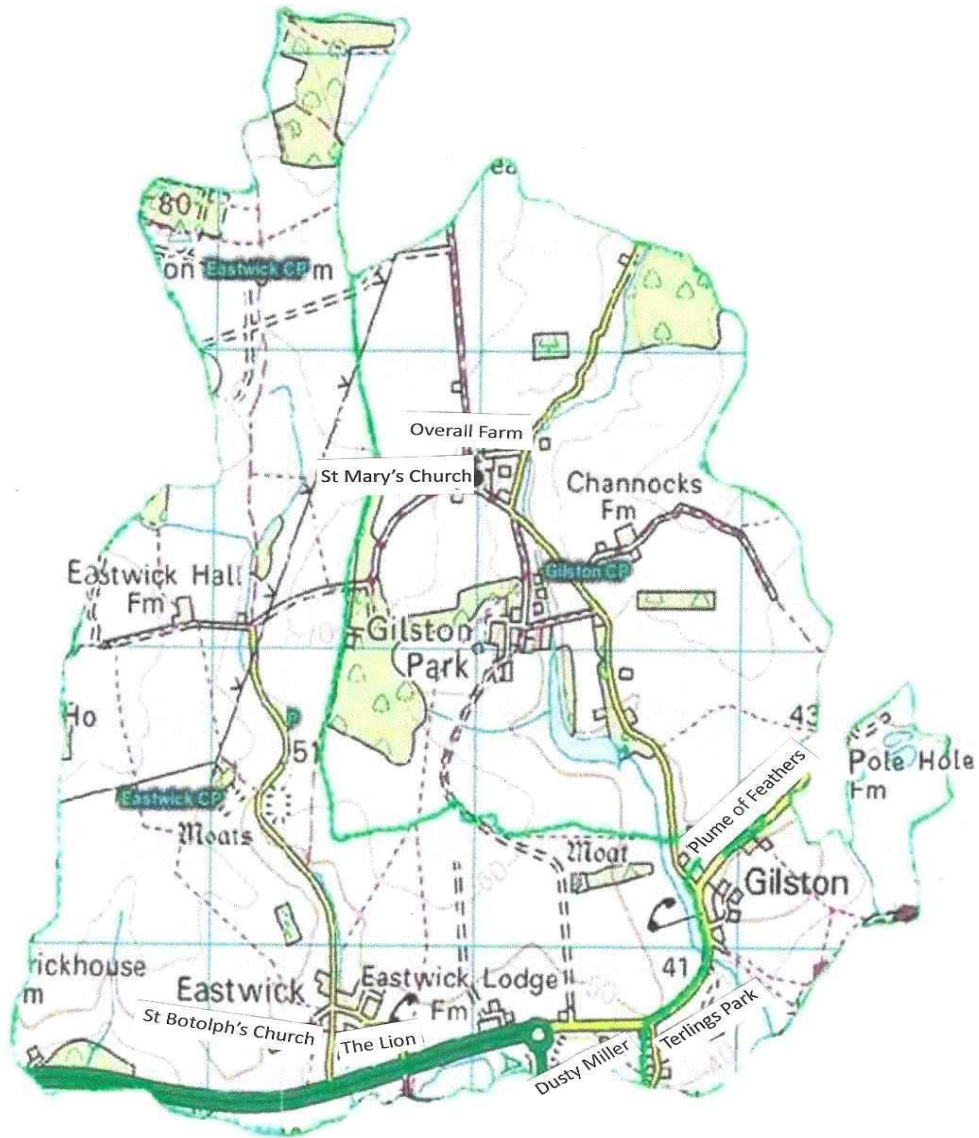


EASTWICK AND GILSTON PARISH MAGAZINE



JULY 2026

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	Puppy Classes	Sam@thedogcoach.co.uk	6.30pm – 7.30pm
WEDNESDAY	Phonics Fox	Amy Abbitt – amy@thephonicsfox.com	9.30am – 11.30am
	Pilates	Adam Benton – 07966683193	6.00pm – 7.00pm
		Hall Cleaning	1.00pm – 3.00pm
THURSDAY	Baby Massage	Elena Luck	9.30am – 2.30pm
	Irish Dancing	Amanda Hennigan – 07713974077	6.30pm – 8.30pm
FRIDAY	Chair Pilates	Sarah-Jane - 07971338980	11.00am – 12noon
SATURDAY			
SUNDAY			

Chair: Carolyn Laing

Vice Chair: Janine Bryant

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.

VILLAGE HALL MANAGEMENT COMMITTEE MEETINGS WILL BE HELD ON THE FOLLOWING DAYS for 2026: June 8th, August 10th, October 12th, December 14th.

Residents are most welcome to join us to see what the Village Hall is doing for the community.

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ROADWORKS AND ROAD MAINTENANCE

Information about roadworks and road maintenance. The **Causeway one.network** website informs you of all current and upcoming planned roadworks.

To help us keep Hertfordshire's roads up to scratch we need **YOU** to let them know when things are not right!

So whether it's a pothole, pavement problem, faulty streetlight, icy road or any other Highway fault, report the issue at Hertfordshire County Council.

