

EASTWICK AND GILSTON PARISH MAGAZINE



Parish of High Wych with Gilston and Eastwick

*Come and join us for one of our Christmas Services.
We hope your family and friends can make it too!*

Date	Time	Place	Service
7 th December	10:00 am	St James	Family Service
11 th December	9:30 am	High Wych Memorial Hall	Jimmy's Christmas Party
14 th December	4:00 pm	St James	Community Carols
20 th December	4:00 pm	Terlings Park	Community Carols
24 th December	11:15 am	St Botolph's	Pop Up Nativity
24 th December	3:00 pm	St Mary's	Christingle (Christmas Jumpers optional)
24 th December	5:00 pm	St James	Christmas Jumper Christingle
24 th December	11:00 pm	St James	Midnight Service
25 th December	9:30 am	St James	All Age Service

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

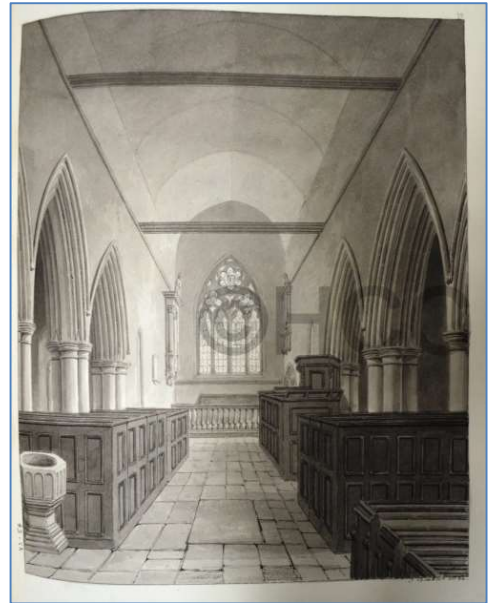


DECEMBER 2025

YOUR VILLAGE CHURCH NEEDS YOU!

It's quite surprising to discover just how many buildings in Gilston and Eastwick are catalogued under Historic England's Listed Buildings. Apart from the Plume of Feathers, which is of more ancient origin, they are largely buildings that were constructed by John Hodgson and his brother, William. They include, inevitably, Hodgson's brand-new manor house together with the lodgekeeper's house, the Eastwick almshouses, estate workers' cottages, farmhouses, the Schoolhouses, the Rectory and many more. Perhaps your house is one of them! However inconvenient this may be, it's surely a testament to the quality in both design and construction that Hodgson demanded. He didn't begrudge the expense but he insisted on getting his money's worth!

The oldest listed building in Gilston is St Mary's Church (12th c and onwards). The picture, from Hertfordshire Archives, shows what it looked like in 1834. St Botolph in Eastwick is only partly 13th c because John Hodgson paid to have it rebuilt in 1872 before it actually fell down! Worries about the state of both buildings continue to preoccupy us today. We don't have generous benefactors like the Hodgson brothers and our tiny congregation struggles to maintain both St Mary (Grade I listed) and St Botolph (Grade II*listed). We have wonderful volunteers who keep the churchyards in good condition, strimming round the graves, weeding the beds, mending fences, cutting the hedges and mowing the acres of grass, for which we are truly thankful. We simply couldn't manage without them. But there is so much more that needs doing. For example, both churches need a new roof!

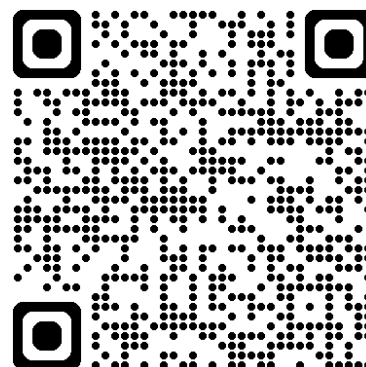


Looking after our church heritage is a very expensive business. A few years ago, one of the windows at St Mary was restored. This work cost £25,000. If you are one of the wonderful volunteers who look after St Mary churchyard, you probably know that there are two so-called "chest tombs" on the sloping ground below the church. These cover the graves of two members of the Gore family who lived in the big house throughout the 17th c (the one that John Hodgson pulled down!) and a member of the Turvin family who, at one time, lived at Terlings. We're constantly reminded that it's our responsibility to repair them but as the last quote, ten years ago, was £16,000 each, we just smile and move on to tasks that we can just about afford such as servicing the fire extinguishers and the lightning conductor, paying the electricity bill and the annual insurance (last year it was £3,000).

