should work better once the current website has been migrated to it.

All councillors now have new email addresses that are being used.

11) VILLAGE HALL MANAGEMENT COMMITTEE

Cllr Harvey reported:

- a. The village hall is maintaining a balance of £20,000 whilst also covering various maintenance requirements. Most recently we had to replace the projector .
- b. We have no current grants.
- c. Our only outstanding difficulty is that we still do not have access to the hall deeds. This matter is being endlessly pursued and hopefully we will have them soon and the hall registered with the Land Registry.
- d. We are anxious to recruit more people to help with the running of the hall as we are an aging body of people and need fresh blood and frankly more help

12) CORRESPONDENCE

a. Cllr Buckmaster report is attached to these minutes. Eric reported that with the elections just taking place no overall group has control of the County Council.

b. Cllr Dunlop report is attached to these minutes no update given as not with us this evening.

13) ITEMS BROUGHT FORWARD AT THE DISCRETION OF THE CHAIRMAN FOR INFORMATION ONLY.

- a. None.

14) ITEMS COUNCILLORS WOULD LIKE TO BE ADDED TO THE NEXT AGENDA.

- a. Purchase and Planting of Spring bulbs.

15) DATE OF NEXT MEETING

- a. Date of next meeting –
 - 14th July – Council Meeting
 - 15th September – Council Meeting
 - 10th November – Council Meeting

Meeting closed at 9.40pm

The Appendix and Eric Buckmaster & John Dunlop reports can be found on the web site.

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2023 Aerial Photographs

In 2023 Aerial Photographs were taken of our lovely parish. These photographs can be viewed in the Photo Gallery on the website.

You can access the Photo Gallery by going to <http://www.eastwickandgilston.org.uk/gallery.php?id=24> or by scanning the QR code below.

In the Photo Gallery you will see that there are different galleries for different areas of the parish.

We are working on a way to enable people to easily download the photographs for personal

use and will hopefully have more information to share on this soon.



THIS IS AN EXTRACT FROM EAST HERTS WEB SITE ABOUT THE NEW BINS AND COLLECTIONS

**FOR MORE INFORMATION ABOUT IT ALL PLEASE GO TO:
www.eastherts.gov.uk/bins-waste-and-recycling/bin-collection-changes**

Bin collection changes coming 4 August

In August, a new bin collection service will start. This service will enable you to recycle more. As part of this new service, you will be provided with some additional bins, some of your existing bins will change use and we will also be introducing a weekly food waste collection.

Your household will be provided with:

- a 23l brown outside food waste caddy and 5l kitchen food waste caddy, ready for the new food waste collection service
- a new 180l purple-lidded bin for non-recyclable waste

Changes to your current bins include:

- your black-lidded general waste bin will become your mixed recycling bin
- your blue-lidded bin will be used for cardboard and paper
- you will be able to include loose plastic bags and wrapping into your black-lidded mixed recycling bin
- your non-recyclable waste, mixed recycling and cardboard and paper bins will move to a three-week collection cycle

Your bin collection days may change, and we will confirm if this is the case nearer the time.

The new bins will be delivered from June, ready for use from 4 August.

To help make this transition easier, we've provided stickers to label your bins, a [general information flyer](#), and a [food waste leaflet](#).

People in flats and households with communal waste will receive a 140-litre outside food waste caddy, and individual kitchen caddies, which should not be used until 4 August



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.

JULY SERVICES 2025

6 th July	3 ^{rs} Sunday after Trinity	8.00am	BCP Holy Communion	St James, High Wych
		9.30am	For breakfast and 10.00am Family Service	St James, High Wych
13 th July	4 th Sunday after Trinity	9.30am	Holy Communion	St James, High Wych
		11.15am	Holy Communion	St Mary's, Gilston
		1.00pm	HARLOW SINGERS CONCERT	St James, High Wych
20 th July	5 th Sunday after Trinity	9.30am	Holy Communion	St James, High Wych
		4.00pm-6.00pm	Messy Church	St James, High Wych
25 th July	James the Apostle	2.30pm	Rivers Service	Rivers
27 th July	6 th Sunday after Trinity	9.30am	Holy Communion	St James, High Wych
		11.15am 2.30pm	Holy Communion Baptism of Madison Ivy Fletcher	St Botolph's, Eastwick 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