You can also email the Highways service (they will confirm when they receive your message) or phone 0300 123 4047 (line open from Monday to Friday 8.30am – 5.30pm).

KNOW YOUR PARISH COUNCILLORS

EASTWICK AND GILSTON PARISH COUNCIL

Eastwickandgilstonparish.org.uk



CHAIRMAN

MARK ORSON

Neighbourhood Planning Group
Footpaths Officer



VICE CHAIR

JANINE BRYANT

Neighbourhood Planning Group



LINDA HARVEY

Highways
Village Hall Committee



WERNER MARX



JAMES BEAZLEY



PARISH CLERK

CHRISTINE LAW

01279 411646

clerk@eastwickandgilstonparish.gov.uk



JOHN DUNLOP
EAST HERTS DISTRICT
COUNCILLOR



ERIC BUCKMASTER
HERTFORDSHIRE
COUNTY COUNCILLOR

CONTACT DETAILS - Email Addresses:

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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 13TH JULY – 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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EASTWICK AND GILSTON PARISH COUNCIL ANNUAL MEETING

Parish Council meeting of Monday 11th May 2026 at 8.00pm, Village Hall, Pye Corner

PRESENT: Cllrs Bryant, Harvey, Marx, Orson

In attendance: Christine Law (Parish Clerk), Eric Buckmaster (CC) John Dunlop (DC). 3 members of the public.

ANNUAL MEETING STARTED AT 8.00PM

AGENDA

1. **TO RECEIVE APOLOGIES FOR ABSENCE:**
 - a. Cllr Beazley.
2. **OUTGOING CHAIRMAN'S ANNUAL REPORT FOR 2025-2026**

Cllr Orson presented his annual report to the meeting. (Appendix 1).
3. **Election of Chairman** – Cllr Mark Orson was proposed by Cllr Bryant and seconded by Cllr Marx. Cllr Orson accepted for this year and told the meeting he would not be standing for chair next year.
4. **To receive the Declaration of Acceptance of Office from the Chairman** – This was signed by Cllr Orson and witness by Christine Law (Parish Clerk).
5. **Election of Vice Chairman** – Cllr Bryant was proposed by Cllr Orson and seconded by Cllr Marx. Cllr Bryant accepted the post.
6. **2025-2026 ACCOUNTS**

A query was raised on the accounts so will need further investigation and will be presented to our July meeting
7. **NEIGHBOURHOOD PLANNING GROUP ANNUAL REPORT.**

Annual report is attached to these minutes and also can be found on the web site and Parish Council's Annual Report. (Appendix 2).

Meeting closed at 8.11pm.

**CHAIRMANS ANNUAL REPORT AND NEIGHBOURHOOD PLANNING GROUP
ANNUAL REPORT CAN BE FOUND ON THE WEB SITE.**

EASTWICK AND GILSTON PARISH COUNCIL BUSINESS MEETING
(The cessation of the Annual Meeting)
Parish Council meeting of Monday 11th May 2026 at 8.00pm, Village Hall, Pye Corner

PRESENT: Cllrs Bryant, Harvey, Marx, Orson

In attendance: Christine Law (Parish Clerk), Eric Buckmaster (CC) John Dunlop (DC). 3 members of the public.

Public Participation6.

1.A resident had concerns about unlit vehicles being driven on the new road in the dark and was advised to report any re-occurrence to the Police.

1.APOLOGIES FOR ABSENCE.

a. Cllr Beazley

2.RECEIVE COUNCILLOR'S DECLARATION OF INTERESTS

None.

3.MINUTES FOR APPROVAL

a. Minutes of our Annual Parish Meeting and the business meeting of 9th March 2026. Were proposed by Cllr Marx and seconded by Cllr Harvey. These were then signed as a true record by Cllr Orson.

4.ACCOUNTS

- a. The Clerk presented the written report of the Council's Accounts summary.
- b. The Council agreed the Annual Governance Statement 2025-2026 then it was signed as a true record by Cllr Orson as Chair and Christine Law (Clerk) as a true record. (Appendix 1)
- c. The Council agreed the Accounting Statements for year ended 31st March 2026 then it was signed as a true record by Cllr Orson as Chair and Christine Law (Clerk) as a true record. (Appendix 2)
- d. HAPTC membership – then annual membership to HAPTC is now due at the sum of £594.36. This was agreed for the Clerk to pay this amount.
- e. Zurich Insurance – Invoice has been received for the council's yearly insurance of the amount of £302.00. This was agreed for the Clerk to pay this.
- f. Eastwick Footpath Map Board – the two columns of this board are in urgent need of being replaced. This was agreed for the clerk to go ahead and order two new columns at the cost of £666.00 each, this includes the VAT which can be reclaimed.
- g. Gilston Gateways (planters) each entrance to Pye Corner. One at each end has started to rot away and it was agreed at a cost of £898.68 to have these replaced. Clerk will contact the contractor to carry out this work.
a-g were proposed by Cllr Bryant and seconded by Cllr Harvey.