You may see articles in the newspaper that tell you that the Church of England has billions of pounds at its disposal. This is absolutely true but the financial burden of maintaining a parish church falls entirely on its parishioners. Keeping it watertight, pest-free, safe and welcoming for all-comers is a priority. It needs to be there for rejoicing and celebrations, for times of sadness and comfort, for weddings, baptisms, blessings, funerals and every other occasion when the community can come together in friendship – Dog Walks, for example! In short, it is there for YOU when you need it.

Therefore, I conclude this article with a request, a plea, an earnest wish that you may be able to donate a small monthly sum to your local church to help us in ensuring its future. This magazine is distributed to over 300 households. If just half of you were able to make a monthly donation of no more than the cost of a cup of Costa coffee (eg £3.50) this would cover our annual insurance premium for Gilston & Eastwick churches.

In the hope that you are able to respond with any amount, we give alongside the QR code which will allow you to set up a regular payment to your village churches through the Parish Giving Scheme (Parish name: Gilston with Eastwick; the Parish code is: 320632066). Alternatively, you can also donate via the following banking details:



A/c name: Gilston & Eastwick Parochial Church Council
Sort Code: 20-36-98
Account No: 9061 9906

QR code for the Gilston with Eastwick Parish Giving Scheme:

Thank you.
Rosemary Davis
Gilston & Eastwick PCC

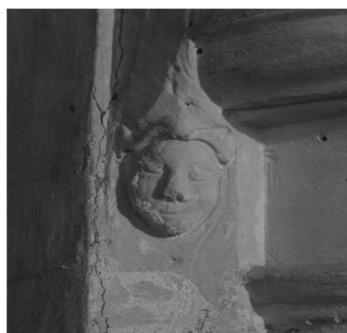


Photo of an imp hiding in the pillars on the right hand side of the Chancel. He's supposed to scare away evil spirits. Why don't you go and visit him and say Hello!

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OUTDOOR COMMUNITY CAROL SERVICE

SATURDAY 20TH DECEMBER 2025



4.00PM



TERLINGS PARK GREEN

ALL RESIDENTS WELCOME

WITH WARM REFRESHMENTS AFTERWARDS

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			
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 all booking enquiries or go to the Village Hall new web site:

hallbookingonline.com/gilstoneastwick to see if the date you require is free and make a provisional booking.

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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/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 12th January 2026 – 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 STILL 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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Blood testing service to move from Princess Alexandra Hospital to The Harvey Centre

Hundreds of residents each day are set to benefit from easier access, improved facilities, and reduced pressure on hospital services as Harlow Council and The Princess Alexandra Hospital NHS Trust are pleased to announce a new partnership that will see the hospital’s blood testing service move into The Harvey Centre in Harlow town centre.

This move means that hundreds of residents who currently visit the hospital for routine blood tests will soon be able to access the service more easily at a convenient, central location.

The new facility in The Harvey Centre will offer modern, accessible surroundings for patients and visitors, improving the overall experience while freeing up valuable space on the hospital site for other essential clinical services.

The new facility is set to open next spring on the ground floor of the Harvey Centre. The council and hospital say that this is the ‘first step’ in a wider plan to make health and wellbeing far more accessible ‘on the high street’ with work underway to explore how to significantly increase the number of services out of the hospital and in the town centre.



FAULTY ROAD SURFACE?



