

EASTWICK AND GILSTON PARISH MAGAZINE

Please join us at St Mary's Church for our

HARVEST THANKSGIVING SERVICE

SUNDAY 12th OCTOBER
at 11.15am



followed by Harvest Lunch in the church
Contributions to our buffet lunch are very welcome

Q U I Z N I G H T	<p>GILSTON & EASTWICK VILLAGE HALL</p> <p>St Mary's Church is holding its annual</p> <p>QUIZ NIGHT</p> <p>SATURDAY 25th OCTOBER</p> <p>7pm for 7.30pm start</p> <p> Ticket (£15) includes a delicious Ploughman's Supper Bring your own drink and glasses</p> <p>Teams of up to 8 or join another table of quizzers</p> <p>Please contact Christine Law for tickets on 01279 411646 or christine.law2@btinternet.com</p>
---	--

OCTOBER 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	Phonics Fox	Amy Abblitt – amy@thePhonicsFox.com	9.30am – 11.30am
		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.

+++++

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/fly-tipping. 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 10TH NOVEMBER 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

+++++

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.



£12⁵⁰ PER BAG

LOGS & KINDLING WOOD

KEEP YOUR HOUSE WARM WITH OUR LOGS

BARN STORED SEASON HARD WOOD

COLLECTION OR DELIVERY
THE WOOD YARD, 44 PYE CORNER
GILSTON, HARLOW CM202RB

☎ 07 831 185 952

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.

OCTOBER SERVICES 2025

5 th October	16 th Sunday after Trinity	8.00am	BCP Holy Communion	St James, High Wych
		9.30am	Breakfast followed at 10.00am Family Service	St James, High Wych
		10.30	Dedication of Asher Stemp	St James, High Wych
		2.30pm	Baptism of Bimia, Kiran & Freya	St James, High Wych
12 th October	17 th Sunday after Trinity	9.30am	Holy Communion	St James, High Wych
		11.15am	Harvest Thanksgiving Service followed by Harvest Lunch	St Mary's, Gilston
17 th October		2.30pm	Service Rivers	
19 th October	18 th Sunday after Trinity	9.30am	Holy Communion	St James, High Wych
		3.00pm-5.00pm	Messy Church	High wych Memorial Hall
26 th October	Last Sunday after Trinity	9.30am	Holy Communion	St James, High Wych
		11.15am	Family Service	St Botolph's, Eastwick
		2.00pm	Baptism of Freya Holloway	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
SAFEGUARDING OFFICER: Cath Sharples
 Diocesan Safeguarding Advisor (DSA)

01279 723714
 01279 600996
 01727 818107

HIGH WYCH PARISH

LAY LEADER OF WORSHIP: Jan Bellingham

01279 724247

CHURCH WARDENS:

Janet Bellingham
 Sam Clark

01279 724247
 07717542524

GILSTON WITH EASTWICK PARISH

CHURCH WARDENS:

Michael Shaw

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

October Letter



So over the past year or so we as a Benefice have been thinking about our Vision for the future, our Values and a Mission statement and I would like to share some of that with you today.

Our overarching Vision statement is:-

Growing in Faith, Growing in Hope, Growing in love.

We have developed a Benefice logo which has been created for us by Rachel Mabey At Big Roar Creative. rachel@bigroarcreative.co.uk

Which looks like this....



When it appears in colour is it a beautiful soft green, this colour represents for us life, hope and renewal.

The idea behind our logo is that the heart shape of the logo symbolises kindness, care and love. It flows into the cross and a climbing vine – to embody the ongoing journey of faith and spiritual growth. You will notice 3 leaves on the vine – these are the 3 churches of our Benefice; St James; St Mary's and St Botolph's, being nurtured through

God's love.

Our new Mission Statement will be:-

As a Benefice we are dedicated to 'being with' our communities to bring faith, hope and love, showing that God's places belong to all.

Our core values will be:-

Openness : Connecting with those we haven't reached yet.

Commitment: Nurturing individuals of all ages in diverse and appropriate ways, calling on our imagination and courage.

Kindness: Embracing everyone on their journey of life and faith, no matter where they are.