5.PLANNING AND ASSOCIATED APPLICATIONS

- a. Grassland, Pye Corner – 3/23/1110/FUL – Retrospective change of use of buildings. Amended plans – Awaiting Decision. This is a 2023 planning request with no outcome. The Clerk has written to planning about this application with no result. Cllr John Dunlop said he would contact planning to see what the problem was.
- b. Channocks Farmhouse – Amendment – Erection of cart lodge building to accommodate garage for 2 vehicles, domestic storage and workshop, with the associated construction of a new driveway – 3/25/1815/HH. Planning application has been granted.
- c. The Old Rectory, Gilston – 3/25/1522/FUL. This has been refused by Planning, and the applicant has taken this to appeal. Planning Inspectorate has dismissed the appeal. Cllr J Bryant asked for

her surprise and dismay to be recorded, as she finds the decision inexplicable; this application being for the simple conversion of an existing building to residential. The Parish Council will write to Sara Saunders, EHC Director of Place asking how can we avoid similar situations occurring in the future when it would seem that a Planning decision is paper based with no application of local knowledge or common sense?

- d. 70 Eastwick Road, Eastwick – 3/26/0260/HH & 3/26/0261/LBC – Single storey rear extension, fenestration alteration, internal layout alterations, addition of partition walls, replacement door and removal of non-original doors, repair work to render, roof and timber work. Awaiting decision.
- e. 14 Turvin Crescent, Terlings, Park, Gilston – 3/26/0539/HH – Erection of rear balcony at first floor level; removal of a window and replacement with a new door to provide access to the balcony. This application was discussed this evening at the meeting and the councillors had not objections to this application. The Clerk will write to planning with these comments.
- f. Hodgson House, 3 Gilston Park, Gilston – 3/26/0593/HH – Single storey rear extension with green roof and alterations to fenestration. This application was discussed this evening at the meeting and the councillors had not objections to this application. The Clerk will write to planning with these comments.

6. PARISH PATHS

- a. Cllr Orson reported that the HCC rights of way confirm:
Orders placed for replacement waymark posts on Eastwick bridleway 2 (at the junction with FP3), and footpath 8 (at the junction with the permissive path.
Order placed for the post installed in an incorrect location on Eastwick 22 (by the pylon) to be moved to the correct location.
- b. The meeting was informed that the County's Footpaths Officer Nicholas Maddex is retiring and we are waiting for the name of his replacement.

7. COMMUNITY FORUM/NEIGHBOURHOOD DEVELOPMENT

Cllr Bryant reported:

Proposed roadworks in and around Gilston C161

Proposed 24/7 road closure of C161 for 7 weeks (between Eastwick roundabout and The Dusty Miller)

Several meetings / events have been held during 2026 explaining the potential / proposed roadworks planned for 2026 – 2028, where various drawings were presented or displayed showing the phasing and detail of proposed roadworks, and impact on traffic flow, necessary for the northern section of the Central Stort Crossing (CSC).

- EHC Community Forum (CF), 12th February - where PfP presented phasing and likely road restrictions, including contraflows.
- HGGT Joint Committee, 23rd March – available as a webcast [Find your councillor - Epping Forest District Council](https://rds.eppingforestdc.gov.uk/ieListDocuments.aspx?MId=12642&x=1)
<https://rds.eppingforestdc.gov.uk/ieListDocuments.aspx?MId=12642&x=1>
Phil Bradbury, Hertfordshire CC Highways Dept presented Upcoming Works for the Central Stort Crossing, showing contraflows and short duration road closures
- PfP Public Drop-In event, 14th April – PfP's Infrastructure consultants, NATTA, numerous drawings showing location of roadworks and traffic management. This included a drawing showing **24/7 x 7 week road closure between Eastwick roundabout and The Dusty Miller.**
- NPG and County & District Councillors asked for a meeting with PfP, NATTA & Herts CC, to discuss proposed roadworks questioning the necessity for a 7 week total closure of the C161 between the Eastwick Roundabout and The Dusty Miller.

Despite 2 presentations on the proposed roadworks, CF 12th Feb and HGGT 23rd March, it was only revealed at the 14th April Drop-in event the intention to impose a **24/7 closure of the C161 for 7 weeks**, starting late Sept / early Oct 2026! This requirement was allegedly known at both the CF and HGGT meetings but was not raised at either meeting. This suggests a lack of transparency in both the council and developers communications with residents, which has led to a **significant breakdown in trust**

Since the 14th April Drop-in event the NPG has met with PfP, NATTA and the Herts CC Highway representatives asking them to reconsider the need for the 7 week full road closure; suggesting the use of 3 way traffic lights at the Eastwick roundabout or, alternatively, the trench (which is needed for the various utility services Affinity Water, UK

Power Network and BT Openreach) could be moved a short distance north of the C161 thus removing the need for the full road closure.

HertsCC Highway is unwilling to have 3 way traffic lights and has “advised that this would lead to significant congestion and tailbacks on the A414 and Fifth Avenue” and also “advised that fewer, longer closures are overall less disruptive to local residents than a series of shorter but more frequent closures spread across the network.”. Once again implying the **residents of Eastwick and Gilston are of little importance.**

The NPG, our County and District Councillors and many residents have written to (emailed) the developers, EHC Planning and HertsCC Highways plus the 3 local MPs and HertsCC Councillors and local newspapers asking what alternatives were considered and what justification they have to close a critical road for 7 weeks. The NPG has asked for sight of various traffic impact assessments, etc. These have not yet been forthcoming resulting in a Freedom of Information request being submitted by our District Councillor, John Dunlop. Unfortunately, they have a 4 week period in which to respond.

