

WELCOME TO EAST BERGHOLT



This booklet comes to you with the compliments of St Mary's Church who have published it. It contains a variety of useful information, which we hope will help you settle in. As village life is very active, by the time you receive this, some items may be out of date!

In addition to this booklet you will receive a free copy of the East Bergholt Parish Magazine every month, which is full of useful information and village news. Many local tradesmen and services advertise in this magazine. Copyright belongs to the Wardens and PCC. *Revised January 2020*



'O Lord, it's raining again'

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A BRIEF HISTORY OF EAST BERGHOLT

The early settlement of East Bergholt was based on agriculture. In the fifteenth century, it was an important clothing town but with the decline of the wool trade in the sixteenth century, East Bergholt reverted to a village concerned with farming. Instead of rearing cattle and sheep, farmers began to produce cereal crops, especially barley for the maltings at Manningtree and Mistley. The BXL factory at Brantham provided alternative work for the population when the need for agricultural labour declined at the end of the last century. This factory sadly closed in 2007.

Easy access to Ipswich and Colchester, and the close proximity of Manningtree station providing a rail link to London, made East Bergholt an attractive base for many people during the 1960s when South East Suffolk was encouraged to accept newcomers. The village expanded during this period.

Perhaps East Bergholt is best known as the birthplace of John Constable RA who was born in 1776. Flatford has special associations with him, as his father, a prosperous corn merchant, owned Flatford Mill. Several scenes from Constable's paintings can still be recognised today. The young Constable used Moss Cottage, near the Post Office, as a studio.

A more detailed account of the village can be found in "East Bergholt – A Brief History" by Celia Jennings and "Looking at East Bergholt, Suffolk" by Celia Jennings and Jack Elam, both published by the East Bergholt Society and available from the Church bookstall.

CHURCHES

St Mary the Virgin, Church of England

Benefice Web: www.constablecountrychurches.co.uk
Facebook: St Mary's Church East Bergholt

St Mary's welcomes you to East Bergholt. Our aim is to glorify God and enjoy Him together, to be challenged by his Word and to help wherever there is need. The church is usually open during daylight hours and the Lady Chapel is always available for a moment of quiet. The main Sunday Service is at 10:00 and all the family are always welcome though some services are more child friendly than others. Family@church is a particularly Family Friendly Service at 16:00 on the first Sunday of the month (not during August) and we combine with the rest of the Church Family at Easter and Harvest. Check the website for details. We have a children's area with puzzles, books and crayons if little ones get wriggly, and we don't mind a bit of noise (nor does God!) If the happy noises are louder than the sound system amplification you might prefer to investigate the box of toys in the choir vestry. Our Toddler and Carers Group meets on alternate Fridays in the West End of the Church.

On the first Sunday of the month our 10:00 service alternates with the 11:00 service at St Michael's Brantham and during August we follow a holiday rota which also alternates main services with Brantham. Refreshments are served after the main Sunday service, for those who wish to meet and chat. Every Sunday morning, except between Christmas Day and New Year's Day, there is a BCP service of Holy Communion at 08:00 and Choral Matins is usually on the fourth Sunday of most months. We have a midweek BCP communion service at 09:30 on the first Wednesday of the month (anyone welcome). If you are housebound, we are happy to bring you communion at home.

Details of all services can be found both on our website, in the monthly edition of the Parish Magazine and on the notice board located at the Church door. Baptisms usually take place during our main Sunday service. Parents will be expected to undergo a short preparation session. Healing services are a regular part of our life together and there are several Bible Studies groups in the benefice, some meet weekly, others once a month or seasonally. The Alpha Course is run occasionally. We also offer a Deanery Wedding Preparation Day (led by local clergy) at the beginning of each year. The PCC has agreed that remarriage of divorcees may take place in St Mary's provided that the Bishop's guidelines are met. Please contact the Rector to discuss your needs.

Church life is rich and varied and there is plenty for you to be involved in if you would like to be. The Church produces the village magazine which is published each month. Closing date for entries is usually the fifth of the month.

The Church has very close contact with East Bergholt Primary School. The Rector and others from the church take assembly regularly and we run an Open the Book scheme where Bible stories are told in a fun way to the children. We work closely with other denominations in East Bergholt and Brantham.

For further information contact:

The Rector:	Stephne van der Toorn (Rev Canon) Assisted by Guide Dog (Canon) Coco	Tel:	01206 392646
		Email:	revstephvdt@googlemail.com

Ministry of Welcome and Fundraising

Fundraising is fun but hard work! In January 2020 we launched our Roof Refurbishment project. We need to raise in excess of £750,000 to re-lead the roof - our fundraising logo is on page 2 of this booklet. A wide range of events are planned and will be announced in the parish magazine.

Refreshments are currently served in the West End of the church from 10:00am-11:30am on Wednesdays. Helpers always needed! For many years, we have had a Bank Holiday Market on the second holiday weekend in May to coincide with the Pram Race with a variety of stalls. 10% of the takings are donated to a charity, the remainder going to St Mary's Church. Because of demographic changes the format of the above are currently under discussion. We have a variety of functions throughout the year including lunches and concerts.

For further information, contact:

Church Warden	Fiona Trott	Tel: 01206 298205	Email: fiona.trott13@gmail.com
	Liz Digby	Tel: 01473 312281	Email: liz.dgby@btopenworld.com

St Mary's Choir

Our robed choir help lead worship at most Sunday services and periodically do special presentations. They are also available to sing at weddings. Rehearsals take place in the West End of the Church on Friday evenings. New members who can read music are most welcome - well-presented music by a thriving and active choir enhances and enriches the services and the work of the church.