01279 790145

07833 667707

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

01279 723714

SAFEGUARDING OFFICER: Cath Sharples

01279 600996

Diocesan Safeguarding Advisor (DSA)

01727 818107

HIGH WYCH PARISH

LAY LEADER OF WORSHIP: Jan Bellingham

01279 724247

CHURCH WARDENS:

Janet Bellingham

01279 724247

Sam Clark

07717542524

GILSTON WITH EASTWICK PARISH

CHURCH WARDENS:

Michael Shaw

01279 726792

We have a vacancy for a Church Warden

LAY LEADER OF WORSHIP / MISSION ENABLER:

Rosemary Davis

01279 419763

PCC SECRETARY:

Mrs Christine Law

01279 411646

PCC TREASURER:

Werner Marx

marxwerner2@gmail.com



JULY Letter

How are we doing? Please let us know, we'd love to hear from you

I find it hard to believe that I have been the Priest of this Benefice of High Wych and Gilston with Eastwick for nearly 3 years.

I am wondering if you could help us think through what we need to be doing to meet our communities' needs from January 2026.

So far, we have put in a few things that you may be finding useful and fun:-

Jimmy's Baby and Toddler Group

Jim's café (for Yr 7 youth)

Wednesday Welcome – to meet the needs of some of our more elderly in the community.

Our churches now offer new Family Services (with breakfast at St James)– very family friendly

Messy Church at St James – again, very family friendly

Community dog walks across the four villages (let us never forget Allens Green).

Lots of fun, community events, both free and fundraising opportunities and opportunities to work with the school in High Wych.

Members of our church are committed to the Pop-Up Shop and we have a drop off box in St James, High Wych for the community to use.

Our churches are growing, with more baptisms, more weddings, more people at all our services, Alpha courses, confirmation courses, and we are getting to know many new people, and we are currently looking at different ways of heating our building at St James that will be better for the environment. it is all absolutely wonderful.

As churches we are called by the Church of England to reflect the five marks of Mission:-

- 1 Proclaim the Good News of the Kingdom
- 2 Teach, Baptise and Nurture new believers
- 3 Respond to human need by loving service
- 4 Transform unjust structures of society
- 5 Strive to safeguard the integrity of creation, and sustain and renew the life of the earth.

We would like feedback to see if there is anything you think our communities' need that your local church could offer.

All three villages have different needs, and I have to say that I seem to spend a lot of time with Gilston and Eastwick talking to the Diocese of St Albans and the developers and the Neighbourhood planning Group about the future, that is moving towards us, when 10,000 homes will start to be built. It is moving more slowly than I first thought it would, but Taylor Wimpey are saying that houses should start to appear by 2027 (Village 7), Places 4 People are saying 2028 (Village 1), again only 2/3 years away. We as a Benefice are thinking about what we need to do to our churches in those villages to make them useful spaces for the new communities' they will be surrounded by, to be a church for the existing people and the people who have not yet arrived. So, lots of things to think about over the next few years. I am loving being part of the three communities and getting to know you and spend time with you.

Please help us by having a think by filling out this form with any ideas you may have, and dropping it in to the box you will find at the back of St James, High Wych or St Mary's, Gilston(*both churches normally open during daylight hours*).

Some of the things I have thought about would be a Men's group (Men in sheds) sort of thing, a community choir, A 'meet the Vicar' in the Coffee Lounge or in one of the pubs, I am taking some Mental health first aid training, in case this will be useful, but I am not sure if this would be what our community would want. I think our community needs

I think it would be a good idea if.....

Contact details (only if you would like to talk about this further).....

Or you can e-mail me at revajacksonhwge@outlook.com or Tel 0783 366 7707 or 01279 790145

God calls us to serve and not to be served (Mark 10:45) and Jesus has shown us the way, the truth and the life (John 14:6), all our churches embrace these scriptures.

Thank you.
Your Priest
Alison

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THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk



The topography, geology and fertile soils of the Hundred Parishes have combined to provide suitable conditions for farming. Currently, cereals cover about two-thirds of our arable fields with crops of winter or spring-sown barley, oats and wheat. 20% of fields have been planted with oil seed rape or vegetables. Grasslands make up the remainder of fields, providing forage for cattle, sheep or horses.