To date there does not appear to have been any assessment of the impact on local residents; such as the 20+ plus families whose children attend Hunsdon Primary School, or whether any children travel from the west to schools in Sawbridgeworth & Bishop's Stortford.

A further meeting of NPG & our County and District Councillors with PfP, NATTA and the Herts CC Highway representatives is being scheduled at which we hope representatives of the various utility companies will attend. To be followed by another public event (with presentations and opportunity for Questions & Answers - not simply a drop-in).

EHC Gilston Area Community Forum next meeting 12th May 2026

Following the last meeting in February which focussed on the roadworks in the Gilston / C161 area, this meeting will focus on updates from the **Village 7 developer (Taylor Wimpey) in relation to their programme of development/ highway impacts etc..**

As normal, you are invited to attend from 6.30pm onward when tea/ coffee will be available and you will be able to meet and discuss issues informally with representatives from the Council and the Gilston Area landowners.

AGENDA

6.30pm Drop In Sessions An opportunity to speak to developers and Council Officers – please come along with any specific questions you would like to ask.

The formal meeting will commence at 7pm.

- Welcome by Cllr Vicky Glover-Ward (Chair)
- Following which this session will be focussed on the forthcoming programme of highways and other **works in relation to the Village7 site.** The Landowners/ developers will be able to provide details of their programme of works.

8.25pm Formal Close – but with Council Officers and other reps remaining for further informal questions/ discussions until 8.55pm.

The agenda for the meeting is available on the East Herts website here: [Gilston Area Community Forum | East Herts District Council](#)

EHC and Places for People presentations are available via the parish website and at the East Herts Gilston Area Community Forum webpage. In addition, there is a brief PPT by Taylor Wimpey which was not presented at the CF due to lack of time.

<https://eastwickandgilstonparish.gov.uk/> NEWS Section

<https://www.eastherts.gov.uk/planning-and-building/community-forums/gilston-area-community-forum>.

Previous forum presentations are also available here.

We urge residents to attend these forums and, if possible, submit questions, via email, at least 10 days before to community.forum@eastherts.gov.uk

There is also an opportunity to “drop-in” between 6:30 and 7:00pm for informal discussion with EHC councillors, planning officers and developer representatives.

You can also ask for specific topics you want to learn more about to be included in future meetings.

Neighbourhood Development –

Villages 5 & 6 Master Planning - Places for People have held 2 workshops with “Stakeholders”. The design of Villages 5 & 6 is needed to position the Strategic Transport Corridor (STC) between Villages 1 & 7. The STC must be constructed, as part of the early development, to enable children from V7 to travel to the proposed new V1 Primary school – or vice versa. **It has not yet been decided whether the 1st new Primary school should be in V1 or V7.**

A Community Drop-in event took place 28th April

Submission of the Village 5 and 6 Masterplans to East Herts District Council is anticipated later in 2026.

Useful websites:

All planning documents are on the East Herts Planning website

<https://publicaccess.eastherts.gov.uk/online-applications/>

Villages 1 - 6 OPA 3/19/1045/OUT

Strategic Landscape Masterplan – amended – approved

Village 1 – 6 X/25/0215/CND Discharge condition 6 (Strategic Landscape Masterplan) attached to 3/19/1045/OUT, 15th December 2025

Village 7 - X/25/0225/CND Full Discharge of Condition 10 (Strategic Landscape Masterplan) and Full Discharge of Condition 11 (Strategic Landscape Design Code) Pursuant to Outline Planning Permission 3/19/2124/OUT (Gilston - Village 7), 15th December 2025

Central Stort Crossing (3/19/1046/FUL)

The Eastern Crossing (3/19/1051/FUL)

Eastwick & Gilston Community website

<https://eastwickandgilstonparish.gov.uk>

Estate Management – Reminder

Places for People’s **gilston.info** website demonstrated at the February Community Forum

The website has 3 headings:

Current Works – a map of current and planned works in the Gilston Area.

Report an Issue – a map where any issues, eg tree fallen across a RoW, fly tipping, etc., can be reported

News – construction works and developments for the Gilston Area.

Roadworks updates.

- For information on current and upcoming roadworks go to [Causeway one.network](https://one.network/uk/hertfordshire)
<https://one.network/uk/hertfordshire>
- Places for People gilstonparkestate website NEWS page
<https://www.gilstonparkestate.com/news/enabling-works-for-gilston-underway/>

Village 1 and Strategic Landscape Master Plan

<https://www.gilstonparkestate.com/get-involved/>

Section 106 docs Villages 1 - 6

<https://publicaccess.eastherts.gov.uk/online-applications/applicationDetails.do?activeTab=documents&keyVal=PRSRKCGL00V00>

Village 7

<https://www.village7.co.uk>

Section 106 docs Villages 7

<https://publicaccess.eastherts.gov.uk/online-applications/applicationDetails.do?activeTab=documents&keyVal=PZKRYCGL05I00>

East Herts Community Forums

<https://www.eastherts.gov.uk/planning-and-building/community-forums/gilston-area-community-forum>

East Herts Community Forums

<https://www.eastherts.gov.uk/planning-and-building/community-forums/gilston-area-community-forum>

8. HIGHWAYS

a., Cllr Harvey had nothing to add to Cllr Bryant's report.

