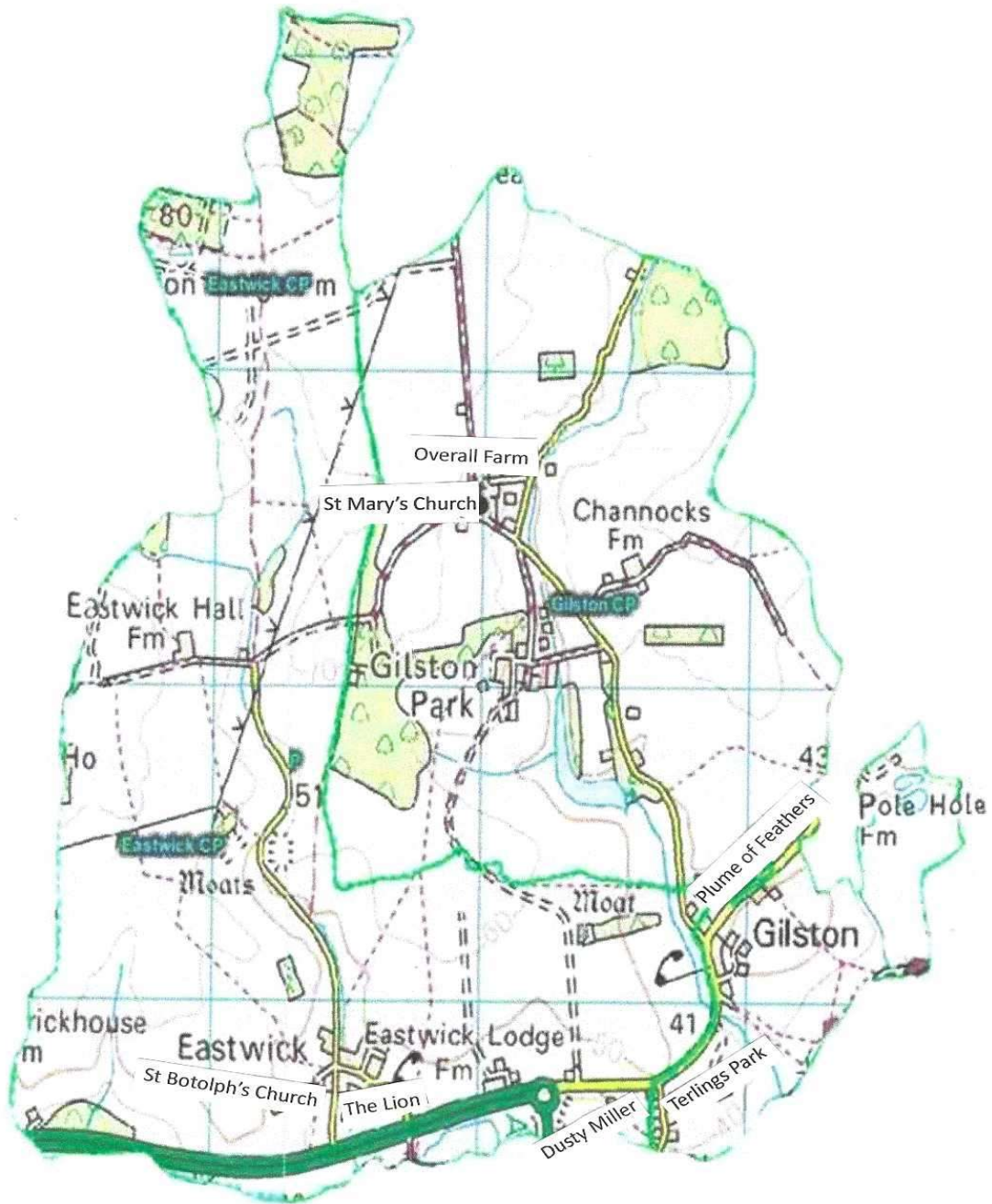


EASTWICK AND GILSTON PARISH MAGAZINE



AUGUST 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:

MARK ORSON	-	cllr.m.orson@eastwickandgilstonparish.gov.uk
JANINE BRYANT	-	cllr.j.bryant@eastwickandgilstonparish.gov.uk
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 15TH SEPTEMBER 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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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.

