

EASTWICK AND GILSTON PARISH MAGAZINE

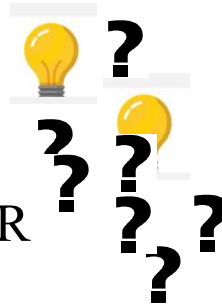
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GILSTON & EASTWICK VILLAGE HALL

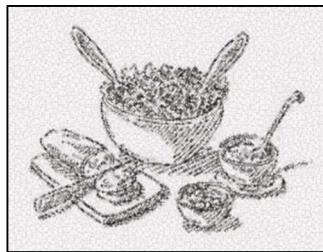
St Mary's Church is holding its annual

QUIZ NIGHT



SATURDAY 17 OCTOBER

7pm for 7.30pm start



Ticket (£15) includes Supper
(baked potato, sausage, coleslaw)
Bring your own drink and glasses

Pay at the door but
RESERVE YOUR SEAT IN ADVANCE
for catering purposes.

Tables of up to 8 but come along anyway
An evening of fun guaranteed!

Please contact Christine Law for tickets on
christine.law2@btinternet.com or 01279 411646
or rosemarydavis131@gmail.com

OCTOBER 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			
	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: 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 9TH NOVEMBER – 8.00PM

VILLAGE HALL, PYE CORNER

All residents are most welcome to attend our council meetings.

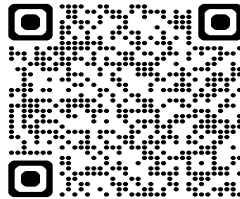
CHRISTINE LAW - PARISH CLERK
01279 411646 clerk@eastwickandgilstonparish.gov.uk

**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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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](http://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.



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 2026

4 th October	18 th Sunday after Trinity	8.00am	BCP Holy Communion	St James, High Wych
		9.30am	Breakfast followed by Family Service at 10.00	St James, High Wych
11 th October	19 th Sunday after Trinity	9.30am	Holy Communion	St James, High Wych
		6.00pm	Harvest Thanksgiving Service followed by Harvest Supper	St Mary's, Gilston
		2.30pm	Community Dog Walk	Terlings Park
18 th October	20 th Sunday after Trinity	9.30am	Holy Communion	St James, High Wych
		3.00pm-5.00pm	Messy Church	St James, High Wych
23 rd October	Friday	2.30pm	Service Rivers	Rivers
25 th October	Last Sunday after Trinity	9.30am	Holy Communion	St James, High Wych
		7.00pm	Sunday@7	St James, High Wych
31 st October	Saturday	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 – revajacksonhwge@outlook.com or Miss Robyn Richards – robynrichards123@hotmail.com.

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

Miss Robyn Richards

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



October Letter

Dear Friends

Do people pray?

This is a question I have been pondering for a little while...

If we look at our Benefice church services, attendance is on the increase in most of them – Sunday mornings, Family Services and Messy Church. But I have been wondering whether people are praying who perhaps we wouldn't see at any of our regular services. Some recent statistics from the Church of England certainly make interesting reading.

48% of UK adults have offered some form of prayer recently, with 28% praying in the last month (research findings, August 2022).

A Tearfund poll records that **51% of UK adults pray overall, and 20% of people who describe themselves as non-religious turn to prayer during a personal crisis** (research findings, 2018).

Interestingly, younger adults aged 18–34 are also more likely to report having prayed, at **56%**.

Anecdotally, many church leaders are telling me that their church attendance is on the rise and that more young people are turning up at their services, so perhaps these statistics have improved since 2022.

What am I noticing locally?

Well, the Scarecrow Festival gave us some very encouraging answers.

We gave people three different opportunities to pray.



By my scarecrow, I put out ribbons for people to write a prayer and tie onto the fence. When I finally looked on Saturday, all the ribbons had been used. I spent some of Saturday evening preparing more ribbons for Sunday – and by 5.00 pm on Sunday, **those had all been used too!**

There was also an opportunity to tie ribbons onto our Tree of Remembrance, remembering those we loved and lost during the dark Covid year of 2020. And again it was a tree filled with ribbons fluttering in the breeze, loved ones not forgotten and still mourned.



And then there was our church, which was open throughout both days of the Scarecrow Festival as people came to marvel at our Enchanted Forest exhibition. Again, I put out prayer tags for people to write a prayer, or perhaps simply to remember someone they wanted to pray for.