For more information:

Contact:	Martin Huggett, Director of Music	Tel:	01206 395927
Contact:	Courteney Willett	Tel:	01206 298718
Contact:	Pam Robinson	Tel:	01206 392003

Bell Ringers, St Mary's Church

A friendly and enthusiastic group who traditionally ring our famous bells prior to church services and on special occasions.

We always welcome new ringers. If you would like to find out more about learning to ring, do come along to one of our summer Wednesday evening practices (20:00-21:00), or on a Sunday morning when we ring between 09:30 and 10:00.

Contact:	Terry Eagle, Captain of the Bells	Tel:	07578 002974
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East Bergholt Congregational Church

This chapel has served the village since the mid-17th century, the present building is 160 years old this year and has been fully renovated to offer a warm and comfortable place to meet. We are an independent part of the Congregational Federation, evangelical in theology, and sharing a joint heritage with Baptist Churches in the way we order ourselves. We meet for worship every Sunday at 10:30 for about an hour. Our services are informal and inclusive, trying to blend the best of the old and the new. We gather around the Lord's table on the second Sunday in each month during morning worship.

A friendship club gathers every third Thursday afternoon for a variety of activities, and we hold a coffee morning every Thursday. For information about our other activities, to discuss weddings, funerals, etc, please contact:

Contact:	Maralyn Bambridge, Pastor	Tel:	01206 393022
		Email:	maralyn.bambridge@yahoo.com

Methodist Church

Gravel Pit Lane, Brantham, Manningtree, CO11 1NX

Ian Gardner	Tel:	01473 411507
34 Medway Road	Email:	ian.gardner@methodist.org.uk
Ipswich IP3 0QH	Web:	eangliamethodist.org.uk/Brantham

Services are at 11:00 on most Sundays

Holy Family Catholic Church

Brantham Hill, Brantham CO11 1TB

Fr Paul Vincent

Tel: 01473 684963

80 Hawthorn Drive

Email: office@stmarksparish.org.uk

Ipswich IP2 0QQ

Mass is celebrated at Holy Family at 09:00 on Sundays and 10:00 on Tuesdays.

Colchester & District Jewish Community

The nearest synagogue

Fennings Close, off Priory Street, Colchester

Tel: 01206 866553

Ipswich & District Islamic Communities

The Ipswich Mosque:

32-36 Bond Street, Ipswich

Tel: 01473 226879

The Shah Jalal Mosque

St Helen's Street, Ipswich

Tel: 01473 412983

Education

East Bergholt High School

East Bergholt High School (EBHS) is a co-educational 11-16 community comprehensive school in Suffolk, midway between Ipswich and Colchester and close to the A12 on a 20-acre site. The school catchment area covers the Bentley, Brantham, Capel St Mary, Copdock, East Bergholt and Stratford St Mary primary schools. However, a significant number of pupils attend from outside the designated catchment area. The school caters for approximately 920 children. The school has consistently been rated by Ofsted as Good and was last inspected in February 2018.

EBHS has an enviable reputation for the extensive range of extra-curricular activities it offers to its students. Annual residential trips include visits to the First World War Battlefields in Belgium, Bude in Cornwall and Krakow in Poland. The school also organises an annual Ski-trip to Italy. In recent years school trips have also taken place to Paris, Iceland and Naples.

In 2011 EBHS moved from Local Authority control to become an independent academy, and in 2017 was a founder member of the South Suffolk Learning Trust. The school is committed to working in partnership with other educational organisations both within and outside its own Trust and engages positively with the community it serves.

Please see our website at www.eastbergholthigh.suffolk.sch.uk for further information and the latest School news. The website also includes our prospectus and details of our regular open mornings. Visitors to the School are always very welcome.

Address: Heath Road, East Bergholt

Tel: 01206 298200

Headteacher: Dan Woodcock

Email: enquiries@ebhigh.org.uk

Web: www.eastbergholthigh.suffolk.sch.uk

East Bergholt Church of England Voluntary Controlled (CEVC) Primary School

At East Bergholt, we believe that children should feel safe and supported to achieve to their full potential.

We are a Church of England Voluntary Controlled School and through our Christian faith we acknowledge our responsibility to all, to enrich lives and to show love and respect to all within our school family. We believe in life-long learning, aiming to equip all our children to live life in society today and for tomorrow in all its fullness. Our children learn in school and out in the wider world with experiences such as Forest Schools and many trips and visits to other places around us.

Our aim is to provide children with the skills and knowledge to become independent successful learners. We are also focused on every individual, whatever their need, being supported to make sustained learning progress towards challenging academic targets. We tailor our curriculum and learning to meet individual needs in a caring, nurturing environment which includes music, drama and dance. We have high expectations of behaviour and the children respond by supporting each other and demonstrating positive learning attitudes grounded in a Christian ethos by following our values for life which include respect, truth and wisdom.

Our school ethos is reflected in the Bible verse where Jesus said:

"I have come that they might have life, and have it to the full" John 10:10

Address: School Lane, East Bergholt

Tel: 01206 298202

Headteacher: Mrs Gillian Mitchell

Web: www.eastbergholt-pri.suffolk.sch.uk/

Adult Education

For details of the Adult Community Education Service telephone: 01473 712645. This includes educational guidance for adults and advice on options for retraining, return to study or work, change of career or developing new skills. Appointments can be arranged locally.

East Bergholt Young Explorers

(Part of Constable Country Childcare)

East Bergholt Young Explorers Childcare Provision is a registered charity caring for children aged 6 months-11 years old. The nursery is situated at the Cherry Blossom Children's Centre, although it is a completely separate organisation. East Bergholt Young Explorers is managed by Hayley Aherne who has Early Years Professional Status.

The day-to-day curriculum leader is Joanne Gwillim, a graduate, who is a highly experienced practitioner and has worked with children from the age of 0-11.