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SAWBRIDGEWORTH ALLOTMENTS AND GARDEN SHOW



An opportunity for you to enter the ever popular Sawbridgeworth Autumn Show on Saturday 13th September in Sawbridgeworth Memorial Hall. There are a variety of sections to enter – vegetables, fruit, floral, preserves, handicraft plus many more; a section for Novices and a special section for children which is in age categories. If this will be your first time of entering there is a “How to” list so please request a copy of this. This year’s theme for the floral arrangement and photography section is Shapes.

This year celebrates 300 years since Rivers Nursery was founded and there is a recipe for an Apple Cake for which a £25 voucher will be awarded to the winner. There will also be scrumptious refreshments, an art exhibition plus much more to enjoy. Send for your Show Schedule now - please email Hazel Mead hazelmead404@btinternet.com or Irene Barnard ihbarnard37@gmail.com

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.

AUGUST SERVICES 2025

3 rd August	7 th Sunday after Trinity	8.00am	BCP Holy Communion	St James, High Wych
		9.30am	For breakfast and 10.00am start	St James, High Wych
10 th August	8 th Sunday after Trinity	9.30am	Holy Communion	St James, High Wych
		11.15am	Holy Communion	St Mary's, Gilston
17 th August	9 th Sunday after Trinity	9.30am	Holy Communion	St James, High Wych
24 th August	10 th Sunday after Trinity	9.30am	Holy Communion	St James, High Wych
	Bartholomew the Apostle	11.15am	Family Service	St Botolph's, Eastwick
31 st August	11 th Sunday after Trinity	9.30am	Holy Communion	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 **01279 790145**
revajacksonhwge@outlook.com **07833 667707**
1 Dovedale, High Wych, Sawbridgeworth CM21 0DT

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 ENABLBER:

Rosemary Davis 01279 419763

PCC SECRETARY:

Mrs Christine Law 01279 411646

PCC TREASURER:

Werner Marx marxwerner2@gmail.com



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.

AUGUST Letter



Spiritual Renewal in the Heat of Summer

Recently I was fortunate to get away to Wales to a Jesuit Spirituality Centre where I spent 5 days in silence seeking God and walking up hills alone – it was unexpectedly wonderful. It is the first time I have done that for a long time and it has made me think I need to do this more often.

It's fair to say I'm a busy person, like many of you, this role of Priest (best role in the world) of a busy Benefice, with 3 villages, 3 churches, 3 different communities, not to mention my busy home life and commitments can be a bit full-on at times. My phone is always on and for 6 days of the week I am available, with one day when I try to ignore my phone and computer for my own sanity. This was a week that was also 'tech free'! The weather was warm, and I was surrounded by beautiful, sweet smelling gardens and landscape that allowed my spirit to soar, and so much peace and solitude – it was refreshment for my body and my soul. It felt like standing under a beautiful, warm, waterfall that washed all my cares away, it was wonderful and I don't think I really knew I needed it.

It got me to thinking how busy we all are these days, and whilst we cannot all have the luxury of going away for 5 days on our own, I wonder what we can do to soothe our souls even for a short amount of time. August can be draining physically and spiritually. All our routines change. The holidays can be challenging for all sorts of different reasons, depending on what stage of life you are at. A young Mum; a working Mum or Dad; a person who now lives on their own, to mention just a few scenarios ... maybe this summer you will be a family juggling work and childcare, with lots of plates spinning in the air, or maybe you are in a position where the summer holidays can feel long and pretty empty if all the things you normally do grind to a halt and you've reached a time in your life where your home is quiet.