Fun: Creating opportunities for people to come together in our community, connect, and enjoy themselves, with generosity and joy as our foundation.

Underpinning all this we think the best piece of scripture is:-

1 Corinthians 13:7-10; 13.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.....and now these three remain; faith, hope and love. But the greatest of these is love.

I hope you will get to recognise all that we do with our values and logo and feel that there will always be a place for you in any of your village churches.

Your Priest
Alison



Apple Day to celebrate 300 years of Rivers Nursery

The wonderful annual Apple Day in our historic Rivers Orchard will once again be happening on Saturday 4th October 10.30am -2pm organised by the happy band of volunteers who tend the orchard. This is your opportunity to enjoy picking apples of so many varieties for the volunteers to take for juicing and also sample and take home those of your own choice, with something for everyone. This is a very popular day for the whole family in our famous enchanting orchard. Apple ID will be available if you bring five of your apples plus leaves. You will also be able to learn about the history of the orchard and purchase refreshments. It's only once a year so don't miss it. Further information www.rhso.co.uk



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

Thursday, 1 October 2009

Misty Mornings and Birds

From my kitchen window I can see a cotoneaster its boughs heavily laden with berries, shiningly colourful, and brightly glistening in the rain, good autumn food for birds. Across the lawn a robin and a blue tit vie for the last apple hanging from the tree, and a malus is filled with a flock of pigeons, whereas other years it has been the territory of blackbirds, thrushes, redwing and fieldfare, sadly this year we haven't seen even one redwing or fieldfare.

Hanging from a lower bough is an overwintering insect box, I hung it with a happy smile in the summer, thinking of how it would provide protection for hibernating insects. Interestingly it has proved very successful as a feeding station, especially for the great tits who are delighted with the easy pickings it provides.

Misty mornings now, and drifts of mist hang low over the fields that border the river, the tiny misty droplets highlighting and jewel bedecking the myriad cobwebs, draped over or hanging from bushes and plants. Watch out for an influx of spiders indoors, sheltering from the coming cold winter. Now is a good time to go fungi foraging, there are many and varied types to be found, all shapes and sizes, I once found a navy blue one growing under a yew tree.

Monday, 3 October 2011

Basildon Park

Visited Basildon Park today, it is a National Trust property in Berkshire, we were on a guided tour which in retrospect was a mistake.

Although it was interesting to be shown round the house, one had to stand still and pay attention while we were being spoken to for fear of others being disturbed. Also the group was too large and the rooms were so crowded one could only see the part where one was hemmed in and immediately the guide stopped talking we were moved on. Indeed we were ushered from room to room too quickly, therefore we heard the history of the house and its owners but were unable to stand and capture the feeling of the room or to even spend time admiring the architecture of the rooms or treasures therein.

We have visited this property before not on a guided tour and going around at our own pace, reading about the rooms from the notes in each room or by talking informally to the stewards in each room, is a much pleasanter and more relaxed way of seeing a property. In future we will go when it is not a guided tour day.

The grounds are enjoyable and the far reaching views across the Berkshire countryside were breathtaking. There are also some really aged and very beautiful trees in the surrounding parkland.

Today through the lounge window I watched a heron take off, flying low over the lawn and upward through the branches of our trees. I have very mixed feelings about herons because they empty the pond, but I do love to watch them and I am always awestruck when I see them in flight. Today he didn't fly very far, just across the paddock and into the field where he spent the afternoon silently stalking by the river's edge.

Later on I saw a tiny restless goldcrest who spent several minutes flying repeatedly between a bird bath and a conifer. At just 3.5 inches long the goldcrest is Britain's smallest bird and is a joy to see with its vivid bright yellow streak along the top of its head.

Now is a good time to clear out and clean nesting boxes and before replacing them put in a handful of dried leaves to help out overwintering creatures.

Same day

Walk Along Brimming Canal

We have had a very wet several days and the fields at the back of the garden are flooded again. So we knew the river would be high, making the sights and sounds of our usual walk a little different.

Weirs usually dry are now overflowing with rushing, crashing, foamy water. One weir ran through a concrete tunnel connecting it to the river. We stood above the tunnel in awe of the roar of the water underneath the bridge, and the spray that shot high into the air.