9. NEW HOMES BONUS / INVESTMENT ACCOUNT

a. New Gilston sign

The meeting was informed that the new Gilston sign and planter that had been installed on the verge just before Church Cottages as you are entering from High Wych.

10. VILLAGE HALL MANAGEMENT COMMITTEE

Cllr Harvey reported:

- a. As Treasurer I can confirm that we are in a positive balance of £20,642.95
- b. The new booking system c/o the parish website continues to make monitoring of the hall users easier whilst allowing easier bookings.
- c. Once the hall deeds have been accepted by the charity commission the details will be available on the parish website.
- d. We are continuing to promote the hall and the Facebook page has received an increasing number of followers.
- e. All new bookings have been retained.
- f. We are pursuing a grant that will allow an upgrade to all three toilet facilities. When these are complete it remains to redecorate the hall lobby and improve the committee room.

11. CORRESPONDENCE

- a. Eric Buckmaster – County Councillor report is with these minutes.
- b. District Councillor John Dunlop report is with these minutes. Cllr Dunlop informed the meeting that Local Government Reform is still being look at and we were informed due to this there will not be any District Council elections in 2027.

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

None.

13. ITEMS COUNCILLOR WOULD LIKE TO BE ADDED TO THE NEXT AGENDA

None.

14. DATE OF NEXT MEETING

The date of our next meeting will be on Monday 13th July at 8.00pm in the Village Hall
Following from that the next one is the 14th September followed by the 9th November.

2027 dates to follow.

DISTRICT AND COUNTY COUNCILLORS REPORTS CAN BE FOUND ON THE WEB SITE.

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2023 Aerial Photographs

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



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

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

We are working on a way to enable people to easily download the photographs for personal use and will hopefully have more information to share on this soon.

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Benefice of High Wych and Gilston with Eastwick

Church website: stjameshighwych.org.uk

Facebook: Gilston & Eastwick church's

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

JULY SERVICES 2026

4 th July	Saturday	2.00pm	Wedding of Nicolla Weekes and Gavin Roberts	St James, High Wych
5 th July	5 th Sunday after Trinity	8.00pm	BCP Holy Communion	St James, High Wych
		9.30am	Breakfast followed at 10.00am Family Service	St James, High Wych
		12noon – 4.00pm	Harlow Singers	St James, High Wych
12 th July	6 th Sunday after Trinity	9.30am	Holy Communion	St James, High Wych
		11.15am	Holy Communion	St Mary's, Gilston
			Baptism of Indi Peacock	St James, High Wych
19 th July	7 th Sunday after Trinity	9.30am	Holy Communion	St James, High Wych
		3.00pm-5.00pm	Messy Church	St James, High Wych
25 th July	Saturday	3.00pm	Wedding of Michelle Green & David Hamilton	St James, High Wych
26 th July	8 th Sunday after Trinity	9.30am	Holy Communion	St James, High Wych
		11.15am	Family Service	St Botolph's, Eastwick
		2.30pm	Community Dog Walk	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

Diocesan Safeguarding Advisor (DSA)

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

Miss Robyn Richards

01279 726792

robynrichards123@hotmail.com

LAY LEADER OF WORSHIP / MISSION ENABLER:

Rosemary Davis

01279 419763

PCC SECRETARY:

Mrs Christine Law

01279 411646

PCC TREASURER:

Werner Marx

gilston.eastwick.pcc@gmail.com



July Letter

The Gift of Gratitude

I recently discovered that it was Volunteers' Week, which we are encouraged to remember in June. A time when we can stop and say thank you to all those who volunteer in our church and for the benefit of the wider community. It made me stop and think about just how much of our community life depends on people who quietly give their time, energy and skills to others.

This fits really well with what I have been talking about in school over the past few weeks – about service to our communities. We have looked at the service of some amazing people like Mother Teresa, Keanu Reeves, George Michael to name a few you might know. We have also talked about all those who help as school governors, serve on the PTA, pick up our litter, help and serve at the Foodbank, providing the 'Make Lunch' project (which makes hot meals for families in the school holidays) We have also looked at the King and the way he honoured over 1138 people this year in June for all the work they do for their communities, for fund raising, etc – there are a few people in that list you might recognise - Kevin Sinfield, Malorie Blackman, Julia Donaldson, Helen Mirren, 6 of the Lionesses women's football team but most you will never have heard of, but it is really important to say 'thank you'.

Whether it is helping at a toddler group, helping to run a group for the more elderly in our community, visiting a neighbour, coaching a sports team, serving in a charity shop, serving on your local Village Hall committee or parish council, organising a community event or simply being there for someone who needs support, volunteers help to hold our communities together.

Many of these acts of generosity go unnoticed. They are rarely rewarded and often carried out without any expectation of recognition. Yet they make a profound difference.