Inevitably the weather influences the success or otherwise of crops. This spring has been exceptionally warm, very dry and sunny so there are concerns about a possible drought, reduced crop growth and lower yields. Some farmers started earlier than usual to irrigate vulnerable crops, and all are hoping for some more rainy days ahead as plants need moisture to absorb the nutrients they require for growth.

Healthy soils will retain more moisture; some farmers are planting 'cover crops' beneath the main crop as this will help to reduce water run-off and leaching of nutrients. Leaving wildflower margins around fields encourages assorted predators that eat pests of crops.

Many farmers diversify their activities to spread the risk: planting different crops, creating fishing lakes for anglers or converting barns for holiday lets or wedding venues.

In recent years, some have been able to realise the potential of their south-facing fields, conveniently located over underlying chalk, to plant grape vines. Guided by the results of detailed soil analysis, coupled with careful selection of appropriate species of grape, these winemakers are now producing first class sparkling English wines and also bottles of excellent red, white or rosé wine. Many offer tours of their vineyards as an added attraction.

Walkers following routes from www.hundredparishes.org.uk will appreciate the area's scenic beauty and rich agricultural heritage. Routes 127 and 161 pass vineyards and we should look out for other unusual crops.

Tricia Moxey, Trustee.



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

Sunday, 29 July 2012

Blackbird, thunder and a rainbow

It has been a coldish summer day, the evening brought torrential rain showers with it, preceded by thunder.

The fox food had been scattered on the newly mown grass and as usual birds quickly gathered to eat their fill before the foxes arrived.

Three long legged, skinny young magpies together with a balding, patchy parent, in obvious moult were the first to arrive. Next on the scene was a male blackbird who selected cheese from between the pieces of bread and building them up within his beak, flew off to feed his hungry youngsters, he was soon back and collecting more cheese when he suddenly stopped, looked up and spent several seconds scanning the sky. A sudden peal of thunder and then he resumed cheese collecting as the rain came rushing down.

Did the blackbird sense it was going to thunder? I wondered if he experienced a change in air pressure or have some other way of sensing when thunder was on the way.

The time was now eight minutes before nine and the evening sky was darkly grey and overcast, suddenly the whole feeling of the evening was changed as the sky was lit up by a glorious rainbow, the sky above it was a definite pink and below was a grey/blue. A beautiful sight to enjoy.

Another beautiful sight this month are the hardy garden plants like geraniums and *lychnis coronaria* bursting forth with colour. They give a wonderful show, are great ground cover and best of all reappear year after year.

Saturday, 6 July 2013

Good Duck News

It has been a glorious day, bright sunshine and hardly a breath of wind.

We have a blackbird and a robin still feeding their young, but as soon as I put food out for them, the pigeons and magpies fly down and gobble it all up. I have noticed that if I call to Blackie before I throw the food out, they are waiting as soon as the first handful hits the ground. So my plan is to put the food out quietly and hope Blackie finds it before the others.

Earlier, we were in the middle of tea when we heard someone knocking on the patio windows, it sounded like someone tapping with their car keys --- not a normal knocking, looking I saw no-one, however as I turned away I noticed a movement high up. Turning back and looking up, I was amused to see the female duck's head suddenly appear and her long neck stretch down, as she reached for the glass and then tapped at it with her beak.

Going to the kitchen I fetched two slices of bread wetted them and breaking them up threw them out of the window, before they hit the ground she was there. I took half a mug of bird seed and holding it out of the window, I shook it to gain her attention with the sound, and then showed her it being poured from the window to the ground underneath, she cannot see this ground from the lawn because of the flower border between. I wondered if she would understand that if she wanted the seed she would have to come and find it. She did not disappoint me, as soon as she finished the wet bread she waddled round the flower border and consumed the seed, before flying back to her precious chicks.

She has tried so hard to lay eggs and bring up a brood of youngsters this year, the first time she made her nest on the garage roof. This didn't work and the next nest was in a large ornamental pot in my neighbour's garden, it was full of geraniums and although she couldn't be seen from their lounge, she was very visible to the fox as he walked up the garden. So she lost these eggs, but fortunately survived herself. This was a few weeks ago and we haven't seen her since.