During the course of our walk we saw only one fresh mole hill. I imagined the little creature with his warm furry coat poking his head out and quickly drawing back as the wind hit his little snout.

We met a red-faced fisherman sitting huddled on the bank. He told us he had caught but one small roach. On our return, later, he had caught another half a dozen including a 15" bream. He didn't like killing them, so he'd thrown all of them back in.

The wind was strong and cold; it made one's eyes water. The sun shone out highlighting the foliage with its golds, oranges, reds and browns – a truly beautiful autumn day. We were well wrapped up and determined to enjoy our walk, but no matter how quickly we moved to stay warm, our ears became cold as did our arms and gloved hands.

We were amused by the sight of swans swimming along with ducks and Canada geese on flooded fields that a day earlier had been lush green meadows.

We came to a weir that was usually dry and were enchanted by a magic carpet of leaves of all shapes, sizes and colours drawn toward the weir. We watched spellbound, then placed bets on which clump of leaves would first escape the current of the weir and float off downstream.

+++++

THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk



Recently, I was privileged to watch two bats flying around my garden. They were so quick and acrobatic it was difficult to keep them in view. Bats and their roosts are legally protected so must not be disturbed. Bats are mammals, giving birth to live young. It reminded me of how lucky we are in The Hundred Parishes to have so many wild mammals in our mainly rural area.



There are several herds are usually palm of a hand. The white rump and no visible tail. Muntjac are smaller still and tend to be solitary; they have horns and "tusks" - downward-pointing canine teeth.

kinds of deer locally, mostly Fallow, Roe or Muntjac. Larger Fallow deer which have "palmate" antlers, shaped like the smaller Roe deer may be seen in smaller groups – they have a

Out enjoying our latest walk, number 188, my wife and I surprised two hares who disappeared at great speed when they spotted us. They can run up to 45mph over short distances.

We regularly see foxes in our garden, usually courtesy of our inexpensive night vision camera. In the spring, we enjoyed watching the young cubs playing. Foxes seem to be a more common sight now, even during daylight, and regularly venture into built up areas. The camera occasionally spots a badger; he is usually looking for peanuts.

Anyone lucky enough to see hedgehogs in their garden should look after them as their numbers are in decline. They are nocturnal, so at dusk we should put out a shallow bowl of fresh water (not milk as it is bad for their digestion) and perhaps some dog or cat food. They may repay you by eating slugs and insects although our experience has been that they prefer commercial hedgehog food like Spike's Dinner.

Enjoy them all.

Ken McDonald, Secretary



Central Surgery will be having a combined Covid/Flu clinic at the Surgery Saturday 11th October.
If you are eligible and have not had an invitation for vaccination, please contact the Surgery.



When Should a Parent/Carer Worry?

Most fevers (a fever is a temperature of 38°C (100.4°F) or above) in children are not serious and are due to the common infections of childhood such as coughs, colds and other viral infections. However, sometimes a fever is a symptom of a serious infection.

If your child has a fever please follow current Government advice and use the ‘traffic light’ diagram below to help you identify when and where to seek advice in your local area.

ADVICE FOR PARENTS As a parent you have great instincts, please do use them. If you feel that your child is unwell, or you are unable to care for them, seek medical help, this could be your local pharmacist, NHS111, GP, an Urgent Treatment Centre (UTC) or A&E.