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



Benefice of High Wych and Gilston with Eastwick

Church website: stjameshighwych.org.uk

Facebook: Gilston & Eastwick church's

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

DECEMBER SERVICES 2025

7 th December	2 nd Sunday of Advent	8.00am	BCP Holy Communion	St James, High Wych
		9.30am	For breakfast followed at 10.00am for Family Service	St James, High Wych
14 th December	3 rd Sunday of Advent	9.30am	Holy Communion	St James, High Wych
		11.15am	Holy Communion	St Mary's, Gilston
		4.00pm	Community Carols	St James, High Wych
19 th December	Friday	2.30pm	Rivers Christmas Service	Rivers
20 th December	Saturday	4.00pm	Carol Service	Terlings Park
21 st December	4 th Sunday of Advent	9.30am	Holy Communion	St James, High Wych
23 rd December	Tuesday	10.00am	Christingle Workshop	The Rectory, High Wych
24 th December	CHRISTMAS EVE	11.15am	Pop Up Nativity	St Botolph's, Eastwick
		3.00pm	CHRISTINGLE SERVICE	ST MARY'S, GILSTON
		5.00pm	Christingle Service	St James, High Wych
		11.00pm	Midnight Mass	St James, High Wych
25 th December	CHRISTMAS DAY	9.30am	Family Communion Service	St James, High Wych
28 th December	The Holy Innocents	9.30am	Café Church	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

December Letter



Joy to the World

Dear friends,

Every Christmas, when we lift our voices to sing “*Joy to the World*,” something stirs in my heart and I hope in yours too. Those familiar words — “*The Lord is come!*” — remind us that joy isn’t just a feeling for a season; it’s the presence of Jesus Himself. He is our joy — God with us, right here in the middle of our ordinary lives.

Still, I know that for many, this season can be bittersweet. The world feels heavy at times — full of noise, worry, and uncertainty. Some of us are missing loved ones or carrying quiet burdens. And yet, this is exactly where the message of Christmas breaks through. The angels didn’t bring their good news to a perfect world. They came to shepherds in the dark, saying, “*Do not be afraid. I bring you good news of great joy for all people.*”

That same message is for us today. Real joy isn’t about pretending everything is fine. It’s about knowing that even in the struggle, God is near. Jesus came so that we would never have to face life’s challenges alone. He entered the world not as a distant king, but as a child in a manger — humble, close, and full of love.

If we take a moment to look around, despite the challenges we may face, in our every day lives we can see signs of His joy everywhere. In the sparkle of children’s laughter. In the quiet peace that comes when we pray. In a simple walk in nature. In the kindness of a neighbour or the warmth of a shared meal, or the fun of being together. Joy shows up when we choose gratitude, forgiveness, and hope — when we let God’s love shape the way we see and treat others.

My prayer this Christmas is that you’ll experience that deep, steady joy — not just for a day, but as a way of living. Let’s share it freely, especially with those who need it most. A simple smile, a visit, a prayer — these small acts can carry the light of Christ into someone’s darkness.

So, dear friends, may your hearts be filled with the true joy that Jesus brings — a joy that strengthens, comforts, and renews. Let’s welcome Him again with open hearts and voices that sing, “*Joy to the world, the Lord is come!*”

“Rejoice in the Lord always. I will say it again: Rejoice!”

— **Philippians 4:4**

With love and every blessing,

Your Priest

Rev Alison Jackson

2025 Advent Challenge

During Advent we can do many things to help us think more closely about the Christmas Story, connecting our lives to that of the birth of Jesus and that very first Christmas. We may use Advent candles, Advent calendars, Advent Bible Study or we may want to enhance others lives with acts of kindness.

Many of us will have already have been buying presents for our loved ones, or thinking about where is the best place to give generously this Christmas.

I am hopeful that you may consider giving generously of some Christmas food for the Pop-Up shop in Sawbridgeworth – to help families be able to celebrate well this Christmas.

These are my suggestions:-

Week 1 We focus on bring soft drinks for that week.

Week 2 Stuffing, gravy products, cranberry sauce

Week 3 Christmas puddings, mince pies, Christmas biscuits, toiletries

All donations need to be in St James church by December 12th to make the bags that will be given out from the Pop Up shop.

Alternatively, you may want to make a donation to the Pop Up Shop at:-

Barclays Bank

Sort Code 20-36-98

Account Number 60798029

Name of account: Sawbridgeworth Congregational Church

Use ref: Pop-Up shop

This will call us to sacrifice some of our wealth but it will benefit others who are struggling. St James church is open every day from 9.30 am to 4.00 pm for you to bring food and place in the green box provided, and we will make sure this food gets to the Pop Up Shop. Thank you, Rev Alison

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THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk



The Hundred Parishes Society is not a church or religious organisation but we encourage visits to churches because they are often the oldest and most interesting building in any community. Most of our churches are open regularly and welcome visitors.