When I checked on Saturday evening, they had **all been used up**. So, Saturday evening saw me preparing another 75 prayer tags for use on the Sunday! And again these were all used before we closed the church at 5.00 pm, with some people making their own prayer tags as we had run out again!



So perhaps the answer to my question is **yes – people are praying, especially when we give them an opportunity to do so.**

I find that incredibly encouraging.

People are asking God for help or they are saying “thank you”. Perhaps they are saying “sorry”. They are praying for someone they love, remembering someone they have lost, or simply putting into words something that is difficult to say to anyone else.

And perhaps that is one of the gifts of prayer. You don't have to know exactly what to say. You don't have to have been to church for years. You don't even have to be sure what you believe.

Sometimes you can simply stop, be still for a moment, and say, **“God, I need your help.”**

The Bible gives us these words:

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:6–7

So, to everyone in our villages, whether you are a regular churchgoer, someone who comes occasionally, or someone who has never crossed the threshold of a church – **keep praying**. And I pray that God will give you his peace and that he will answer your prayer.

And if you don't know what to pray, or if you would simply like someone to pray with you or for you, please don't hesitate to get in touch.

Sometimes, all we need to do is give prayer a little space.

And perhaps, as our prayer ribbons and prayer tags at the Scarecrow Festival have shown us, **there are rather more people praying than we might imagine.**

With every blessing,

Rev Alison Jackson

Priest-in-charge and the Ministry Team

0783 366 7707

revajacksonhwge@outlook.com



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

Monday, 9 September 2013

Muntjac Deer

I felt privileged to watch the muntjac deer on the bank this afternoon, he was very busy cropping the lower branches of an apple tree and munching on the plants.

Many people find these creatures a nuisance, but I enjoy every moment while watching them in the garden. They are sturdy little deer just fifteen to eighteen inches at the shoulder when fully grown. they are also known as barking deer because of the noise they make --- a little like a small dog!

During summer they are a reddish brown in colour and in winter a greyish brown, with darker markings on their face, a vee shape in the male and a diamond shape in the female. The males have short straight horns on top of their pedicules. They have no set breeding time but like us are able to reproduce all year round. The fawns are very pretty and very tiny, they are born after a seven month gestation and have rows of white spots along their back for their first two months.

Muntjac are not native to this country having been introduced to our parks in the early twentieth century, they originate from south-east China and Taiwan. Many escaped from these parks and set up wild populations in our countryside, they are now frequently seen in our gardens.

Saturday, 14 September 2013

The Spider Living in the Mallow.

Directly outside the patio window a mallow has self seeded and grown, we have left it there because it has beautiful purple flowers and attracts many bees and other insects, it now has an added interest because a spider has made this plant its home, and over the last few weeks it has feasted well, catching many and varied flies and other insects in its web. The only creatures to escape are wasps and bees, who are much stronger than the others, they are often caught but able to free themselves by just struggling, however I have noticed they always tear the web in leaving. This presents no problem to the spider who always has it repaired in a very short time.

I noticed on the plant, one of the leaves was pulled down and the edges drawn slightly together, watching I realised that the spider sits and waits underneath this leaf, and it is from here that he is able to rush out and quickly deal with any disturbance of his web.

Saturday, 21 September 2013

Badgers and Plums

A trip down the garden resulted in finding the plums both ripe and over ripe on the tree, glancing down to the border beneath, I saw it was totally flattened and there were no windfall plums, I also became aware of a very strong smell. I think the flattening of the area and the lack of windfalls together with the strong smell, leads me to think of a badger. It pleases me to think the badger must be having a feast nightly. The reason I think it is a badger not a fox is because the strong smell is definitely not fox and therefore must be badger.

Monday, 23 September 2013

Fox, Great Tits and an Angry Robin

The garden has become very overgrown during the last few months. The fox continues to call for food every evening, but sadly there will be no youngsters this autumn. A few months ago the fox den was discovered by some

youngsters, who tried to dig it out, despite my catching them, they returned on two further occasions. This was enough to make the fox leave her den. It is September now and although she does still turn up for food sadly there is no sign of any young.