We didn't know where her next nest was but felt sure she had one. A few days ago we visited a nearby nature reserve and while there we spent time in the hide, great was our pleasure and delight when we saw her in the centre of the water with her brood of six chicks.

Did she hear us I wonder, because we had only been home a short while when she flew in and came to the lounge window for food. Since then she has been back daily, eating the food at great speed before quickly flying off, not even taking time to visit the pond or a bird bath for a drink.

Monday, 7 July 2014
Butterflies, Insects and Green Woodpeckers

A mild day, not much sun but plenty of butterflies.

I put this down to the meadow at the end of the garden, it has not been cut this year and the many varieties of grasses are neck high.

During the day this area is alive with insects and butterflies, we also have a lot more butterflies visiting our garden, many more than we have ever seen before. We have always been pleased at the amount of butterflies the garden attracts, now we have broken all records.

The long grasses in the field at the end of our garden, have also meant that we have many more and different insects. Interestingly the moth count has stayed much the same, as has the number of bats flying over at night.

When we moved here there were horses in this field, a change of ownership brought a change of use. Lately we have termed it the orchard, because fruit trees were planted there. However this year it has been unattended and the grasses now are above the bottom most boughs of the fruit trees.

This has been great for some wildlife, but not so good for others, for instance the green woodpeckers are now unable to search for ants. We know the green woodpeckers are still about though, not only do we hear their call, but they still visit the garden looking for ants.

The two adult great spotted woodpeckers spend a lot of time at the bird feeders, looking for easy meals. This year they have produced one chick, who also spends a lot of time here, much to our delight.

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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.

Going on Holiday? As the holiday season is now in full swing, there are some very simple things that you can do to ensure that you stay as well as possible.

Holiday Medication: Always make sure that you take enough of your regular medication with you when you go on holiday. Remember that it takes 3 working days to order and collect your medication.

Your Prescription: Always take a copy, or a photo, of your prescription with you whenever you go away, in case of any emergency.

Vaccinations: always check whether you need vaccinations before you get to your holiday destination. Please contact the Surgery or Pharmacy as early as possible should you require any holiday vaccines. Some vaccines are only available at your Pharmacy and may incur a charge.

Sun protection: remember to take adequate, high factor sunscreen with you.

Hydration: People often do not realise how serious dehydration can be if it is left untreated.

Symptoms of Dehydration include: feeling thirsty; having dark yellow, strong-smelling pee (urine); peeing less often than usual (less than 3 or 4 times a day); feeling dizzy or lightheaded; headache; feeling tired or confused; a dry mouth, lips and eyes; sunken eyes.

A baby may be dehydrated if they have: a sunken soft spot (fontanelle) on their head; sunken eyes; few or no tears when they cry; a dry mouth; fewer wet nappies; dark yellow pee; drowsiness or are irritable; fast breathing; cold and blotchy-looking hands and feet.

How to reduce the risk of dehydration:

Drinking fluids regularly can reduce the risk of dehydration. Water or diluted squash are good choices.

You should drink enough during the day, so your pee is a pale clear colour.

Drink more when there's a higher risk of dehydrating. For example, if you're being sick, sweating due to hot weather or exercise, or if you have diarrhoea.

When you are dehydrated, you lose sugar and salts, as well as water. Oral rehydration solutions can help treat this and they are readily available from your Pharmacist or supermarket. These are powders that you mix with water and then drink. They contain a mixture of potassium and sodium salts, as well as glucose or starch.

It is recommended that adults should aim to drink 6 to 8 cups or glasses (2l) of fluid a day. Water, lower-fat milk and sugar-free drinks, including tea and coffee, all count. Children under the age of 5 should drink plenty of fluids to avoid dehydration.

Always carry water with you when you are on holiday. Carrying a water bottle with you may seem cumbersome, but it's the best way to stay hydrated while travelling. There are plenty of lightweight and insulated water bottles or hydration bladders on the market to make it easy.

Drink plenty of water of long-haul flights. Between the worry of waking the passenger next to you to use the bathroom to the low-humidity point of the cabin, it's very easy to become dehydrated on a long-haul flight. Remember to:

- Take a glass of water every time the cabin crew offer it
- Better still, bring your own water bottle to fill up and sip as you please
- Avoid caffeine and alcohol before and during the flight

Hertfordshire and West Essex Integrated Care System has produced a 'Toolkit' to help you to **Plan ahead for your care** and to have those **Conversations that matter**.