Sir Keir Starmer said:-

'Across Britain, people are changing lives every day. This year's King's Birthday Honours List recognises their compassion, resilience and service to others. It reflects the kind, helpful country we are proud to be part of'.

It raises an interesting question:

What motivates people to give so much of themselves?

For Christians, generosity begins with gratitude.

One of the Psalms in the Bible, encourages us to "make a joyful noise to the Lord" and reminds us that everything we have comes from God. Whether or not we think about it very often, life itself is a gift. The air we breathe, the relationships we enjoy, the beauty we encounter in the world and the opportunities we are given are not things we have created for ourselves.

When we recognise that life is a gift, gratitude naturally follows.

And gratitude often leads to generosity.

People who are thankful tend to become people who share. They give their time, their money, their energy. They offer their skills. They support good causes. They look for ways to help others flourish, and 'as they are a blessing, they too are blessed'.

In the Christian faith, generosity is never simply about money. It is about recognising that everything we have can be used for the benefit of others.

One of Jesus' most memorable instructions to his disciples was this:

"Freely you have received; freely give." Matthew 10:8

Those words remain as relevant today as they were two thousand years ago.

In a world that often encourages us to focus on what we lack, gratitude helps us notice what we already have. In a culture that can sometimes feel increasingly divided, generosity helps build stronger communities and deeper relationships.

I see evidence of this every week. Volunteers supporting young families, people caring for neighbours, food being donated to those in need, friendships being formed and lives being changed through simple acts of kindness.

None of these things make headlines. Yet together they create the kind of community most of us would like to live in.

Perhaps that is a challenge for all of us.

What have we received that we could share?

A little time?

A listening ear?

A practical skill?

An encouraging word?

A helping hand?

Generosity begins not with what we can spare, but with gratitude for what we have already been given.

And when gratitude becomes generosity, everyone benefits.

So during this next few weeks, perhaps we can do two simple things. First, take a moment to thank someone whose quiet service makes a difference to our community. And second, ask ourselves whether there might be one small way we could offer our own time, talents or kindness to others.

We may never receive a medal or appear on an honours list, but every act of service matters. Every kind word, every hour given, every helping hand offered helps to build a stronger, more caring community.

As we count our blessings, may gratitude inspire generosity, and may generosity continue to be one of the greatest gifts we can give.

Every blessing

Your Priest

Alison

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THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk



Last year's Royal Horticultural Society's State of Gardening Report revealed that gardens cover three times the size of the UK's National Nature Reserves. They support over 50 million trees and thousands of species, providing habitats for over half of the UK's butterflies, amphibians and reptiles, and more than 40% of birds.

Many of the listed buildings within the Hundred Parishes are surrounded by a private garden which enhances their setting, reinforcing their sense of place. They support a great variety of trees, shrubs and flowers - some native, others introduced - providing havens for assorted wildlife.

Gardens associated with such older properties will have been tended by many generations of residents, evolving over time as owners were influenced by fashionable trends.

Initially, they were stocked with native trees and shrubs, selected for their ability to provide fuel, timber, fence posts or fruits, while vegetables helped feed the family.

From the mid-17th century onwards, non-native tree species began to appear such as Cedars and Horse Chestnuts, these being planted initially within the estates of trend-setting wealthy landowners. By the mid-19th century, gardeners were able to source an increasing number of exotic species as diligent plant hunters discovered them in various parts of the globe and the precious seeds or small saplings were grown on in nurseries and then released for sale.

Engaging with a garden improves mental, physical and social wellbeing, with 77% of gardeners reporting positive impacts on their mental health. Local residents have access to wonderful, extensive gardens such as Easton Lodge, Audley End House or Saffron Walden's Bridge End Gardens, but enjoying a private garden brings a great deal of pleasure too.

Our website www.hundredparishes.org.uk includes an Article on Gardens and the What's On page shows dates of specific local open gardens.

Tricia Moxey, Trustee.



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

Tuesday, 8 July 2014
Green Orb Weaver Spider?

One evening, a few days ago I noticed a pretty spider on the side of the bathroom window, she had a pale green abdomen and the head, thorax and legs looked a beige colour. I hesitated to put her out as opening a window would allow mosquitoes in, so I left her there.

Next morning she was still there and beside her was a long packet of eggs, again I left her. The following day she was still in place by her eggs. Next morning although she was still by her eggs, she seemed very weak and when I gently blew on her (thinking she was dead) she hardly moved, however inside the egg sac I noticed a lot of movement. How could I move her or her egg sac now without harming any of them, so I decided once more to leave them in situ. Next morning the situation looked the same except on closer inspection I realised the mother was dead, but there was much life within the egg sac.

This morning I went to check on them and found the egg sac empty and the dead mother gone. There was no sign of her or the spiderlings on the windowsill, wall or floor. Did they eat their mother?

Another interesting fact is that no web was made, the egg sac was in the angled edge of the window where it met the wall

Tuesday, 15 July 2014
Beautiful Beetle

While watching T.V. yesterday evening I felt what I thought was a spider on my leg. Closer inspection proved it to be a beetle - a very large one with enormous feelers! It had obviously come in through the patio doors, earlier in the day.