East Bergholt Young Explorers offers an excellent, purpose-built nursery provision for children from the age of 4 months, from 07:30 to 18:00, opening all year round (only closing on bank holidays, and for a week in the summer and at Christmas). We also offer a wrap-around care provision comprising of a breakfast club (07:30-09:00) and an afterschool club (15:30-18:30) for school-aged children. Further still we offer a holiday club for all school-aged children during the holidays, with flexible hours and sessions.

If any of the above is of interest to you, then our highly qualified team cannot wait to hear from you and will be able to give you further information and discuss how we can best suit your needs.

Contact: Group Manager, Hayley Aherne BA (Hons) EYPS
Tel: 01206 298442 (within office hours), 07561 504913 (after hours)
Email: hayleyaherne@hotmail.co.uk

St Mary's Toddlers and Carers Group

The St Mary's Toddler and Carers Group meets twice a month on a Friday morning from 09:30-11:30. Games, songs, a snack and time to socialise. And that goes for the toddlers too! Mums and Dads, Granny and Grandpa also welcome. Traditionally the Group enjoys a Teddy Bears Picnic in August and a Christmas party in December. (Watch the website or pew sheet for details of special events).

Contact: Liz Digby **Tel:** 01473 312281

Lavender Hall Kindergarten

We take children from 0-11 years and are open Monday to Friday 52 weeks of the year. We also offer free sessions for over three-year olds in conjunction with the Early years funded grant.

Please call or Email us for more information on;

Address:	The Gattinetts Hadleigh Road East Bergholt, CO7 6QT	Tel:	01206 299511
		Email:	hello@lavenderhall.com

Medical

Constable Country Medical Practice

Registration: Patients moving into the area should register with the practice as soon as possible. Please call at the Practice to collect the Registration Forms and book an appointment with a nurse for a new patient check. Patients on repeat medication should also book an appointment with a GP.

Appointments: Our receptionists are on duty Monday to Friday from 08.00 to 18.30 and can take appointment bookings throughout the day. Appointments can be booked up to four weeks in advance (subject to availability).

The phones can be very busy early the morning, but you do not need to ring at 08:00.

- For non-urgent needs or to see a doctor of choice, patients may pre-book an appointment (subject to availability).
- For patients who medically need to be seen on the day the practice aims to offer an appointment for all requests received before 11:00, but these may not be with your doctor of choice.

- Patients contacting the surgery after 11:00 with a medical problem will be added to a triage list. A doctor or nurse practitioner will ring the patient within two hours to either resolve the problem over the phone or book the patient into see a doctor or nurse that afternoon. On busy days patients may be added to the triage list before 11:00.

Telephone Consultations: Telephone Consultations are available to all patients who are unable or feel it unnecessary to attend the surgery but require simple advice without examination. Please request a telephone appointment on the day. The GP or nurse will phone you back within a given time scale.

Out of Surgery Hours Emergencies: Between 18:30 and 08:00 weekdays, weekends and bank holidays, the care of patients is the responsibility of the Ipswich and East Suffolk CCG and is provided by Care UK. If you require urgent medical attention phone 111 and your call will be assessed by a team of clinicians. If you then need to speak to a doctor the call will be transferred to Care UK Team.

Address:	Heath Road, East Bergholt, CO7 6RT	Tel:	01206 298272
	08:00-18:30 Monday to Friday	Fax:	01206 299010
Web:	www.constablecountrymedicalpractice.co.uk	Manager:	Pete Keeble

Patient Representative Group

The practice has set up a Patient Representative Group to help aid communication between the practice and its patients. If you wish to pass on any views and comments to members their names and contact details are displayed in the waiting room and on the practice website.

Web: constablecountryppg@gmail.com

East Bergholt Heartwatch

East Bergholt Heartwatch is a charity run by small group of Responder and Supporter Volunteers. All Community First Responders have been trained by the East of England NHS Ambulance Trust to respond to situations where an ambulance is called. Heartwatch tries to provide 24-hour service to the community in and around East Bergholt.

Any medical emergency calls from the village, including those which involve children from two years of age, are automatically relayed to Heartwatch as well as to the Ambulance Service. This means that within approximately five minutes a person needing emergency first aid will have a trained first responder with them, while they wait for an ambulance. The group is trained to use, and always carries, a defibrillator. Heartwatch is always looking for additional volunteers for training – all volunteers are well supported and can be on call at times which suit them.

For further information: East Bergholt Heartwatch Community First Responders

Contact:	Carol Moss, Coordinator	Tel:	01206 298483	Email:	carol-moss@uwclub.net
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Chemists

The Pharmacy

Address:	Gaston Street	Tel:	01206 298267
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There are also pharmacies at Tesco Highwoods, Colchester; Tesco Copdock, Ipswich and in Manningtree adjacent to Co-op Fiveways Supermarket and in the adjacent village of Dedham.

Hospitals

Ipswich Hospital NHS Trust (general hospital with full accident and emergency facilities)

Heath Road, Ipswich	Tel:	01473 712233	Web:	www.ipswichhospital.nhs.uk
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Colchester District General Hospital (general hospital with full accident and emergency facilities)

Turner Road, Colchester	Tel:	01206 747474	Web:	www.colchesterhospital.nhs.uk
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Suffolk Nuffield Hospital (private hospital with full in-patient, out-patient and day care facilities)

Foxhall Road, Ipswich	Tel:	01473 279100	Web:	www.nuffieldhealth.com/ipswichHospital
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The Oaks Hospital (private hospital with full in-patient, out-patient and day care facilities)

Oaks Place	Tel:	01206 752121	Web:	www.oakshospital.co.uk
Mile End Road, Colchester				

Dentists

C Clamp and Partners	17a High Street, Manningtree	Tel: 01206 393744
R S Hems and P Wilson	17 High Street, Hadleigh	Tel: 01206 823092
Capel Dental Practice	63 Thorney Road, Capel St Mary	Tel: 01473 311130
Country Park Dental Practice	Highwoods Square, Colchester	Tel: 01206 751175