This morning I spent a very happy half an hour watching a small flock of great tits in and around the pond area. They searched all over nearby plants and shrubs for food and both drank and bathed in the pond. One area of the pond is quite overgrown and I noticed any tits venturing into that area soon came out. I couldn't understand this until the quick exit of a great tit was followed even more quickly by a robin shooting out. The robin took up position on a nearby plant and thereafter defied any great tits to come near that area. I think he/she must have a home there.

Friday, 27 September 2013

A Warm Autumn Day Bringing Changes

An important time in my life coming up. A lung operation which will hopefully prolong my life.

During the past two months I seem to have spent much time gazing out of the windows. From my seat in the lounge I have watched both foxes and badgers feed at night.

This morning the warmth of the sun has brought many beautiful butterflies and dragonflies to the garden, with dozens of ladybirds, both British and European, climbing up or resting on the sun warmed surface of the bungalow outer walls.

A small green caterpillar slowly making its way down the patio window, became lunch for a tit. Dozens of bees and wasps have banged into the patio windows. The hornets have left the garage, the bees have moved on from their nest in the bedroom wall, (the noise they made at night keeping the nest at the right temperature was amazing, of course it was the same during the day, but much less noticeable).

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THE HUNDRED PARISHES SOCIETY

*www.hundredparishes.org.uk

At the beginning of September, The Hundred Parishes Society held its twelfth Annual General Meeting. Each year we have chosen a different venue so that we can introduce members to another location they may not have visited before. Last year, for example, we went to the museum in Saffron Walden where we were given an informative guided tour.

In 2026, it was the turn of Great Waltham, one of our largest parishes and in the far south-east corner of The Hundred Parishes. Before the meeting, I took some of our members on a short walk around the centre of Great Waltham village, pointing out a few of its many ancient buildings.

We passed the fascinating 16th-century private house called Badynghams, with four spectacular original chimney stacks, and then the war memorial where the 36 men from the parish who died in the first world war and nine in WWII are remembered.

We moved on for a brief excursion into the Langleys estate, enjoying a view from the footpath of its magnificent Grade I listed Georgian mansion, built in 1719 by the Tufnell family who still own it today.

We then made our way to the parish's Norman church, dedicated to St. Mary and St. Lawrence. Church warden David Williams introduced the group to some fascinating features, especially the splendid Everard memorial which is 400 years old. Church historian Peter Wells was unable to join us but several members purchased copies of his excellent book about Great Waltham and its church, published within the last year.

Just a short walk took us back to the village hall for refreshments and the formal part of the AGM where I and our chairman Douglas Kent were re-appointed.

Where do you think we should go next year?

Ken McDonald, Secretary

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A rare opportunity at our meeting on 29th October when the historian and guide Lindsay Siviter will give us a unique look behind the scenes of the filming of the award winning television series “Inspector Morse”. The venue is Sawbridgeworth Memorial Hall, doors open 7pm talk starts 7.30pm. Tickets £7.50

from www.sbwhistory.com so don't delay in buying as this will be a very popular evening.

Saturday 7th November we will be at Nostalgia Day in the Memorial Hall for our competition winners of “What Local History means to me” to be announced and the launch of our new book “Sawbridgeworth Then and Now”.

26th November we will have Mike Barbakoff talking about Women of Bletchley Park at Sawbridgeworth Memorial Hall – tickets £7.50 website as above.

We have a good selection of other books for sale so have a look on our website – these as are ideal as presents. www.sbwhistory.com

Planning for next year's programme has started so if you know of any interesting speakers or subjects please let us know.

Nostalgia Day

This very popular joint annual event will be happening in Sawbridgeworth Memorial Hall on Saturday 7th 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 No.2 Squadron RAF Marham and Town Mayor will be joining us on this occasion. Refreshments will be available and a pay bar open. The stars of the afternoon will be young people from Diverse Performing Arts, together with Lisa Hammond, with the theme of “Strictly 50s”. Free entry with donations to Help for Heroes, who will have information on their organisation. Sawbridgeworth Local History Society will be announcing the winners of the competition “What does Local History mean to me” and will also have a display with their latest book for sale (cash or card) “Sawbridgeworth Then and Now”. For further information please contact Hazel Mead, 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.

EXTRACTS FROM THE SAWBRIDGEWORTH NEWSLETTER FROM PATIENTS GROUP

Autumn Flu and COVID Vaccination Campaign 2026

As we move into the autumn season, Central Surgery is pleased to launch its Autumn Flu and COVID Vaccination Campaign 2026.