I've come across this book – called 'Every Moment Holy' and it helps us to see how even the most mundane tasks in our lives can be seen as Holy Moments. From the preparation of a meal, to the keeping of bees, to changing nappies. And I came across this one that I would like to share with you.

The Ritual of Morning Coffee

Maybe at the start of your day - (Before we begin – step away from your computer – your phone – your TV.

Make a cup of coffee/tea

Sit somewhere that you enjoy – maybe on a favourite chair – or in a favourite spot looking out of a window – or in your garden – or just standing in your kitchen, alone – breathe slowly – let us begin.....

Meet me, O Christ,
In this stillness of morning.
Move me, O Spirit,
To quiet my heart.
Mend me, O Father,
From yesterday's harms.

From the discords of yesterday,
resurrect my peace.
From the discouragements of yesterday,
resurrect my hope.
From the weariness of yesterday,
resurrect my strength.
From the doubts of yesterday,
resurrect my faith.
From the wounds of yesterday,
resurrect my love.

Let me enter this new day,
Aware of my need,
And awake
To your grace,
O Lord.

Amen

Now be in this quiet moment, thanking God for the start of this new day
A couple of scripture verses to encourage you to create this Holy Moment.....
But those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles; they shall run and not be weary, they shall walk and not be faint. (Isaiah 40:31)
Come to me, all you who are weary and burdened, and I will give you rest (Matthew 11:28)

May God bless you and give you many ‘Holy Moments’ this summer.
Your Priest
Alison

- Extract from - Every Moment Holy – Douglas Kaine McKelvey

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THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk



Before the “dissolution of the monasteries”, instigated in 1536 by King Henry VIII, the Hundred Parishes area had its fair share of religious houses – monasteries, convents, abbeys and priories. The remains of some can still be seen today.

Tilty Abbey is one. It was founded for Cistercian monks in 1153 and prospered mainly due to the wool trade before being dissolved. In 1220 a chapel was built outside the abbey gates for use by visitors. The chapel survives and today functions as Tilty’s parish church. Little remains of the other abbey buildings but the site can be visited; interpretation boards inform the visitor and give an artist’s impression of what the site would have looked like.

Little Dunmow Priory was founded in 1104 and was home to Augustinian monks until the Dissolution. Most of the priory church was demolished but the southern aisle survived. It is now used as the parish church.

Several of our larger hospitality venues were developed on sites of former religious houses: Hanbury Manor in Thundridge was once Poles Convent, Down Hall in Hatfield Heath evolved from a 14th-century monastery, while Leez Priory in Felsted became the home of Richard Rich through his leading role in dissolving the monasteries.

In Saffron Walden, Audley End House was built on the site of Walden Abbey, founded in the 12th century and whose lands were granted in 1538 to Sir Thomas Audley, Henry VIII’s Lord Chancellor. The present house was built some 60 years later by his grandson Thomas Howard.

While we tend to think of religious houses as a bygone era, Pleshey has one that is relatively new and active: its House of Retreat was founded as a convent in the early 1900s and became the first Diocesan Retreat House in England in 1927.

Ken McDonald, Secretary

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In June we had a very interesting talk on the History of Terlings Park from when the first house was built there in around 1710 – to later being rebuilt and having many acres of ground with trees, greenhouses and a kitchen garden. There were photos of around 1880 of inside the grand house. In the 1980s Merck, Sharpe and Dohme were there, then the Post Office before Harlow Corporation and now a prestigious housing complex with the grounds looked after by volunteers.

Royal Gunpowder Mills is the subject of our talk on Thursday 28th August by Richard Thomas

We are currently arranging our speakers for 2026 so if you know of anyone who has an interesting subject to talk about please let us know.