Local Representatives

Parish Council

East Bergholt Parish Council Members (All Parish Council positions are voluntary)

Bob Elmer	(Councillor)	01206 298547	Paul Ireland	(Support)	01206 298736
Clare Cathcart	(Councillor)	01206 299225	Ricky Allen	(Councillor)	01206 299543
Graeme Woodcock	(Councillor)	01206 395752	Rob Wombwell	(Councillor)	01206 298525
Joan Miller	(Chairman)	01206 298517	Robin Lansdell	(Councillor)	01206 298390
John Price	(Councillor)	01206 298528	Rupert Eley	(Member)	01206 299224
Lois Hickey	(Councillor)	01206 299235	Simon Rothwell	(Councillor)	01206 299980
Mark Hurley	(Councillor)	01206 298223	Graham White	(Clerk)	07801 368283
Nigel Roberts	(Councillor)	01206 298461			

The Council meets on the second Thursday of each month in the Lambe School at 19:30 to consider planning applications that are available for viewing at 19:00 or by arrangement with the Clerk.

Notices of meetings/agendas are posted on the Council's two notice boards. Parishioners are welcome to attend Parish Council meetings and can speak at the start. The Annual Parish Meeting is held in April each year at which parishioners may raise questions or issues relevant to the village. The Parish Annual Meeting is held in May each year when internal elections to committees & office take place.

The Parish Council is responsible for the upkeep and maintenance of footpaths, burial grounds, playing fields and control of litter. It reports to Babergh District Council and Suffolk County Council on local matters and obtains legal advice from the Suffolk Association of Local Councils when necessary. In addition, it may support village projects which it considers are in the interest of the village and is represented on many village organisations and Suffolk associations that serve the Parish. Above all, the Parish Council endeavours to maintain East Bergholt as a rural village and pleasant place in which to live.

Contact: Graham White, The Parish Clerk
Tel: 07801 368283
Email: east.bergholtpc@btconnect.com

District Council

Open to the public Monday to Friday 09:00 to 17:00 (16:30 on Fridays). The District Council consists of the following departments: Legal and Administration, Finance and Performance Review, Planning, Environmental Services and Housing. When telephoning, state the nature of your enquiry and you will be put through to the appropriate department.

Babergh District Council
Endeavour House, 8 Russell Road
Ipswich IP1 2BX
Tel: 0300 123 4000 (all departments)
Web: <https://www.midsuffolk.gov.uk/>

Suffolk County Council
Endeavour House, 8 Russell Road
Ipswich, IP1 2BX
Tel: 0345 606 6067
Web: <https://www.suffolk.gov.uk/>

Member of Parliament for South Suffolk

James Cartlidge MP
House of Commons
London SW1
Tel: 020 7219 4875
Email: jamescartlidge.mp@parliament.uk
Web: www.jamescartlidge.com

For an appointment at his local surgery

Contact: Helen Harris
Tel: 020 7219 4875
Email: helen.harris@parliament.uk

Clubs and Societies

East Bergholt Bowls Club

The Club exists to provide facilities for both Carpet and Outdoor bowling. More details on East Bergholt Village website: [East Bergholt Bowls Club](#)

Carpet bowls is played at the indoor sports centre at the EB High School, and whilst it is not as challenging as lawn bowls it is nonetheless a very skilful game enjoyed by all socially. Social 'roll-ups' are held all year round on Wednesday evenings between 7:00pm and 10:00pm.

Contact: Mick Lomax **Tel:** 01473 823886 **Email:** micklomax22@gmail.com

Outdoor bowls is played on the Club's own green on the far side of the cricket field. Leagues, Cups and Individual competitions are entered. Social bowling takes place on Sunday mornings from 10:00 and Tuesday afternoon from 14:00. New members are always welcome to come along and try the game out.

Contact: Melvyn Powell (Secretary) **Tel:** 01206 298522 **Email:** melpowell46@gmail.com

East Bergholt Cricket Club

The Club runs two adult teams on a Saturday in the Two Counties Cricket Championship, the 1st X1 currently in Division 2 and the 2nd X1 in Division 7. The Academy X1 plays in the Hunts County Bats Suffolk Cricket League with matches being played on Sundays. The Club runs a thriving junior section with coaching provided for girls and boys from Under 9's to Under 15's. Junior training is conducted most Saturday mornings during the playing season. Matches for the various age groups are arranged through the Suffolk Junior Cricket League. There is winter training available for adults and the old age group juniors.

New members are warmly welcomed.

Contact: Nathan Philpot (Chairman) **Tel:** 07947 878871 **Website:** www.ebcc.co.uk

East Bergholt United Football Club

Established in 1895, the Men's Senior Club runs three adult teams in the Suffolk and Ipswich League, currently in the Senior Division (First Team), Intermediate A (Reserves) and Intermediate B (A Team).

East Bergholt United Junior & Women's FC runs various teams for 7-16 year-olds for both boys and girls and also a Saturday morning 'Greenshoots' session for 4-6 year olds.

They also have two women's teams for 16+ age group. The boys play in the Suffolk Youth League, whilst the girls and women play in the Suffolk Girls and Women's Football League.

All teams play at either Flatford Lane or Gandish Road playing fields. New players and supporters for all teams are always welcome.