Our website www.hundredparishes.org.uk has many short articles, including some about various aspects of churches including bells, clocks, memorials, poppyheads, spires, towers and windows. We recently added an article about church fonts, some of which appears in the next few paragraphs.

Fonts hold holy water which is used to ‘baptise’ people, an initiation into the Christian faith. They are often situated near the church entrance. Our local churches have a great variety of fonts, usually made of stone. For example . . .

St. George’s church in Anstey has an 11th-century font that is rare in that it is decorated with mermen (the male equivalent of mythical mermaids) holding their tails.

Thorley church has a 12th-century font. It was removed from the church and for many years was used as a drinking trough on a nearby farm before being reintroduced into the church in 1855. Its ornate cover was designed by George Gilbert Scott, a prolific architect known mainly for his work designing and renovating churches and cathedrals.

Chickney church has a carved stone font from the 14th century. The bowl is lavishly decorated including shields bearing the coats of arms of local Braybrook and Fitzwalter families.

Debden’s 18th-century font is made of Coade stone and is richly decorated with roses and heraldry.

Over the last couple of years, I have been giving a talk entitled “A peek inside some Hundred Parishes churches” to local groups. The talk is a PowerPoint presentation with many photos. If your group might be interested, please contact me on hundredparishes@btinternet.com .

Ken McDonald, Secretary

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Our last meeting on the year was to enlighten us on the Wicked Women of Herts such as one who scolded her husband and was dunked in the river for doing this; also the wild woman of Ware who caused a disturbance in the town with the punishment of going to prison – these were considered wicked actions in the past but obviously not these days. There were some interesting slides with pictures of witches.

Our first meeting of 2026 will be on Thursday 29th January when you will hear from a local coal merchant all about delivering to our doors in the town with some interesting photos and stories. Next year will be our 10th anniversary so we hope to arrange an interesting day to celebrate this; also in our new programme we have a great variety of speakers and 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.

With the festive season arriving a book is always a good present - and easy to wrap, so take a look and order from our website. You can also become involved by joining our very friendly committee - so don’t delay – visit www.sbwhistory.com



CHRISTMAS WORD SEARCH



S	N	O	W	Q	W	C	H	R	I	S	T	M	A	S	E	R	H	T
Y	U	I	O	P	A	S	D	F	G	H	J	K	L	Z	F	X	O	C
V	B	N	M	Q	W	E	R	T	Y	U	I	O	P	A	A	S	L	D
F	S	G	H	D	E	C	O	R	A	T	I	O	N	S	T	J	L	K
L	A	Z	X	C	V	B	N	M	M	N	B	V	C	Z	H	Q	Y	W
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A	T	A	S	D	C	R	I	B	F	G	H	J	K	L	R	M	T	N
M	A	U	A	P	S	D	F	G	H	S	T	A	B	L	E	B	R	V
A	Q	B	W	R	C	R	A	C	K	E	R	S	P	O	I	U	E	Y
N	H	L	J	E	K	L	Z	X	C	V	F	G	H	J	K	L	E	O
G	Y	E	C	S	T	I	S	T	O	C	K	I	N	G	T	H	U	I
E	H	S	A	E	H	J	D	E	F	G	M	I	S	L	E	T	O	E
R	N	D	K	N	J	H	F	R	G	H	Y	J	M	K	I	C	D	R
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L	K	G	U	S	K	F	H	Y	J	E	S	C	W	H	N	E	Y	J

SNOW
SANTA
CAKE
DECORATIONS

CHRISTMAS
CRACKERS
FATHER
TREE

HOLLY
MISLETOE
CAROLS
BAUBLES

LIGHTS
STOCKING
MANGER
PRESENTS
CRIB
STABLES

CHRISTMAS STOCKING



What will go into the Christmas Stocking
While the clock on the mantelpiece goes tick-tocking?

An orange, a penny,
Some sweets, not too many,
A trumpet, a dolly,
A sprig of green holly,
A book and a top,
And a grocery shop,
Some beads in a box,
An ass and an ox,
And a lamb, plain and good,
All whittled in wood,
A white sugar dove,
A handful of love,
Another of fun,
And it's very near done –
A big silver star
On top – there you are!