Our new publication High Wych and Sawbridgeworth in World War 2 – priced at only £12.50 and a companion to the World War 1 book are available on line or at our meetings, plus various other publications. So that you don’t miss anything you can become a member – all the information is on our website - www.sbwhistory.com or contact Hazel Mead hazeld404@btinternet.com 0770 906 8882



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

Monday, 6 August 2012

Month of myriad moths

This is a wonderful month for moths, every evening the kitchen windows are peppered with them.

I am fascinated by their myriad shapes, sizes and most of all their colours. I have two favourites, the first is a beautiful all yellow moth with creamy yellow body and legs. Second favourite is what appears to be an ordinary brown moth until he shows his beautiful orange underwings and then he is truly transformed. They are difficult to spot, because they are only fleetingly on show and then he tucks them away, underneath his brown outer wings.

Tuesday, 7 August 2012

Xylaria Polymorpha and an Escallonia hedge

I was fascinated by some fungus I found in the front garden yesterday, it was like plump fingers growing out of the soil at the base of a shrub called Escallonia.

The finger like projections were black and growing in a semi circular clump around the base of a thick dead "trunk", I had never seen anything like it before, and the thought it looks like dead men's fingers crossed my mind.

Looking it up I did find it is indeed known as Dead Men's Fingers or more correctly Xylaria Polymorpha it is found usually on beechwood stumps but may also be found on other broad leaved hardwoods. This was interesting to me as the shrub I found it on had small elliptical leaves and although it is a broad leaved shrub I had never thought of it as such (until I looked it up!).

My Escallonia is very old, it was planted in the early 1970's, there are several of these shrubs and they are part of the boundary hedge, which has really outgrown itself. I had decided it needed some hard pruning and we were cutting it back to six feet, which meant lopping off up to fifteen feet of mainly bare wood, the top few feet was still very beautiful being densely covered in both leaves and pretty flowers so I decided to try regenerating the plant by this hard pruning.

The ground underneath appeared to be very dry despite the extremely wet summer, ivy has grown all along the ground at the base of this hedge and we will remove this, I used to have hardy geraniums growing all along the outer edge but I have only two left now as I caught a cheeky man complete with gardening fork digging them up! He had the nerve to tell me he and his wife always admired them and he decided to get them for their own garden, telling me they were only wayfaring plants. I explained they were plants I had bought and put in, off he went with his wife and most of my plants. I decided not to replace them, however time has passed and I have now decided they will be replaced. I have some in the garden and will divide them to make new plants.

While looking up xylaria polymorpha (dead man's fingers) I was interested to read there is another fungus called xylaria longipes which is found exclusively on sycamores and is commonly known as dead moll's fingers!

Further investigation showed xylaria carpophila to be found on rotting beech mast and xylaria hypoxylon which is known as stags horn or candlestick fungus, and is found on rotting fallen branches and stumps of broad leaved trees. It is also found very occasionally on pine stumps.

I shall be looking out for these other types.

Thursday, 9 August 2012

Regenerating the front hedge

Our front hedge has long been neglected and we decided to be severe with it, a lengthy but necessary process. The hedge is formed from Escallonia shrubs and has been in situ for more than thirty years. It is a pretty hedge with pale pink flowers, however due to our neglect it is now more than twenty feet high and although the top is still flower and leaf rich, the lower reaches are brown, bare and dead looking, by hard

pruning, we are hoping to replace the dead brown looking bottom six feet, with a lush flower and leaf rich growth.

It is a slow process and the fifteen feet lengths cut off all have to be chopped up, bagged and taken to the tip. I can see this job lasting several weeks, but I am so looking forward to the new regenerated hedge that will be there next summer.

The long pieces cut off have been piled on the lawn, first pile went onto the top lawn, the next pile moved down to the middle lawn, these piles are enormous being fifteen to twenty feet across and eight feet high, there is a lot of work to be done in the clearing of them, meanwhile the pile on the middle lawn, which is outside the patio window and was a source of irritation at first has become a constant delight as it has become a haven for birds.