Men's club:

Contact: Steve Butcher, Secretary **Email:** stevebutcher55@btinternet.com

Junior or women's club:

Contact: David George **Email:** figuresswgfl@gmail.com (David)
Darren Hogg ebfcadmin@btinternet.com (Darren)
Lee Partridge bunter.partridge@googlemail.com (Lee)

East Bergholt Tennis Club

The club plays on three floodlit courts. There is a club night every Tuesday from 19.30 to 21.00. Annual subscriptions that allow free tennis to 22.00 every day are as follows. Single £50, Family with 2 or more children £100, Family with 1 child £70, juniors under 18 years £15, Students £25

Contact: Paul Lake **Tel:** 01206 396556

East Bergholt Theatre Club

The Club was formed to give the opportunity to people in the village and locality to visit live professional theatre locally and in London. We cover a wide variety of productions so that members can **choose** those that appeal to them. They range from straight plays to musicals, opera and ballet. We travel by coach from the village approximately once a month. Further information:

Contact: Dianne Willett

Tel: 01206 298718

East Bergholt Horse Racing Club

The racing club is established to give local people the opportunity to be involved with “the sport of kings” through either club membership or low-cost syndicate ownership of racehorses.

The club’s racehorses are trained at Newmarket and nearby Ardleigh, and race throughout the year, including at Newmarket and the new racecourse at Great Leighs, Chelmsford and members have the opportunity for either free or much-reduced admission prices to the racecourses where they run.

In addition, the club has a number of social events during the year, including visits to the trainers’ stables and gallops, stud visits, lunches, racing trips to special events such as Royal Ascot, the Prix de l’Arc de Triomphe in Paris or Deauville, and an annual dinner, often with a racing celebrity.

The club is part of Essex Racing Club, which has its’ own website www.essexracingclub.co.uk and Membership is £225 per year. A reduced sum is payable for a second family member. Costs of shares in the club syndicates can be obtained upon request.

Contact: Barry Root (Club Manager)

Tel: 01206 298539

Snooker Club

We have two full sized snooker tables, a pool table, and a darts board. Club nights are Tuesdays and Fridays from 19:00 until 23:00 when a licensed bar is open for members. New members over 18 years are always welcome to join our relaxed, friendly and sociable club. If you’d like more information call in to EBUSC on a club night or contact us using details below.

For further information email - info@ebusc.org.uk

St Mary’s Church, East Bergholt, Preservation Society

The present building dates from about 1350 and is built of brick, flint and stone probably from an earlier building. This Church, famous for its Bell Cage and unfinished tower has been maintained and cared for over many centuries by the people of East Bergholt. The purpose of the Society (which is independent of the church) is to raise funds to preserve this vital part of the heritage of our village for the benefit of future generations. All monies raised will be solely used for the preservation of the Church and Bell Cage. New members most welcome. For further information please contact Debbie Tuppen.

Contact: Debbie Tuppen

Tel: 07821 141473

Email: debbie.tuppen@gmail.com

East Bergholt Horticultural Society

The East Bergholt Horticultural Society welcomes new members. The Society has been in existence since 1895, which makes it one of the oldest Horticultural Societies in the country. We currently have over 400 members, and the Society is thriving. Various events take place throughout the year – these include Speaker’s Evenings, a Plant Sale, trips to places of interest, our Annual Show in September, and our AGM in November. Events take place in the Constable Hall unless otherwise stated.

The Society’s Store is open to members from 09:30 to 10:30 on Sunday mornings from mid-February to mid-September for the sale of a range of gardening products, all at very keen prices. The Store is situated at the allotments to the rear of Robertson’s Alms Houses, adjacent to St Mary’s Church.

Membership is only £2.50 per person.

Contact: Andy Fenn

Tel: 01206 298908

Email: ebhs@btinternet.com

Web: eastbergholthorticulturalsociety.onesuffolk.net

Allotments Almshouses

There are nine Almshouses in the village administered by the East Bergholt United Charities. Elderly people who are in some way connected to the village usually occupy these.

For more information please contact eastbergholtunitedcharities@gmail.com

Stour Valley University of The Third Age

Cultural and educational activities run by and for people who are no longer in full time employment because they have entered their Third Age. Monthly meetings are held at 14.15 in the Constable Memorial Hall, East Bergholt, on the second Wednesday of the month, except December. Most importantly over 35 Study, Sporting and Social Groups now exist which include a Book Group; Churches, Cathedrals and Historic Buildings Group; Three & Five Mile Walking Groups; Discussion Groups; Language; Garden Visits; Wine Appreciation; Mah Jong; Classical Musical Appreciation; Science; Table Tennis; Ten Pin Bowling and Theatre and Film Groups.

An annual subscription of £12.00 entitles members to attend lectures and join Study Groups of their choice – and start their own! Visitors are very welcome and may attend individual monthly lectures for a small donation at the door.

Contact: Val Pretty (Membership Secretary) **Web:** u3asites.org.uk/stourvalley/home
See also our notice board by the Lion Public House

The Royal British Legion

The East Bergholt Branch of the RBL meets on the third Thursday of every even month throughout the year. Meetings are held in the Sports Pavilion at the Constable Fields at 19:30, where a large proportion of the Branch's 50+ members congregate for a friendly drink, a chat and to execute the business of the Legion in helping forces personnel past and present. All serving and past members of all HM Forces are welcome plus any other individuals who are interested in the work and comradeship of The Royal British Legion.

Contact: Steven Newman **Tel:** 01206 299435

Mothers' Union

Meetings are held on the second Thursday of the month in the West End meeting room of St Mary's Church at 14:30. The meetings commence with a short service of worship. We then welcome various visitors who have been invited to give a talk, discussion or demonstration.

We are always pleased to welcome new members.

A Communion Service is held at 09:30 on the first Wednesday of each month, to which all are welcome.

Contact: Jeanette Appleton **Tel:** 07768 418942 **Web:** www.musuffolk.org.uk

Sports Clubs

East Bergholt Sports Centre

The centre is within the grounds of East Bergholt High School on Heath Road. It is open to all ages and abilities during weekday evenings and weekend mornings. The centre's facilities include sports hall, gymnasium, multipurpose hard-court sports area and outdoor pitches.