Come morning you'll wake to the clock's tick-tocking,
And that's what you'll find in the Christmas Stocking.

Eleanor Farjeon



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

Friday, 2 December 2011

December creatures and flowers

Another frosty morning, the lawns were white and the sun was bright. I could see steam rising from a neighbour's roof --- invisible until recently when a leylandii

barrier was lowered.

Despite the cold feel there were fat bees buzzing around in the early morning sunshine when I fed the birds, squirrels and pheasants.

I noticed on the hebe shrubs which are still in flower there were many bees, both large and small.

We still have so many flowers blooming which for this time of year is surprising. There are tiny blue birds eyes, pink, red and white roses, a small lavender coloured daisy type of flower which likes to scramble up other plants, another kind of daisy plant still with a profusion of pink and white flowers, viburnum blossoms covering their bushes, a freckles clematis, wonderful bright yellow winter flowering jasmine and the lawns are still daisy spangled.

Last night on the kitchen window were several moths of different types, obviously drawn by the light from indoors.

Saturday, 3 December 2011

A gathering of winter birds

On a small sunny patch of lawn where the grass had returned to green from its previous white frostiness, I saw a group of birds: a green woodpecker, wren, dunnock, male blackbird, and surprisingly five robins.

The silver birch has small hard brown catkins newly showing.

Sunday, 4 December 2011

Goldcrests, pigeons and a hawk

While watching a pair of goldcrests flitting about in the birch tree this morning, my attention was diverted by the mass exodus of a large flock of pigeons from the trees in the field at the end of the garden.

They had suddenly and with one accord all taken flight, as I watched them I saw a hawk swiftly following and the reason for their hurried departure became clear.

Also was pleased an hour later to see a little coal tit foraging on the apple tree.

Thursday, 8 December 2011

Autumn Leaves and Gulls

The wind has been blowing wildly for days, the garden trees are all but bare with less than a handful of yellowed leaves clinging tenaciously to a few odd branches. The pear tree stands forlornly empty now, bereft of all leaves and with one lone pear hanging from a top most branch, swinging back and forth in the wind, stubbornly clinging on and refusing to let go.

I ventured out briefly and scuffed my wellington clad feet through the layers of autumn leaves on the lawn. They were dry on the top but wet underneath and I was dismayed to find only bare earth underneath them, and no grass left on the lawn. Already the thick covering of mainly magnolia leaves have done their deadliest and as always at this time of year I wonder if the lawn will recover. Surprisingly it usually does.

The jay was interesting this morning, he ignored the food put out for the birds and squirrels and instead spent his time flying from bush to bush, always evergreen ones and once perched he would spend his time bending this way and that, with craned neck and outstretched head peering in all directions into the dark recesses of the shrubs.

What was his business? Is he a youngster and confused by the warmth of October just passed and is looking for nests with eggs or nestlings?

Maybe though he is looking for food hidden by the squirrels, but I doubt it as they usually hide it in full view if it is hidden in trees, and usually choose the silver birch or flowering cherry trees.

Once food is on the lawn huge flocks of gulls sweep over at head height, 'till one braver than the rest - usually a youngster-dares to drop down and then is followed by the others. Interestingly, I have noticed the food is always spotted by a solitary gull flying over, he will then fly swiftly away and within a minute a huge flock will arrive, and then the behaviour is as above.

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SAWBRIDGEWORTH NEWSLETTER FROM PATIENTS GROUP – NOVEMBER 2025

Email: patientgroup4sawbosurgery@gmail.com

Happy Christmas to all patients from your Patients' Group.

Christmas opening:



Christmas opening times - 2025: Please Remember to Order Enough Medication to last you over the Christmas and New Year period. This will take **3 days** from when you submit your prescription request.

Bell Pharmacy will be open on Christmas Day from 10:00 until 12:00

Village Pharmacy will be open on Christmas Eve from 09:00 – 18:00 but will NOT be open on Christmas Day

If you need urgent medical advice, please call NHS 111.