Signs relating to

Appearance	Breathing/Chest	Hydration	Temperature	
<ul style="list-style-type: none"> Normal skin, lips and tongue colour Responding normally/still smiling Stays awake or wakes up easily Normal cry or strong cry Mild pain e.g. earache, tummy ache 	<ul style="list-style-type: none"> Breathing normally with no wheeze Mild cough or runny nose without affecting breathing 	<ul style="list-style-type: none"> Baby feeding/child drinking as normal or slightly reduced Sick, but drinking and keeping most fluids down Diarrhoea for less than 2 days Passing urine, normal colour or slightly darker than usual 	<ul style="list-style-type: none"> Mild temperature raised up to 38°C (101° F) but controlled if Paracetamol if given. Seek advice if temperature continues for 3-5 days. 	<p>GREEN - CARE AT HOME</p> <ul style="list-style-type: none"> Your local pharmacist or NHS 111 can give advice Check www.nhs.uk Consider Paracetamol Encourage rest and drinks, even if only in small amounts 
<ul style="list-style-type: none"> Child becoming worse/parents more concerned Less activity/more sleepy than usual Change in normal behaviour/ not acting in usual manner Irritable/no smile Pain e.g. persistent severe earache, severe tummy ache - seek advice Mild/moderate allergic reaction - seek advice 	<ul style="list-style-type: none"> Noisy breathing/ wheezy/fast breathing/ nasal 'flaring' 	<ul style="list-style-type: none"> Drinking less than half of usual amounts/vomiting most feeds Less wet nappies than usual/less urine or darker concentrated urine For babies under 1 year - sick more than 3 times in 24 hours, diarrhoea 6 times in 24 hours For over 1-year olds - diarrhoea for longer than 2 days 	<ul style="list-style-type: none"> Over 3 months - temperature over 39°C (102° F) Persistent temperature for more than 3-5 days or not controlled by paracetamol - seek advice 	<p>AMBER - GP/NHS 111</p> <ul style="list-style-type: none"> Phone your GP for advice and decision - this may be by telephone/video or face to face Call GP/NHS 111 if concerned If worried, always seek advice 
<ul style="list-style-type: none"> Collapse/unresponsive Hard to wake/floppy or listless Mottled blue or ashen skin Fitting (seizure) without \ temperature Severe allergic reaction/ anaphylaxis Rash that does NOT disappear under pressure - (glass test) Neck stiffness High pitched, weak or continuous cry Bile stained sick (green) Bulging fontanelle (soft spot) 	<ul style="list-style-type: none"> Severe difficulty in breathing Grunting/very fast breathing/ sucking in and out between ribs Breathless - unable to talk in sentences 	<ul style="list-style-type: none"> Sunken fontanelle (soft spot) Very little urine/dry nappies 	<ul style="list-style-type: none"> 0-3 months - temperature over 38o C (101o F) Over 3 months - temperature over 39° C (102° F) and/or cold hands or feet Any child with a temperature below 36° C (97° F) Any child with a high temperature and fitting (seizure) 	<p>RED - URGENT HELP REQUIRED</p> <ul style="list-style-type: none"> Take your child to your nearest A&E department CALL 999 FOR BREATHING DIFFICULTIES OR A NON-BLANCHING RASH (rash that does not fade and lose colour under pressure—glass test)/collapse 

Please Don't Let your Child Catch Measles:

One Mother's Story:

*“What I am going to tell you was a very long time ago, when the NHS was very different, but sadly the principle stays the same, **it is vital that your child is vaccinated against measles at any age not just as a baby.** My daughter was not allowed to be vaccinated for medical reasons and when she was 4 she contracted measles which, within days, led to encephalitis. This is a disease where the brain swells and presses on the skull causing huge damage. She was in a coma for 6 weeks, 3 initially in Great Ormond Street and then 6 months back in a Hertfordshire hospital. Great Ormond Street said they had never had a child that young live with that much pressure on her brain, but she did. It took 4 months back in Herts to ‘unstiffen’ her rigid body and begin to walk and the full 6 months to regain her sight. She was left with physical weakness, reduced immune system, severe epilepsy, severe learning disabilities and **in need of 24/7 care for the rest of her life, long after I have gone and not there to ensure her care.** The life of a bright, intelligent child, just about to go to school gone, for the sake of a vaccination against this cruel disease.”*

In the past few years there has been an increase in the number of recorded cases of Measles. These were mainly in large urban areas but there have been small clusters in other regions. The MMR *vaccine* protects against 3 infections - *measles*, mumps and rubella. These are viral infections that can quickly spread to non-immune children. **Two doses of the MMR vaccine are recommended by doctors** as the best way to protect against measles, mumps and rubella.