There is a Fitness studio, which is open during all Sports Centre opening hours plus Mon, Thu and Friday mornings. The Fitness studio is accredited for its engagement with disabled people, there is a referral scheme with the Ipswich hospital and some GPs; it also caters for people of average or elite fitness.

There are fitness classes for 50+, Pilates and Circuit training. Courses run for children include Gymnastics, Trampoline and Football skills. There are many community clubs open for people to join e.g. Badminton, Power lifting (disabled people) and Martial Arts.

Badminton, Table Tennis and Tennis courts can be hired by the hour and equipment can be provided if you just want to give it a try. The Centre organises activities for children in the holidays and has equipment to host children's birthday parties from age 2½ years. You don't have to join the Sports Centre; it is a "pay as you go" centre.

Tel: 01206 299340 **Email:** ebreception@acleisure.com **Web:** acleisure.com/centres/east-bergholt/

Other Clubs and Organisations

East Bergholt Cinema

In the Constable Hall on the first Friday of the month. Tickets from Fountain House tearoom, or to reserve in advance phone Noelleen on 01206 299774 or buy at the door.

East Bergholt Community Council

The EBCC starts from the principle that it aims to facilitate and encourage the sense of community in East Bergholt, through activities involving meeting and getting to know the residents. These actions can be those of organising or assisting with activities for a whole range of different groups within the village and funding or fundraising activities, which encourage this.

Our membership is at about the 500 level and the annual membership fee of £5.00 supports the organisation of events such as: coach trips to places of interest, free pensioners' supper, Burns Night, pensioners' summer outing, bingo and fundraising for local causes. Activities are advertised in the Post Office noticeboard, outside Griers.

The activities are organised by a main committee for which members' ideas and help is always appreciated. Membership gives free entry into a draw held every three months with five cash prizes, the top being £100. It also allows free hire of cups, saucers, plates and cutlery etc, for parties or events up to the 60 off level and also access to a range of gazebos and support equipment.

Contact: Val James

Tel: 01206 298638

Constable Singers

We welcome new singers especially sopranos to join us – no audition, words provided, first session free, we just sing to enjoy ourselves. We meet at the Lambe School, East Bergholt each Thursday of the month starting at 19:00, apart from the second Thursday, when we meet at the Congregational Hall, East Bergholt. We sing music from the musicals and various popular songs. We currently have members from sixteen to eighty.

Contact: Yvonne on 01206 298408 or Mel on 01206 298628

East Bergholt Dramatic Society

We put on two major productions each year – usually at the end of March and November. We also participate in the local drama festivals and the odd murder – murder mystery – that is! If you would to join us either as an actor or in any of our many other backstage roles you will be most welcome. We meet on Tuesday and Thursday evenings at the Constable Hall. We can guarantee you a lot of fun and friendship so come along and join us.

Contact: Val Eldridge

Tel: 01473 311553

Contact: Alma Bowen

Tel: 01206 299055

Email: contact-us@ebds.org

Web: www.ebds.org.uk

Stour Valley Arts and Music

We present four or five concerts each season and one lecture. Events are either in the Constable Hall or in St Mary's Church in the village (usually Sunday afternoons). We offer a varied programme of chamber music of all periods played by professionals ranging from the internationally known and established quartet to the young soloist at the start of a successful career. The lecture usually covers a topic related to the arts. We also have one or two social events each year for members and friends and usually there are refreshments after the concerts in the Constable Hall, which provide a friendly and lively end to our events. We look forward to seeing you at one of our events.

Contact: Birte Kelly

Tel: 01206 298954

Contact: Doreen Weatherall

Tel: 01206 298426

Email: www.svam.org.uk

Stour Valley Music School

The school provides a wide variety of instrumental instruction, both for beginners and the more experienced pupils. We meet at East Bergholt Primary School during term time on Thursdays from 16:30 to 20:30.

Contact: Carla Brown

Tel: 01206 579516

East Bergholt Ballet School

Classes are held in the Constable Hall on Saturdays and are for children from 4 years to young adults. The syllabus we follow is the Royal Academy of Dance. Classes are taught by fully qualified and experienced teachers who care about each child and who's aim is to give the best tuition and the best experience possible.

Contact: Caroline Lavelle

Tel: 01206 298644 **Email:** Carolinelavelle@freeola.net.

Women's Institute

The East Bergholt WI meet at 7.30pm on the second Wednesday of each month at the Constable Hall in Gandish Road. The meeting finishes with refreshments and a social time. We also have a monthly walking group and arrange various days out during the year. The subscription for 2019 is £42 covering January to December and includes eleven meetings and the WI magazine. New members joining during the year pay a pro-rata subscription depending on the quarter when they join. We send a warm welcome to anyone who would like to join us at our meetings.

Contact: June Firmin

Tel: 01206 298742

East Bergholt Barbizon Twinning Association

Established in 1978. Barbizon is an interesting and attractive village south of Paris, close to Fontainebleau. Members of both communities make regular exchange visits and the primary schools in the two villages have established links.

Contact: Sandra Toyne

Tel: 01206 298445

East Bergholt Society

The Society was founded in 1972 to stimulate interest in the architecture, history and natural history of the village. Its aim is to preserve the best and improve the rest for the benefit of present and future generations. We maintain a photographic archive, publish booklets and a newsletter, and organise occasional lectures and visits.

Contact: Patricia Wright

Tel: 01206 298258.

Playing Field

There is a playing field located in Gandish Road. Play equipment includes swings, a slide, seesaw, tennis courts, cricket pitch and football pitch.

Halls

Constable Hall and Benneworth Lounge, Gandish Road

These premises are suitable for a wide variety of functions including wedding receptions. The Benneworth Lounge has a bar manned by the Community Council on a voluntary basis and is available for all hall functions that require it.

