



EastBergholt

parish magazine

July 2026

EMERGENCY NUMBERS

Police, fire, ambulance	999
Police (non-emergency)	101
Police (Capel St Mary station, non-emergency, limited hours)	01473 613500
Electricity	105
Gas	0800 111999
Water	03457 145145
Samaritans	116123

HEALTHCARE

Constable Country Medical Practice , Heath Road	01206 298272
Dentists: Capel Dental, Capel St Mary	01473 311130
Manningtree Dental Practice	01206 391065
Day Lewis Pharmacy , Gaston Street	01206 298267
Hospitals: Ipswich Hospital NHS Trust, Heath Road, Ipswich	01473 712233
Colchester District General Hospital, Turner Road, Colchester	01206 747474
Highcliff Veterinary Practice , Brantham	01206 391511
Defibrillator locations: <i>East Bergholt:</i> Constable Memorial Hall, CO7 6TP; East End Butchers, Broom Knoll, CO7 6XN; The Grange Country Park, CO7 6UX; KMC garage, Heath Road, CO7 6RL; telephone box by The Lion, The Street, CO7 6TB; The Royal Oak, East End, CO7 6XA; <i>Flatford:</i> Tourist information; National Trust upper car park. Note: You must call 999 for a defibrillator code in order to use any of these devices.	

SCHOOLS

East Bergholt C of E Voluntary Controlled Primary School , School Lane. Headteacher: Clare Sampson	01206 298202
East Bergholt High School , Heath Road. Headteacher: Dan Woodcock	01206 298200

CHURCHES

St Mary the Virgin, East Bergholt (Church of England)	
Rev Chris Willis, The Rectory, Brantham	revchris@constablebenefice.org /07566 871270
Churchwarden: Fiona Trott	fiona.trott13@gmail.com /01206 298205
Churchwarden: Jackie Reeves	jackiereeves23@hotmail.com /01206 299973
Benefice administrator	michelle@constablebenefice.org
Congregational Church, East Bergholt	
Church secretary: John Jeffreys	jeffreysjohn186@gmail.com /01206 298737
Methodist Church, Brantham	
Church council secretary: Jackie Cooledge	jcooledge25@gmail.com
Church of the Holy Family, Brantham (Roman Catholic)	
Rev Fr Luke Goymour	revgoymour@googlemail.com /01473 684963

LIBRARIES

Capel St Mary Library , Community Centre, The Street, Capel St Mary	01473 311699
Manningtree Library , High Street, Manningtree	01206 392747
Mobile library: Ipswich Mobile Library Route 4 visits East Bergholt every 4 weeks, on a Friday. Locations and times at suffolkcommunitylibraries.co.uk	
	01473 263838

IN YOUR PARISH MAGAZINE THIS MONTH

2 High School update

What's been happening in the classroom, on the playing fields, in the community...and on the stage.

3-9 St Mary's Church, East Bergholt

The latest news and events, plus photos from a Constable-themed flower festival.

10-11 Local churches

St Mark's Roman Catholic parish and Brantham Methodist Church.

12-26 Clubs, societies & associations

Local sports - football, cricket, bowls and tennis...

Trees for your garden...

Constable "paint by numbers"...

Poetry - is old age really a disease?

Comedy capers from BATS...

And much more...

16-17 Constable Country Churches calendar

All the month's services at the Church of England parish churches in East Bergholt, Bentley, Brantham and Tattingstone.



27-33 Local issues & opinions

News from your local councils on the elections, policing, roads... and your district councillor's list of frustrating issues. Plus a look at countryside and farming issues in our Rural Report.

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EAST BERGHOLT HIGH SCHOOL

2025-2026: achievements, acts of service, and exciting developments



As another busy and successful year moves toward its conclusion, it is a good time to reflect on the many achievements, acts of service, and exciting developments that continue to shape our school community.

One of the most inspiring aspects of recent months has been the generosity demonstrated by our students during House Weeks.

Through a wide range of fundraising activities, our young people have raised more than £3,000 for a number of worthy causes, including The Prince's Trust, Emmaus, Rainbow Trust, Save the Children, and MIND. Their enthusiasm and commitment to supporting others reflects our values of "be kind, be positive, be the best you can be", which lie at the heart of our school.

Our students have also excelled in sport. We are particularly proud of our girls' teams, with our Under 12, Under 13, and Under 15 football teams each winning their respective county championships on successive evenings. This is a remarkable achievement that highlights both talent and determination. Girls' sport continues to flourish across the school; we were delighted to see our Year 10 rugby players recently embark on a successful tour, further demonstrating the breadth of opportunities available to our students.