The poster features the NHS logo at the top right. The main text reads: "MEASLES Don't let your child catch it - get them vaccinated with the MMR vaccine". Below this, it states: "The number of young people catching measles has risen. It's never too late to be vaccinated. You need two doses of MMR one month apart to be fully protected against measles, mumps and rubella. It's time to make measles a disease of the past. If you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. STAY AWAY from GP surgeries and A&E departments - you could spread the illness to others." At the bottom left, it lists "Measles symptoms include: high fever, sore, red, watery eyes, coughing, aching and feeling generally unwell, a blotchy red brown rash, which usually appears after the initial symptoms." The bottom right corner has the "immunisation" logo and the text "the safest way to protect your child" and "For more information contact your local GP surgery or visit: www.nhs.uk/mmr".

Protect your family against measles this summer – get vaccinated

As measles cases continue to rise across the country, parents, guardians and carers are being urged to make sure their children are up to date with their Measles, Mumps and Rubella (MMR) vaccinations.

The MMR vaccine is the most effective way to protect children from becoming extremely unwell as a result of these highly contagious diseases. Two doses of the vaccine are needed to give a child lifetime protection.

Measles spreads easily among unvaccinated people, especially in nurseries and schools - so far in 2025 there have been more than 500 confirmed cases in England, with most of these being young children. You can catch it just by spending time in the same room as someone who has it, even if they don't know they are infected.

The vaccine is free of charge on the NHS, whatever your age, and it is never too late to catch up.

Dr Rachel Joyce, Medical Director of NHS Hertfordshire and West Essex ICB, said: “Measles spreads very easily and is often extremely serious for those who are not vaccinated. We have very sadly seen a child die from measles in recent weeks which is a stark reminder of the importance of protecting our families from this preventable disease.

“I urge all parents to check that their children have had both MMR doses and if they haven't, to catch up on missing vaccinations as soon as they can. It is even more important to be fully protected if you are planning a family trip abroad during the summer holidays as there have been some quite significant measles outbreaks in some parts of Europe.”

How to get the MMR vaccine

- Ask at your GP practice, or
- Call the immunisations team to book an appointment near you: 0300 5555 055 option 7.

You can get a free Blood Pressure check:

If you're aged 40 and over, and are eligible, you may be able to get a free blood pressure check at either of our local pharmacies:

- BELL PHARMACY, Unit 3 Forelands Place, 6 Bell Street, Sawbridgeworth, Herts, CM21 9QD
Phone: 01279 722201
- VILLAGE PHARMACY, 7 Bell Street, Sawbridgeworth, Herts, CM21 9AR
Phone: 01279 722393



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.

Jim's Cafe Session

Mondays 4:00pm to 5:00pm

(Change of Venue)
Meet at The Green Room, High Wych Memorial
Hall for toast, toppings, and games.



For new Year 7 children
Drink and a snack provided free
on behalf of St James's Church

If you would like to make a donation to the cost of this
please donate through the QR code above.

For all info please contact:
email: revajacksonhwge@outlook.com or
phone: 07833667707 or 01279790145

Sawbridgeworth
Local History Society

Nostalgia Day

This very popular annual event will be happening in Sawbridgeworth Memorial Hall on Saturday 8th November. Vehicles will be leaving the Memorial Hall at 10.30am for a service at the Airfield Memorial, where anyone is welcome to lay a wreath or poppy. On returning to the Hall there will be a short dedication. Representatives from RAF Marham and Town Mayor will be joining us on this occasion. We will be commemorating VE and VJ Day and also the 300th anniversary of the founding of Rivers Nursery. If you or anyone you know was at a VE Day party in Sawbridgeworth in 1945 please contact us as we would like to send them a personal invitation. Refreshments will be available and a pay bar open. The stars of the afternoon will be young people from Diverse Performing Arts, joined by singing star Lisa Hammond. There will be books for sale and displays by Sawbridgeworth Local History Society. Free entry to the event but cash donations please for the Royal British Legion, who will also have a display. For further information please contact Hazel Mead, Sawbridgeworth Local History Group hazelmead404@btinternet.com where you can also say how you can help at this event and what cakes you like and will be able to donate; we have some recipes from the 1940s if you would like some to use.