Contact: Adrian James

Tel: 01206 298638

Web: www.constablehall.co.uk

Email: constablehallbookings@hotmail.co.uk

Lambe School

Its benefactor, Edward Lambe, first opened this building over 400 years ago as a day school. Nowadays fully renovated and modernised it is available for booking on a regular basis, or for parties, receptions, meetings and events of all kinds. Fees are very reasonable with concessions for regular users.

Contact: Emma Chinnery, Booking Secretary

Tel: 01206 298078

Young People's Activities

Scouts and Cubs

There are no groups run in East Bergholt but there are a few which are not too far from the village. There is a cub pack in Brantham. Visit the Scouts website for more details. <https://scouts.org.uk/>

Guides, Brownies, Rainbows

There are currently no Groups in the village. There are flourishing groups are held at Capel St Mary or Brantham. For more information look up "join us" on www.girlguiding.org.uk.

Shops, Services and tearooms

The Coop General Store and Post Office The Street, East Bergholt	Tel: 01206 298239	
The Bakery The Street, East Bergholt	Tel: 01206 298285	
The Pharmacy	Tel: 01206 298267	
East End Butchers 65 Broom Knoll, East End, East Bergholt	Tel: 01206 392190	Email eastendbutchers@gmail.com
Cook and Son The Garage, Heath Road, East Bergholt	Tel: 01206 298245	
The Bike Doctor (Cycle repair - hire or sale) The Garage, Heath Road, East Bergholt	Tel: 01206 298646	
Armour Engineering Cemetery Lane, East Bergholt	Tel: 01206 299899	All types of light engineering and fabrication.
Grier and Partners (Land and estate agents) The Street, East Bergholt	Tel: 01206 299222	
Red Lion Antiques (incorporating Bow & Oak) The Street, East Bergholt	Tel: 07964784599	
Fountain House Tea Room The Street, East Bergholt	Tel: 01206 299955	
Oranges and Lemons, Burnt Oak Corner (Haberdashery and Tearooms)	Tel: 01206 299000	
Monthly Morning Market in the Lambe School	Tel: 01206 392190	(direct enquiries to East End Butchers)
Sarah Jane's Boutique, The Street,	Tel: 01206 299160	Open 10:00-15:00 Weds-Fri; 10:00-13:00 Sat

Mobile Services

Mobile services visit the village as follows:

Milk Delivery	East of England, Co-op Dairy Dairy Crest Dairies	Tel: 01473 240404 Tel: 0845 6063606
Solid Fuel Delivery	CPL British Fuels	Tel: 01473 827953
Take-away Food	Barry's mobile fish and chips Tues 16:45-19:15	Tel: 07710 338414
The Duke of Pizza	(outside Oranges & lemons) Weds 17:30-20:30	Tel: 01206 323250

Public Houses

The Carriers Arms	Heath Road, East Bergholt	Tel: 01206 298392
The Hare and Hounds	Heath Road, East Bergholt	Tel: 01206 298438
The Lion	The Street, East Bergholt	Tel: 01206 298332 (closed for refurbishing)
The Royal Oak	East End, East Bergholt	Tel: 01206 298221

Gattinetts Business Centre

List of businesses currently at the Gattinetts Business Centre:

The Old Stables – Capture Green Ltd	3C Lakelands Accountants
The Old Stables Stores – Rosie’s Boutique	3D Woodwork workshop
4A Lavender Hall Kindergarten	2A Edwards Design Group
4CD Office Suite	2B Pro-Duct Cleaning Ltd – Specialists in Air Duct Cleaning
Site office	2C J Quilts EMAIL
Room 1 Voice Workshop	2D Condor Tool and Die Ltd
Room 2 Epitome Training	1A and 1B Pro-Duct Cleaning Ltd – Specialists in Air Duct Cleaning
Room 3 Dedham Vale Home Care	1C Pressi
Room 4 Gillbanks Family Law	1E and 1F Eastern Family Services
Room 5 East Bergholt Parish Council	1G Home Financial Services Ltd
Room 6 Dunwell Property Management	1H Sussed Out Suspension
3A Capture Green Ltd	
3B Fitness and Therapy	

Miscellaneous Useful Telephone Numbers and Information

Police	Non-emergency: Emergency, if life and limb are threatened	Tel: 101 Tel: 999
Local Station	Capel St Mary Opening hours: 09:00-14:00 - Phone line manned at all times	Tel: 01473 613500
Electricity	Emergency and loss of supply	Tel: 0800 7838838
Gas	Emergency gas leaks New supply	Tel: 0800 111999 Tel: 0845 9555510
Water	Anglian Water - Emergencies: 24 hours	Tel: 0845 7145145 Tel: 0845 7919155 (Accounts)
Telephone	British Telecom Customer Services	Tel: 0800 800150
Social Services	(Located Hadleigh)	Tel: 01473 823948
Benefits Agency	St Felix House, Silent Street, Ipswich	Tel: 01473 267700
Citizens Advice Bureau		Tel: 01206 765331 or 01473 219777
Disabled Advice Bureau		Tel: 01473 217313
Disabled Shopmobility		Tel: 01206 369099 or 01473 222225
Suffolk Domestic Violence		Tel: 0800 7835121
Relate		Tel: 01245 258 680 or 01473 254118
Ipswich & District Widows Advisory Centre		Tel: 01473 254818
Samaritans		Tel: 01206 561234/01473 211133
Cruse Bereavement Care		Tel: 01473 230888/01206 363008
Youth Support - Free support for teenagers 13-19 years		Web: www.thesource.me.uk
Drop-in centre, Infobar		Tel: 0800 0854448
37-43 Fore Street, Ipswich IP4 1JL		Email: thesource@suffolk.gov.uk