Protecting patients remains a priority, and the Surgery strongly encourages everyone who is eligible to take up the offer of vaccination. These vaccines help reduce the risk of serious illness and provide important protection during the winter months.

To make access as convenient as possible, the Surgery will be offering vaccination appointments on the following special Saturday Flu and COVID Clinics on:

- **Saturday 10 October 2026**
- **Saturday 24 October 2026**

Eligible patients will be invited to book an appointment as soon as vaccine supplies are available.

For patients who are unable to leave their homes, Central Surgery's clinical teams will be carrying out housebound vaccination visits throughout the campaign. If you are registered as housebound, they will contact you directly to arrange your vaccination.

Flu Key Eligible Groups

- Adults aged 65 years and over
- Pregnant women
- Individuals with long-term health conditions
- Residents in care homes
- Carers
- Frontline health and social care workers
- Children eligible under the national programme

COVID Key Eligible Groups

- Adults aged 75 years and over
- Residents in a care home for older adults
- Individuals with a weakened immune system

Getting vaccinated is one of the most effective ways to protect yourself and those around you. The Surgery would like to thank all patients for their continued support and cooperation, in helping patients stay well this autumn and winter.

Covid and 'Flu Vaccinations are also available at **Bell** and **Village Pharmacies** in Bell Street.

Many of you will already have received a text message inviting you to book your Covid/'Flu Vaccination. The campaign in the UK began on **October 1, 2026**, and bookings are open now. This autumn/winter programme runs through to **January 31, 2027**.

How to book: You can book an appointment online via the [NHS COVID-19 Vaccination Information](#) page or through your NHS App.

- Call 119 for free if you unable to get online.

If you have an ongoing foot problem, mobility issue, or a condition like diabetes that is affecting your feet, many local NHS podiatry clinics accept direct self-referrals for expert assessment and treatment.

How to refer: Because podiatry services vary by region, search online for "NHS Podiatry self-referral" alongside your town or county.

How to use these services

By using these direct routes, you are getting the expert care you need faster, while helping us keep GP appointments available for those who need them most. If the specialists review your self-referral and feel you need to see a GP first, they will always let you know.

Hertfordshire Health Walks:

Health Walks Autumn Timetables now online

The Health Walks team is delighted to announce that their new [East Herts Health Walks Timetable Sept - Dec 2026](#) is now available online. Visit to find a walk close to where you live. Thanks to the commitment of fantastic volunteers, there are 15 walking opportunities listed—ranging from two gentle 30-minute walks from Herts and Essex Hospital and Castle Park to a more brisk 60-minute walk from Thorley for those looking for more of a challenge.

If you are enthusiastic about walking and would like to [Volunteer to support walks](#), they'd love to hear from you. They are actively recruiting new volunteers to sustain and expand the FREE walk programme and offer more choice.

For regular updates, subscribe to [Walking in Hertfordshire](#), follow them on [Facebook](#) or visit www.hertfordshire.gov.uk/healthwalks

Osteoporosis: is a condition where bones lose strength and become more likely to break. Over 3.5 million people in the UK are currently living with the condition. It's never too early or too late to start looking after your bones. The Royal Osteoporosis Society's [free risk checker](#) gives personalised bone health results in less than three minutes. The bone checker is not for people who have been diagnosed with osteoporosis or had their bone health assessed by a healthcare professional. But, the society has lots of [information and support for you here](#).

THE PLUME OF FEATHERS

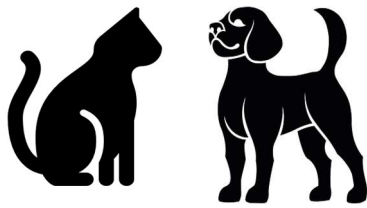
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MESSY ADVENTURES

TWELVE OUTDOOR SESSIONS FOR MESSY CHURCHES
18TH OCTOBER
3.00 – 5.00PM
AT ST JAMES, HIGH WYCH

This is 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.

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.



CAN WE ALSO ASK THAT WHEN USING THE PUBLIC RIGHTS AWAY THROUGH FARMERS CROPS THAT YOU STAY TO THE FOOTPATHS AND KEEP YOUR DOGS ON LEADS. THANK YOU.