Richard Rhomas gave us a very interesting talk on the Royal Gunpowder Mills at Waltham Abbey recently which date from 1787. When a map of the area was produced in 1590 it showed how important the local rivers were for transportation. Gunpowder was made from Sulphur, Salt Petre and Charcoal with a very dangerous process and employees were checked every day for any material which would have caused sparks. Over the 280 years of production the gunpowder was only used for military purposes. The site was abandoned in 1945 and became a research site and is now a very interesting visitor site.

We then travel back in time to hear about Land Girls, Brocket Babies and Beyond when Sarah Kerrison from Hertfordshire Archives and Local Studies comes to talk to us on Thursday 25th September. To conclude our programme for this year it will be interesting to hear about Wicked Women in Herts by Elizabeth Eastwood. We meet in the Hailey Centre – doors open 7pm and talks start at 7.30pm. Members £2. Non members £5.

We will be laying a wreath at the Town Memorial on 10th October to remember those who died when a bomb hit their house in Cambridge Road in 1940 during WW2. On Saturday 8th November please join us on Nostalgia Day in Sawbridgeworth Memorial where VE, VJ Day and Rivers Nurery 300 commemorations will all be included, together with Diverse Performing Arts; then Remembrance Day following where a wreath will be laid. So as not to miss anything it is best to become a member, which you can do by visiting our website, where you will also find interesting articles, books for sale, photos etc. You can also become involved by joining our very friendly committee - so don't delay – visit www.sbwhistory.com

THE WITCHES' SPELL

Double, Double, till and trouble;
Fire burn, and cauldron bubble.
Fillet of a fenny snake
In the cauldron boil and bake;
Eye of newt, and tow of frog,
Wool of bat, and tongue of dog,
Adder's fork, and blind-worm's sting,
Lizard's leg and owlet's wing,
For a charm of powerful trouble,
Like a hell-broth, boil and bubble.
Double, double, toil and trouble;
Fire burn, and cauldron bubble.

William Shakespeare.



Need to **CONTACT THE POLICE?**

Which one **IS BEST FOR YOU?**

Follow the **5 STEPS**

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

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

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

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

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

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







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

Wednesday
Welcome
Every 1st Wednesday
of the month



Over 55's Welcome for tea, coffee, and cake.
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



A Special Offer...

EVERY TUESDAY & WEDNESDAY EVENING

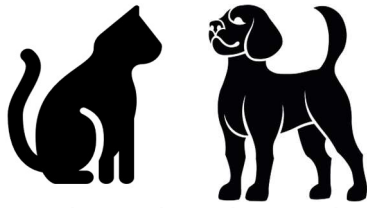
**EAT OUT... AND WE'LL
HELP OUT!**

WITH

50% OFF

**ALL OUR MAIN MEALS AT
THE PLUME OF FEATHERS**

Jane's Small Pet Sitting



Pets are always happier staying at home while you are away. So, I will be able to stay with them if that is the service you require.

Be assured that your home as well as you pet/s is being looked after. I also offer dog walking and dog sitting services.

Call me on **07779 587076** or e mail me at jgalp@yahoo.co.uk

to arrange for a free visit to meet you and your pets. I am fully insured and Pet First Aid Trained.



R H Longman

CARPENTER / GENERAL BUILDER

Kitchens
Wardrobes
Fences
Stairs
Flooring
Bathrooms
Summer houses
All Jobs considered

-
- Sole Trader 40 years – Free Estimates
-
- **Tel. 07884 491436**
- **Email. rhlongman@google.com**

WHEN USING OUR PUBLIC RIGHTS OF WAY PLEASE BE AWARE

Please make sure your dogs are always 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 always take it home and use your own bin.



NEXT SESSION

19th October
High Wych
Memorial Hall
(3:00pm-5:00pm)

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 then eat some yummy food together, what could be better?



For further information please contact: revajacksonhwe@outlook.com
Or leave a message on 0783 366 7707 or 01279 790145

The Messy Church® name and logo are registered trade marks of Bible Reading Fellowship, a charity (233280) and company limited by guarantee (301324), registered in England and Wales. brf.org.uk



Christopher THE LOCKSMITH

ARE YOUR LOCKS BEHAVING BADLY?