Veterinary Surgeons

Penrose and Partners	Stratford St Mary	Tel: 01206 323414
Barn Veterinary Practice	Copdock	Tel: 01473 730213
Highcliff Veterinary Practice	Hadleigh	Tel: 01473 822704
Highcliff Veterinary Practice	Brantham	Tel: 01206 391511

Library

Manningtree Library	High Street, Manningtree	Tel:	01206 392747
(closed Mondays and Wednesday afternoons)			

Train Information

Enquiry service for advanced timetable and fares	Tel:	0845 748 4950
Traveline - Nearest mainline station is Manningtree	Tel:	0871 2002233
National Rail enquiries	Tel:	0845 7484950

Cinemas

Odeon	Colchester	Tel:	0870 5050007
Cineworld	Ipswich	Tel:	0870 9070748
Ipswich Film Theatre	Corn Exchange, Ipswich	Tel:	01473 433100

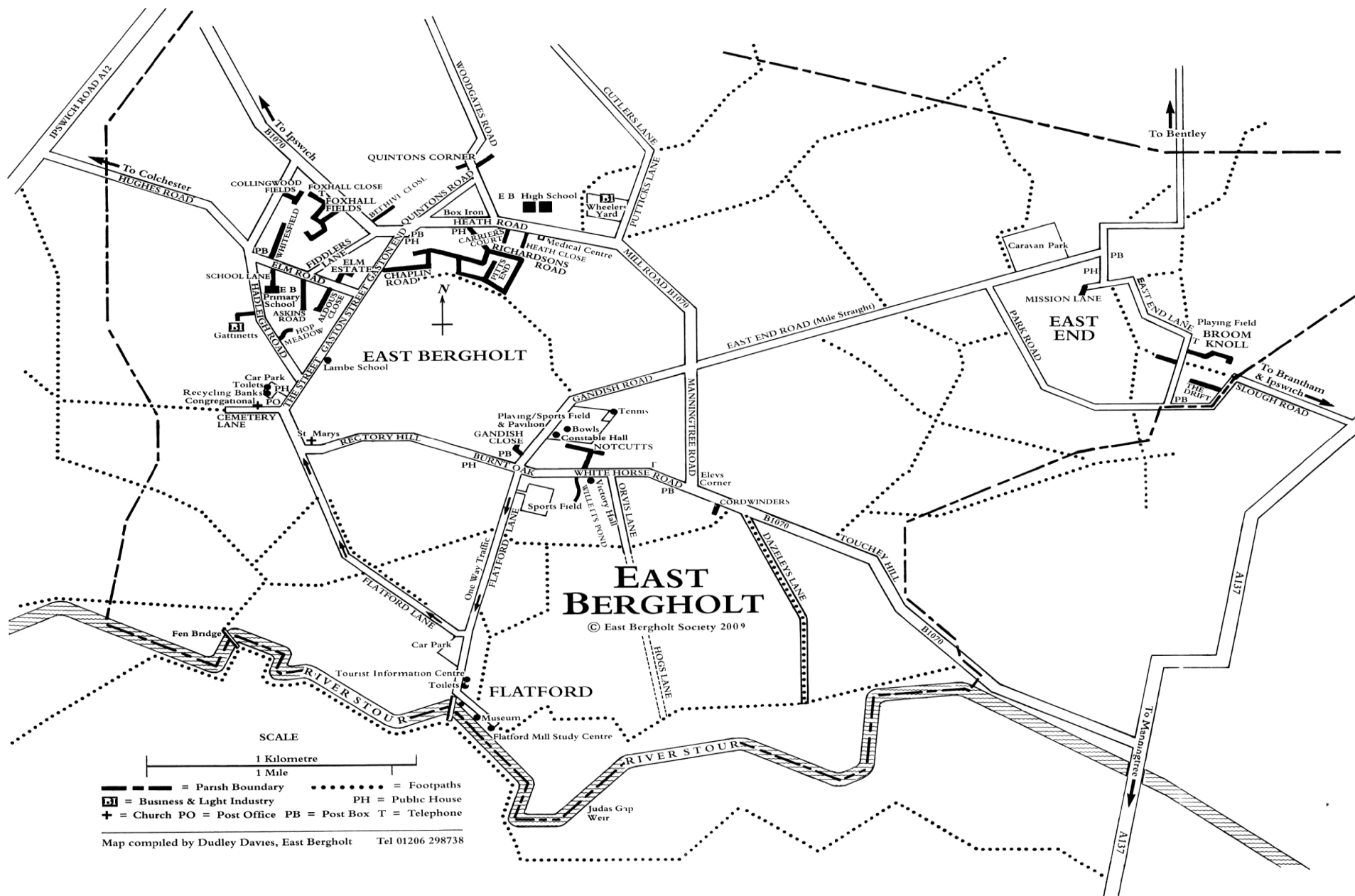
There is a film shown in the Constable Hall once a month on a Friday night.
For further information - <https://www.eastbergholt.org/>

Theatres

Regent	Ipswich	Tel:	01473 433100
Wolsey	Ipswich	Tel:	01473 295900
Corn Exchange	Ipswich	Tel:	01473 433100
Mercury	Colchester	Tel:	01206 573948

Leisure Centres

Leisure World	Colchester	Tel:	01206 282000
Crown Pools	Ipswich	Tel:	01473 433655
Buses	Traveline	Tel:	0871 200 2233
Post Office Counters	Help line	Tel:	0345 223344
Royal Mail	help line	Tel:	0345 740740
Tourist Information	Colchester	Tel:	01206 292920
	Ipswich	Tel:	01473 258070
Inland Revenue	Colchester	Tel:	01206 737300
	Ipswich	Tel:	01473 261400
Suffolk Health Authority		Tel:	01473 323323



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