Christmas Opening Hours:

Date	Central Surgery	Bell Pharmacy	Village Pharmacy
Tuesday 23rd December 2024	Normal Surgery Hours from 08:30 or online consultation	Normal Opening 09:00 – 18:00	Normal Opening 09:00 – 18:00
Wednesday 24th December	Normal Surgery Hours from 08:30 or online consultation	Normal Opening 09:00 – 18:00	Normal Opening 09:00 – 18:00
Thursday 25th December	Closed	Open 10:00 – 12:00 (as per the NHS Rota Duties)	Closed
Friday 26th December	Closed	Closed	Closed
Saturday 27th December	Closed	Normal Opening 09:00 – 13:00	Normal Opening 09:00 – 17:00
Sunday 28th December	Closed	Closed	Closed
Monday 29th December	Normal Surgery Hours from 08:30 or online consultation	Normal Opening 09:00 – 18:00	Normal Opening 09:00 – 18:00
Tuesday 30th December	Normal Surgery Hours from 08:30 or online consultation	Normal Opening 09:00 – 18:00	Normal Opening 09:00 – 18:00
Wednesday 31st December	Normal Surgery Hours from 08:30 or online consultation	Normal Opening 09:00 – 18:00	Normal Opening 09:00 – 18:00
Thursday 1st January 2025	Closed	Closed	Closed
Friday 2nd January	Normal Surgery Hours from 08:30 or online consultation	Normal Opening 09:00 – 18:00	Normal Opening 09:00-18:00

To find your nearest open Pharmacy at any time, go to <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy> and put in your Address or Location.

After the Clocks go Back.....2025 – 2026 has been updated and is now available from many outlets in the Town including our two Pharmacies, the Hailey Centre, The Memorial Hall, the Library, the Town Council offices, Central Surgery and other public buildings around Sawbridgeworth. Please take a copy and enjoy the great facilities that are in our town. It is full of ideas, groups, places to go to help to avoid loneliness and isolation during the winter months. You can also download your own copy using this link:

[After the Clocks go Back - 2025-2006 Booklet Final Version.pdf](#)

RSV Vaccination: If you have been invited, by text message, to book an RSV Vaccination, please do take up the offer and contact the Surgery.

The RSV vaccine helps protect against infection with RSV, a common virus that can make babies and older adults seriously ill. It's offered on the NHS if you're pregnant, aged 75 to 79, or turned 80 after 1 September 2024.

What the RSV vaccine is for? The RSV vaccine helps protect against respiratory syncytial virus (RSV) infections. RSV is a common cause of coughs and colds. Most people get it several times during their life. It usually gets better by itself, but in some people (especially babies and older adults) it can cause illnesses, such as:

- pneumonia (a lung infection)
- bronchiolitis (a chest infection that affects babies)

These illnesses can cause serious breathing problems. They may need to be treated in hospital and can be life-threatening. Getting an RSV infection can also make your symptoms worse if you have a lung condition, such as chronic obstructive pulmonary disease (COPD).

The RSV vaccine helps reduce the risk of serious breathing problems like pneumonia and bronchiolitis.

Who should have the RSV vaccine? You can get a free RSV vaccination on the NHS if:

- you're 28 weeks pregnant or more – the vaccine is recommended during every pregnancy to help protect your baby after they're born. You should be offered the RSV vaccine around the time of your 28-week antenatal appointment. Getting vaccinated as soon as possible from 28 weeks will provide the best protection for your baby. But the vaccine can be given later if needed, including up until you go into labour. Speak to your maternity service or GP surgery if you're 28 weeks pregnant or more and have not been offered the vaccine.
- you're aged 75 to 79 (or turned 80 after 1 September 2024)
- you turned 80 years old after 1 September 2024, contact your GP surgery to book your RSV vaccination.

Your GP surgery may contact you about getting the RSV vaccine. This may be by letter, text, phone call or email. You do not need to wait to be contacted before booking your vaccination.

For more information, visit: <https://www.nhs.uk/vaccinations/rsv-vaccine/>

A Huge Thank You to Maxine T: who has recently stepped down from your Patient Participation Group after 14 years sterling service as the Secretary and minute taker of the PPG. Her invaluable support will be greatly missed.

We do have other gaps in the PPG to fill, and to be most effective, we need to recruit from a wider range of the patient population to ensure we cover the experience of all aspects of health services by recruiting younger members. We would welcome any expressions of interest from younger patients who should email patientgroup4sawbosurgery@gmail.com with their details.