I caught it in a jar, inspecting it in the electric light I thought how drab it looked. Next morning I released it into the garden, first on to the lawn where it froze and didn't look happy, so I moved it to a flower.

Once here it was much happier and immediately bent its head forward, looking closely I could see its mouth parts engaging with the centre of the flower. I fetched some water and carefully placed a droplet close to him, whereupon he turned his head and drank.

The longer I watched him, the more I became aware of the subtle beauty of his colouring and markings. His feelers, for instance, were striped across in alternate bands of pale turquoise and black. Where the head met the thorax was a beige triangle, while on the long wing cases were very tiny speck like spots of pale turquoise.

To think that last night I had thought him a dull looking creature!

Wednesday, 16 July 2014
Wild Flowers in a Garden

Again it is a lovely day, warm, part cloudy and part sunny.

The garden is full of butterflies, bees, arachnids and insects. The wild flowers in the garden are wonderful, they mix in with the garden flowers as if they are meant to be altogether - as indeed they are in this garden.

I have a feeling the addition of the wild flowers to this garden is one of the reasons for the great number of bees, butterflies and insects present here.

Thursday, 17 July 2014
Fledgelings

A good start to the day, looked out of the lounge patio doors and saw two young song thrushes, three young black-birds and one young dunnoek on the lawn.

Friday, 18 July 2014

Female Grass Snake Basking

A beautiful bright, sunny morning. Surprised to see on glancing out of the back kitchen window the huge, female, resident grass snake. She does not usually bask so near the house or in such an open space, during the summer it is much more usual to see her either in the pond or under a bush.

She was coiled up - not smoothly but in a hotchpotch manner - on the back kitchen lawn near to the bank and quite close to the base of the bird house. The sun was bright and that patch of lawn must have been temptingly warm.

This is the first time I have seen her this summer and I went to fetch my camera, but was saddened on my return to see her disappearing into the undergrowth on the bank.

I feel pleased to have grass snakes living here as I once read that snakes are a sign of a good wildlife garden.

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Members and guests, despite the heat, enjoyed a fascinating talk on Much Hadham Forge Museum by curator Christina Harrison on 28th May. She traced the history of the building through the Page family of blacksmiths and beekeepers, ending with her predecessor Jean Page. She also highlighted museum acquisitions and, in particular, the internationally significant 16th century wall painting of the judgement of Solomon, which includes possibly the only representation of Elizabeth 1 as a man! Our Society recommends the Forge Museum as a local piece of Hertfordshire heritage to visit and support www.hadhammuseum.org.uk We have recently launched our competition for young people of primary and secondary school age. "What does Local History mean to me" which can be in any medium, with a prize for the best in each age group. So plenty of time to get started with entries to be submitted by 31st August, to Hazel Mead, hazelmead404@btinternet.com or Sawbridgeworth Community Library.

The era of steam re-lived when we enjoy a talk by Eddie Vickbuges and Gary from Epping and Ongar Railway on Thursday 30th July. A fascinating look at how this railway has been given a new lease of life by dedicated volunteers.

Our website has a selection of our published books, so have a look and why not join while you are there so as not to miss any interesting information www.sbwhistory.com

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Autumn Allotments and Gardens Show

An opportunity for you to enter the ever popular Sawbridgeworth Autumn Show on Saturday 5th 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 photography section is Historic Sawbridgeworth to celebrate the 10th anniversary of Sawbridgeworth Local History Society. The special recipe section will be a Savoury Pie 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

Published: 4/5/23

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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.

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

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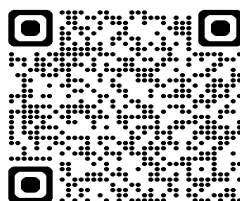
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USEFUL CONTACT DETAILS

EASTWICK & GILSTON PARISH COMMUNITY WEB SITE:



eastwickandgilstonparish.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.

EXTRACTS FROM THE SAWBRIDGEWORTH NEWSLETTER FROM PATIENTS GROUP

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

In your Patients' Group Newsletter this month:

- **PCN (Primary Care Network)**
- **Advanced Care Planning**
- **Ordering Holiday Medication**

PCN (Primary Care Network): Those of you who were at the recent Patients' Group AGM, will have heard an excellent talk by Liz West of the Primary Care Network, who outlined the work of the PCN. This is a summary of what she said:

PCNs were established in 2019 to build on existing Primary Care Services. Primary Care is your first point of contact in the healthcare system. It includes your local GP practice, community pharmacy, dentist, and optician. The aim is to provide greater coordinated and more integrated health and social care for people, close to home.

PCNs are small enough to provide the personal care valued by both people and GPs, but large enough to have impact through better collaboration between GP practices and others in the local health and social care system.

PCNs are led by a clinical director, supported by a board of Directors with one GP from each participating surgery.

The PCN's Current Services include:

- Social Prescribing
- Waiting Well Pathway
- Home visiting service
- Health Coaching
- Young Peoples Support
- Enhanced Health in Care Homes
- Group Consultations (Let's Talk Series)
- Multi-Disciplinary Teams for frailty and Mental Health
- Enhanced Access to Clinics
- Mental Health Practitioner
- Drug and Alcohol Clinic
- Dietician
- Physio

The PCN also provides staff to the surgeries, Pharmacists, Pharmacy Techs, Paramedics, Physicians Associates, GP Assistants among other roles.