Christopher THE LOCKSMITH

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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 above.

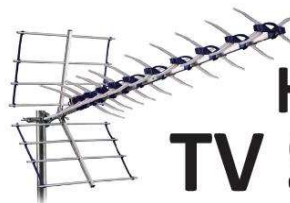
In the Photo Gallery you will see that there are different galleries for different areas of the parish.

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.

All Soul's Service
St James High Wych
Sunday 1st November
4:00 PM

At this service you will have an opportunity to remember someone you have loved and lost. Their names will be read out and you will be able to take a flower to the altar and light a candle to remember them.

If you would like your loved one to be included in this service please email:
revjacksonhwge@outlook.com
or telephone 01279 790145



HERTFORD TV SERVICE

Please call: 01992 552955

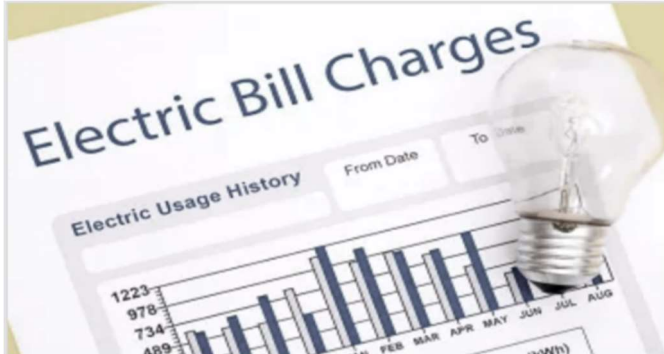
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If you live in Sawbridgeworth, High Wych, Gilston, Eastwick or Spellbrook and your financial situation meets the criteria, you may be eligible for assistance from **The Sawbridgeworth Charitable Trust**.

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



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



£12⁵⁰
PER BAG

LOGS & KINDLING WOOD

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Every Thursday morning
From 9.30am to 11.30am
at High Wych Memorial Hall
(term time only)

Healthy snacks will be provided

£2 per session, per family
For childminders: £2 per child



Scan the code above to pay securely online



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READERS

AN ACTIVITY THAT HAPPENS WITHIN OUR
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ADVERTISED OR SOME INFORMATION THAT
YOU WOULD LIKE TO GO ONTO THE
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COMMUNITY WEB SITE?

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CHRISTINE LAW

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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.

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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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PUMPKIN COOKIES



8oz sugar	4oz margarine	1 small egg	8oz pumpkin
8oz flour		half teacup each of walnuts & raisins	
2 teaspoons cinnamon			
1 teaspoon vanilla essence	1 teaspoon each baking powder & bicarb of soda	pinch of salt	

Mix too the ingredients together well, and drop on greased flat biscuit tin. Bake 8 to 10 minutes in 375F (Reg 5) oven. These are good as they are, or iced any way you require.

Don't forget to save your pumpkin seeds and roast them.

Place on well oiled baking dish, sprinkle with salt and put in a hot oven for ten minutes or until golden brown and crunchy.

RED IN AUTUMN

Tipperty-toes, the smallest elf,
Sat on a mushroom by himself,
Playing a little tinkling tune
Under the big round harvest moon;
And this is the song that Tippery made
To sing to the little tune he plated.

“Red are the hips, red are the haws,
Red and gold are the leaves that fall,
Red are the poppies in the corn,
Red berries on the rowan tall;
Red is the big round harvest moon,
And red are my new little dancing shoon.”

Elizabeth Gould

HARVEST

Now all the farmers from far and wide
Have gathered their bounty of countryside:
Corn and barley from field and wold,
Honey from beehive and wool from the fold,
Fruit from the orchard all ripe, red and gold,
Log for the fire to keep out the cold.

Dorothy Hancock

Please join us at St Mary's Church, Gilston for our

HARVEST THANKSGIVING SERVICE



on

SUNDAY 11TH OCTOBER

at 6pm



Everyone is welcome to join us for our
annual Harvest Service of readings and traditional hymns
as we give thanks for Nature's abundance,
for the hard work of the farming community
and the safe bringing in of crops

All contributions to the supper are welcome
Just let Christine know what you will be bringing
(christine.law2@btinternet.com)

Collection in aid of MIND Charity