Friday, 10 August 2012

More about the Roof Mallards

I wrote recently about a pair of mallards living on our roof, I wondered as I wrote how long it would last, I was soon to find out, because within two weeks they had moved.

During the preceding week there had been a frenzied flurry of mating --- always in the pond, I thought it was a little late in the season, but trusted their judgement. A few days passed and suddenly she was gone and he was mournful. He stayed on the roof, but spent his days searching the garden for her, disappearing into the undergrowth, poking his head and neck under bushes and into large plants. He was very mournful and all the while kept up a quacking and also looking skywards as if expecting her to fly in to the garden. He didn't find her and we didn't know where she had gone.

Five days later she returned, flying into a splat landing on the lawn and hurrying to look for us --- we fed her, she ate enormously and immediately took off again.

He didn't spot her coming and continued searching the garden for her.

Every two days she returned, going first to the kitchen window, flying up and resting on the bird table, if we weren't in the kitchen she went to the lounge patio doors, after that she would do a quick search of the garden. Finding us at last she would walk hurriedly toward us quacking loudly as she did so, (a very different quack to the musical sounds she made when communicating with her precious ducklings). She would follow me to the end conservatory door, where she waited while I fetched her food, these were the only times she ate here rather than at the side kitchen window.

He remained faithfully looking for her day after day, sometimes he saw her when she flew in and hurried across to be with her, affectionately pushing his beak into her face, neck and upper body, and quietly quacking but she had other things on her mind, and although he tried to follow her she always managed to give him the slip.

Sometimes we would be busy indoors, not see her fly in or appear at the kitchen or lounge windows, on these occasions we would be alerted to her presence by a loud urgent quacking from outside and there she would be, standing in the middle of the side lawn, looking in turn from the side kitchen window to the lounge windows and patiently waiting. We always rushed to feed her and after hurriedly devouring her food while periodically stopping, standing very still with her head to one side as if listening, --- I wondered if it was for her ducklings --- she would be gone. She always finished her food, but did not always stop for a drink or a swim in the pond, often giving one last harsh quack as she took to the air.

He had grown tired of living alone on our roof and had returned to the river, he still visited the garden occasionally. His visits rarely coincided with hers, but when they did he would rush up to her chattering quietly and clearly excited, she on the other hand had little time for him.

Eventually he stopped coming, but every second day she returned ravenously hungry and we were pleased to see her and quick to feed her.

Two days ago we took bread and went to the river to see if we could see her. There she was with her brood of tiny ducklings and we were able to feed both her and her babies. It made our day.

Central Surgery does not offer a 'Walk-In' service. If you are unwell or injured, it's important to choose the right service to make sure you get the best treatment as quickly as possible. You may not need to see your GP or go to the Emergency Department.

If you're unsure of where to go for help, start with [NHS 111 online](#).

Find out more about the range of local options for accessing health advice and treatment:

Use the Right Service



 Self Care Care for yourself at home Minor cuts & grazes Minor bruises Minor sprains Coughs and colds	 Pharmacy Local expert advice Minor illnesses Headaches Stomach upsets Bites & stings	 NHS 111 Non-emergency help Feeling unwell? Unsure? Anxious? Need help?	 GP Advice Out of hours: Call 111 Persistent symptoms Chronic pain Long term conditions New prescriptions	 UTCs Urgent Treatment Centres Breaks & sprains X-rays Cuts & grazes Fever & rashes	 A&E or 999 For emergencies only Choking Chest pain Blacking out Serious blood loss
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If you still feel that you need to see a GP then you can book an appointment on one of the following two ways:

- For an on the day appointment the phone lines open at 8:00am. Please note when calling the surgery, the reception staff will be asking why an on the day appointment is required as these appointments should be for urgent matters that cannot wait.
- For routine appointments please complete an online consultation using [accuRx Online](#).

Booking a Mammogram If you are 71 or Over.

You will not automatically be invited for breast screening if you are 71 or over. But you can still have breast screening every 3 years if you want to. You will need to call your local breast screening service to ask for an appointment.