We Value Old Fashioned Customer Service
A Local Trusted Family Business Since 1989

 Specialist in UPVC & Wooden Doors

 No Call Out Charge

 No Fix No Fee

 All Work Fully Guaranteed

 10% Senior Citizen Discount



For More Advice & Help Call Christopher:

07772 111 222

www.christopherthelocksmith.co.uk

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.

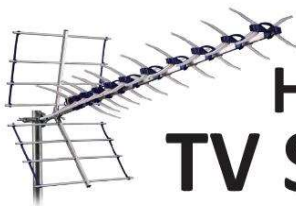
We are often called upon to help with school uniforms or perhaps a small bonus at Christmas.

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



HERTFORD TV SERVICE

Please call: 01992 552955

- AERIALS & SATELLITE INSTALLATIONS/REPAIRS
- TV REPAIRS (OLED, LCD, LED)
- TV WALL MOUNTING & SOUNDBARS
- WIFI SYSTEMS & DATA NETWORKING
- CCTV & WIRELESS BURGLAR ALARM SYSTEMS
- STARLINK INSTALLATIONS 

www.hertfordtvservice.co.uk

Unit 1B, Foxholes Avenue, Hertford SG13 7JG
LOCAL FAMILY BUSINESS EST 1979
ALL WORK FULLY GUARANTEED



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





'Small enough to Care,

Large enough to Cope'

Tel: 01279 792472

Mob: 07946 617060

Web site:

www.hamletbuilders.co.uk

- *New Builds
- *Extensions
- *Loft Conversions
- *Refurbishments
- *Conservatories
- *Brickwork
- *Driveways/Patios
- *Garage Conversions
- *Groundworks

Free Estimates - All work Guaranteed



**Dog Walking In
Eastwick + Gilston
Group Walks, 1-2-1 Walks,
Home Holiday Visits, Small
Animal Care, Cat Visits
First Aid Trained, Fully Insured**

Tel: 07747606818



ADVERTISING

ARE YOU INTERESTED IN ADVERTISING YOUR
LOCAL BUSINESS IN
**'THE EASTWICK AND GILSTON PARISH
MAGAZINE'?**

YOUR ADVERT WILL REACH 370 LOCAL
HOMES EVERY MONTH.

CHECK OUT OUR HIGHLY COMPETITIVE
RATES BELOW AND CONTACT US TODAY.

**ALL EDITIONS OF THE MAGAZINE ARE
PRINTED IN A4 AND IN BLACK AND WHITE.**

¼ page £90.00 per year - per month £30.00

½ page £110.00 per year - per month £40.00

Full page £220.00 per year - per month £50.00

DO YOU HAVE A SMALL ITEM THAT YOU
WOULD LIKE TO SALE?

DO YOU HAVE AN ARTICLE YOU THINK MAY
BE OF INTEREST TO THE
READERS

AN ACTIVITY THAT HAPPENS WITHIN OUR
TWO VILLAGES THAT YOU WOULD LIKE
ADVERTISED OR SOME INFORMATION THAT
YOU WOULD LIKE TO GO ONTO THE
EASTWICK AND GILSTON PARISH
COMMUNITY WEB SITE?

CALL OR E-MAIL THE EDITOR:

CHRISTINE LAW

01279 411646

DANIEL ROBINSON & SONS

**Independent
Family Funeral Directors
Monumental Masons**

Est. 1892

**A personal caring service, day or night
Fully trained & qualified staff
Purpose built premises & Chapels of Rest
Pre-paid Funeral Planning**

**Arrangements may be made in the comfort
of your own home**

3 Bullfields

Sawbridgeworth

Tel: (01279) 722476

Wych Elm

Harlow

Tel: (01279) 426990

Station Road

Old Harlow

(01279) 626238



www.drobinson.co.uk

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.

+++++

CLOTHES BANK VILLAGE HALL, PYE CORNER, GILSTON

TO ALL RESIDENTS



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

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

IT WILL NOT TAKE – SOILED RAGS, CARPET, RUGS, BLANKETS, TOWELS, SHEETS, GLASS, METAL, PAPER OR RUBBISH.
THIS WILL BE EMPTIED ONCE A WEEK FOR US.

+++++

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

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