£12⁵⁰ PER BAG

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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

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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

2025

NEW YEARS

Eve Party

AT THE PLUME

31ST DECEMBER, 2025

7.30PM TILL 1AM

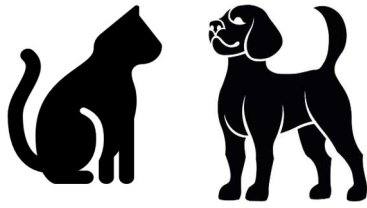
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WHEN USING OUR PUBLIC RIGHTS OF WAY PLEASE BE AWARE

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

18th January

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: revajacksonhwge@outlook.com
Or leave a message on 0783 366 7707 or 01279 790145






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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.

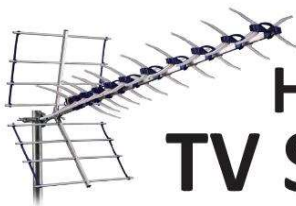
We are often called upon to help with school uniforms or perhaps a small bonus at Christmas.

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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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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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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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.

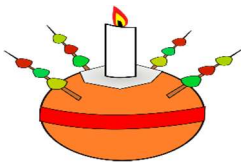
WE NOW HAVE A CLOTHES BANK FOR YOU TO USE.
IT TAKES ONLY OLD CLOTHES, HANDBAGS, BELTS AND SHOES (PLEASE MAKE SURE ALL ITEMS ARE IN BAGS).

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.

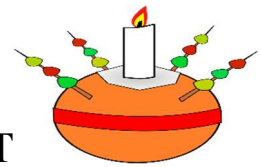
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THE EASTWICK AND GILSTON PARISH MAGAZINE MONTHLY DEADLINE FOR ARTICLES IS THE 16TH OF EACH MONTH – TO BE SENT TO IN A WORD DOCUMENT:
christine.law2@btinternet.com

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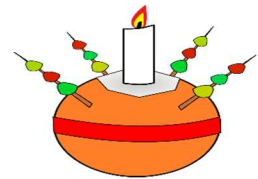
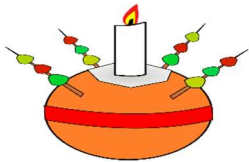
WHAT IS CHRISTINGLE ALL ABOUT



The word Christingle means the Christ-light. And the tradition of Christingle goes back a very long way.

It began way back in 1747, when a pastor of a church in Germany, a John de Watteville, wanted to help his congregation understand about God's love for the world. And so he came up with the Christingle. It became popular within Germany and soon other churches in other countries began to use it.

Today the Christingle has been adopted by the Children's Society as a way of reminding the church in this country of their responsibility before God for the well being of our nation's children. The Christingle is an orange, which has a red ribbon around it. Also mounted in the orange are four cocktail sticks, each carrying some sweets. The orange represents the world, and the sweets remind us of all the good gifts that God has given us in Creation.

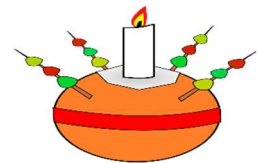


CHRISTMAS JUMPER CHRISTINGLE SERVICE

WEDNESDAY 24TH DECEMBER

3.00PM

ST MARY'S, GILSTON



Think of all things that you enjoy in this beautiful world of ours – God has given these things to us because He loves us.

On top of the Christingle there is a candle. This stands for Jesus, the Light of the World. God sent him into the world to light our way back to God.

So, we have the world, the gifts of creation, and the light of Christ to show us the truth. But there is one more thing to notice about the Christingle – the red ribbon.

It stands for the blood of Christ. He came into the world not just to visit us, but for a purpose: to die in order to take the pain and the sin of the world upon himself.

So – the orange, the sweets, the candle and the red ribbon. A Christingle to remind us of what Jesus did in coming to earth over 2000 years ago.

ST BOTOLPH'S, EASTWICK

POP-UP NATIVITY



11.15 AM WEDNESDAY 24TH DECEMBER

Come dressed up as your favourite Nativity character, we need:

Marys, Josephs, Angels, Innkeepers, A Herod, Wise Men, Shepherds, Lambs and Donkeys.

A family friendly service with plenty of noise and fun.

We will have some dressing-up costumes available.

For more information contact:
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