Dr Rob Mayson, a local GP explains the importance of talking to family or close friends about your future care needs:

- We want to make sure that all patients in the NHS get the care that is right for them. This is especially true for all of us as we get older or whenever we become unwell. Too often, we see that people's wishes are not met towards the end of their life, which can be upsetting for them and their families.
- It can help to think ahead about what kind of care you would want if you got very sick. For example, would you always want healthcare professionals to try everything to keep you alive, even if it might not work? Or would you prefer care that focuses on keeping you comfortable?

- There are no right or wrong answers - it's about what feels best for you. But it's important that the health and care teams looking after you know your wishes to ensure the right decisions are made. Take some time to talk to your family or those you are close to about how you might want to be looked after as you get older.
- It's also a good time to think about the medicines you take. Do they still help you? Do you feel like you need them all? Sometimes, as we get older, some medicines may not be as helpful anymore. You can review them together with your GP, a pharmacist or another healthcare professional if you have any questions.
- You don't have to decide anything right now. But it's good to talk about these things with your family. If you'd like to chat more about it, your GP practice is here to help. You can bring it up at your next appointment or let your practice know if you'd like to talk sooner.
- We want everyone to feel comfortable having these conversations, and we believe it should be normal to start thinking about it at a younger age way before ill-health is even a consideration.

For Further information check out the following website: www.hertsandwestessex.ics.nhs.uk/age-well

Do you have any Hospital Walking Aids in your house that you no longer need?

How to recycle Walking Aids:

All used walking aids should be returned to NHS drop-off points listed. They will be inspected to ensure they are safe for reuse. They will then be cleaned and passed onto a new user. All walking aids that are unsafe for reuse will be recycled. Damaged and broken items will be accepted for recycling.

Map for recycling locations at: <https://www.recyclenow.com/recycle-an-item/walking-aids#locator>

At PAH, please leave them at the drop off point opposite the Eye Unit at the rear of the hospital.

How to arrange return equipment collection:

<https://www.hertfordshire.gov.uk/services/adult-social-services/care-and-carers/equipment-and-care-in-your-home/equipment.aspx#hes>

Call Herts Equipment Services on 01707 292555

Or message hes.collection@hertfordshire.gov.uk

Or you can return it yourself to:

Hertfordshire Equipment Service, Mundells, Welwyn Garden City, AL7 1FT

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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.



PLEASE clean up after your dog



Run by the churches of High Wych & Gilston with Eastwick
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For more information contact:
revajacksonhwge@outlook.com
07833667707
or: 01279 790145

Electric Bill Charges



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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Registered Charity 237946

The Sawbridgeworth Trust exists for those who are often finding themselves in financial difficulties by way of perhaps not meeting all bills that come in on a regular basis.

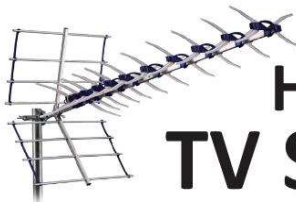
We are often called upon to help with school uniforms or perhaps a small bonus at Christmas.

We are not allowed to pay rents or council Tax.

The charity covers those living in Sawbridgeworth, High wych, Gilston, Eastwick and Allens Green.

You will be required to fill in an application form and total confidentiality is adhered to at all times.

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11 The Forbury, Sawbridgeworth CM21 9BD
Or telephone 01279 7232123



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15th June
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We will do crafting, singing, listen to a story then eat some yummy food together, what could be better.



For further information please contact: res-jgalp@yahoo.co.uk
Or leave a message on 0782 626 7732 or 01279 793 46



We hereby warrant that the information on this page is accurate and that we will endeavour to keep it up to date. We do not accept any liability for any loss or damage caused by reliance on the information on this page.

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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



111 is the NHS non-emergency number. It's fast, easy and free. Call 111 and speak to a highly trained adviser, supported by healthcare professionals. They will ask you a series of questions to assess your symptoms and immediately direct you to the best medical care for you.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobiles.

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