We hope to bring you more information about the individual services over the coming months.

Advanced Care Planning: Advanced Care Planning (ACP) is often something that we avoid talking about, but it is SO important to let our families know what our wishes are.

It is applicable for all stages of life, not just for sick or older people. Discussing sensitive plans for future possible needs gives you and your family peace of mind. Whilst we all hope for the best, we need to prepare for the rest!

Advance Care Planning is about planning your future based on What Matters Most to You. Advance Care Planning involves conversations about the things that are important to you and ensuring that what is important to you is central to your care.

The third UK conference on Advance Care Planning (ACP) is being held in Norwich this year on **Wednesday 1st July**. It is a free event and it is possible to attend in person or virtually. You can see past conferences, and access your tickets for this year at:

A useful way of thinking about Advance Care Planning is to imagine a house with five windows, with each window representing a different element of Advance Care Planning. Building on What Matters

Most to You, the windows represent:

- What you do want to happen (sometimes called a statement of wishes and preferences)
- What you don't want to happen (an Advance Decision to Refuse Treatment)
- Who would speak for you (a Lasting Power of Attorney [LPA])
- Your legacy (and memory making)
- Your care at the very end of your life

Under the general term of ACP there are many aspects to cover including LPAs, Digital legacy, Organ donation, financial planning, memory making and DNACPR - do not attempt cardiopulmonary resuscitation.

At <https://speakforme.co.uk> you can access an infographic called "Getting Your House in Order" which simply demonstrates the main components of ACP. This site also has a wealth of information on all the aspects mentioned above and access to over 160 podcasts and more than 100 blogs, all relevant to planning ahead.

Ordering Holiday Medication: As we approach the School Holidays, please don't forget to allow enough time (at least 3 full working days) when ordering your holiday medication and please order enough medication to cover the whole time that you are time away.

Your Prescription: Always take a copy, or a photo, of your prescription with you whenever you go away, in case of any emergency, or install the NHS App which holds details of your prescriptions.

Global Health Insurance Card (GHIC): If you are travelling abroad, please take your Global Health Insurance Card (GHIC) with you for each member of your family

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

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

Hydration: People often do not realise how serious dehydration can be. Please drink plenty of water on your flights and when in hot weather.

Finally, always carry your medication in your Hand Luggage.

A Handy Guide (not just for over-50s!): (See over.....)

The Essential Over-50s Travel First Aid Kit: A 2026 UK Guide

As we age, skin heals more slowly and immunity responds less quickly to infection. This guide provides a comprehensive **checklist** of medical essentials and legal requirements to ensure UK travellers over 50 stay safe and compliant while abroad.

The Holiday Health Checklist



Essential Medications

- Pack paracetamol, Ibuprofen, loperamide for diarrhoea, and antihistamines in their original blister packs.



Wound and Skin Care

- Include waterproof plasters, antiseptic ointment, and SPF 30–50 broad-spectrum sunscreen.



Hygiene and Protection

- Use 70% alcohol hand sanitiser and DEET-based (30–50%) insect repellent.



Managing Medications and Legalities



Priority Hand Luggage

- Always carry critical medications in your hand luggage to avoid loss in checked bags.



Mandatory Documentation

- Carry a GP letter for controlled drugs, injectables, or liquid medicines over 100ml.



Keep Original Packaging

- Ensure all medicines remain in their original pharmacy-labelled containers for security and identification.

Caution: Common Restricted Regions & Meds

Medication Category	Restricted Regions
Codeine & Tramadol	UAE, Japan, South-East Asia
Diazepam (Tranquillisers)	Strict limits worldwide
Pseudoephedrine (Cold Cures)	UAE, Japan, South-East Asia

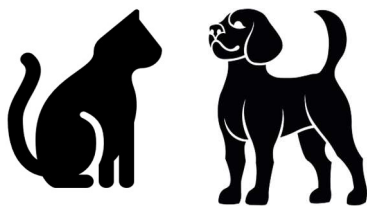
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Weather permitting all activities will be outside, you may want to wear older clothes and trainers.

And we will have a giant picnic outside.

For more information contact Rev Alison Jackson
Email: revajacksonhwge@outlook.com
Tel: 0783 366 7707 or 01279 790145

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.



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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

Community Dog Walks 2026

Sunday 26th July – St James, High Wych – refreshments afterwards

Sunday 16th August – The Queen's Head, Allens Green – pub afterwards

Sunday 6th September – St Mary, Gilston – refreshments afterwards

Sunday 11th October – Terlings Park, Gilston – refreshments afterwards

Sunday 1st November – St James, High Wych – refreshments afterwards

For more information contact:
revajacksonhwge@outlook.com
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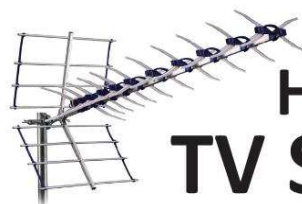
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For more information, please contact our clerk:
Di Kitson on 01279 723212 or email: diana.kitson@btinternet.com





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