In this area you can call the The Epping Breast Screening Unit, St Margaret's Hospital, The Plain, Epping, Essex, CM16 6TN. The phone number for this organisation is: **01992 560001**

Booking a Bowel Screening Test if you are Over 75: In the UK, individuals aged 75 and over are not automatically invited for bowel cancer screening, but they can request a home testing kit every two years by contacting the NHS bowel cancer screening helpline.

Self-Referral: People aged 75 and over can request a screening kit by calling the bowel cancer screening helpline on 0800 707 6060.

Purpose of Screening:

Bowel cancer screening aims to detect cancer or precancerous conditions at an early stage when treatment is more likely to be successful.

Testing Method: The screening involves a home testing kit, which is a simple test to check for traces of blood in the stool.

Importance of Screening: Bowel cancer is a common cancer, and screening can help reduce deaths from the disease.

Symptoms: If you have any concerns or symptoms of bowel cancer, it's essential to speak with your GP, regardless of your age or screening invitation status.

All the staff at Central Surgery have committed to Active Practice:

What does Active Practice Mean?

Central Surgery is committed to encouraging **Active Practice**. In practice this means:

- Discouraging sedentary behaviour in Patient/ Staff
- Encouraging activity in patients and staff
- Healthy Eating – Ultra processed food increase risk of diabetes/ heart disease – linked to early death
- Reducing Stress- causes increase adrenaline / cortisol level – causing high blood pressure, muscular problems
- Finding your Purpose - More than half of young adults (58%) reported that they lacked “meaning or purpose” in their lives in the previous month and half of young adults reported that their mental health was negatively influenced by “not knowing what to do with my life.”
- Getting enough Exercise – sedentary behaviour is the 4th biggest cause of mortality
- Getting enough Sleep. This is a Restorative process which lowers the risk of long-term conditions and therefore there is less likelihood of getting sick

Are you a Carer? Do you have a family member or friend who relies on you helping them? This link below, to Carers in Herts and to the Carewaves Newsletter, will show you the many ways they can support you to continue in that role. They can advise, inform and be a friendly ear when you need it most. <https://www.carersinherts.org.uk/resources/carewaves-and-newsletters/>

Have you ever Considered Joining your Patient Participation Group at Central Surgery?

The PPG at Central Surgery is a group of patient volunteers who work with the practice to ensure the patient voice is heard, help improve services, and support health and wellbeing in the community. In the Sawbridgeworth area your PPG is making a tangible difference bridging the gap between healthcare providers and the people they serve. The PPG is an essential partner in ensuring the delivery of responsive, patient-centred care.

The insight that the PPG has helps us understand what really matters within our community.

To find out more, please email: patientgroup4sawbosurgery@gmail.com



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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
Celebrating our 1st Birthday in May

Over 55's Welcome for tea, coffee, and cake.
With a variety of optional activities

2-32 Mabeys walk, High Wych
CM21 0HN

For more information contact:
revajacksonhwge@outlook.com
07833667707
or: 01279 790145

Electric Bill Charges

Electric Usage History

Month	Usage
DEC	1223
JAN	978
FEB	734
MAR	489
APR	
MAY	
JUN	
JUL	
AUG	

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

Christopher THE LOCKSMITH

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The Sawbridgeworth Trust

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.

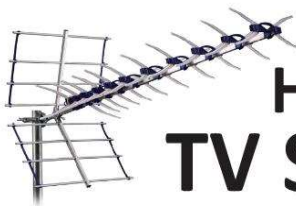
We are often called upon to help with school uniforms or perhaps a small bonus at Christmas.

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.

In the first instance please apply to the Clerk.
Mrs Di Kitson
11 The Forbury, Sawbridgeworth CM21 9BD
Or telephone 01279 7232123



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- TV WALL MOUNTING & SOUNDBARS
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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
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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.

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