Academic success has also been celebrated. Our modern foreign languages students achieved outstanding results in the prestigious Have Your Say competition, securing a first and second place against strong competition that included entries from the independent sector. This achievement is a testament to their linguistic skill and the excellent support provided by their teachers.

Looking ahead, there is much to anticipate. Plans for the school's rebuild continue to progress well, with work expected to commence during the autumn term. This exciting development represents a significant investment in the future of our students and the wider community. We look forward to sharing further updates as the project advances.

Before then, we have another highlight to enjoy: our forthcoming production of Into the Woods in July. Our performers are busy rehearsing and perfecting their lines before delivering what promises to be a wonderful show. We look forward to welcoming audiences to what is sure to be a memorable performance.

As ever, we remain grateful for the continued support of our families, parish, and wider community. - Dan Woodcock, headteacher, East Bergholt High School



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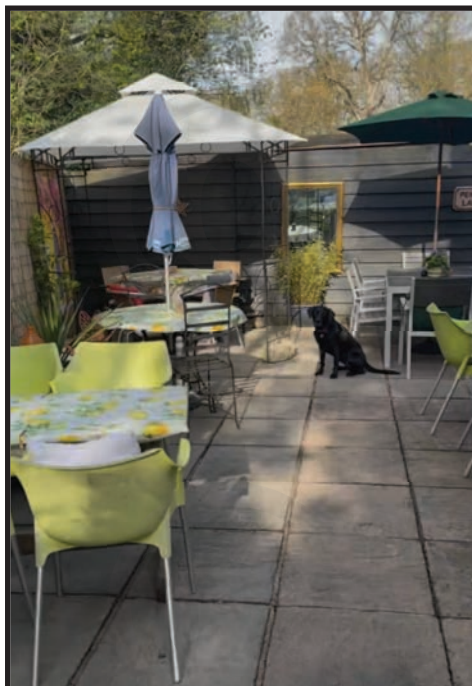
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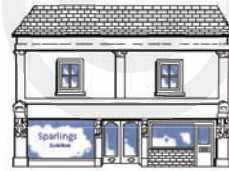
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Facebook: [stmaryseastbergholt](https://www.facebook.com/stmaryseastbergholt)

YouTube: [Constable Country Churches](https://www.youtube.com/constablecountrychurches)

DATES FOR YOUR DIARY AT ST MARY'S CHURCH

Last chances - don't miss the opportunity:

4th July Men's breakfast at 9.00am with the River Stour Trust - book your place via stmarysevents@gmail.com

18th July Blues jazz concert

26th July-5th August Knitted Bible exhibition

The rest of the year:

5th September Men's breakfast at 9.00am - book your place via stmarysevents@gmail.com

7th November Men's breakfast at 9.00am - book your place via stmarysevents@gmail.com

15th November Jubilate choral evensong

5th-6th December Christmas tree festival

EVERYONE IS WELCOME!

Men's Breakfast

**Saturday 4th July 2026
at 09:00**

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Alan Chattell

will be talking about the River Stour Trust

In the West End meeting room at St Mary's
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*John Etheridge's Blue Spirits Trio
with special guest Vimala Rowe*



Date:

Saturday 18th July 2026

Time:

Doors at 6.30pm, concert starts at 7pm

Venue:

St Mary's Church, The Street, East Bergholt CO7 6TG

Ticket price:

£20 with concession for under 16's - £10

Tickets via ticketsource link:

www.ticketsource.co.uk/east-bergholt-pcc/t-glyqyz

Bar available at the church for the purchase of wine and soft drinks, but bring your own snacks.

KNITTED BIBLE EXHIBITION



We are very excited to be hosting a really unusual exhibition of knitted scenes from both the Old and New Testaments of the Bible. Do come and visit St Mary's from Monday 27th July to Monday 3rd August to see them.

Meanwhile, following on from last month's quiz, here's another little puzzle to whet your appetite. Bring your answers along with you to church when you visit the displays, and a small

prize will be waiting for you.

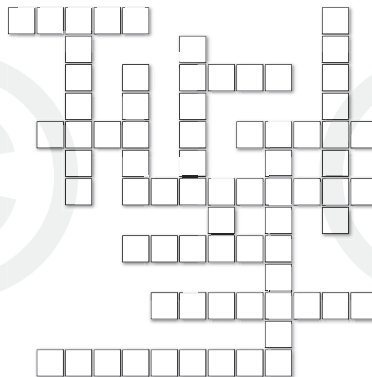
Don't forget that we are asking for knitted bunting. Pick up a pattern at the church if you missed May's parish magazine. A knitting session will be held on Wednesday 1st July at the Knit and Knatter coffee morning at church from 10.00am to 12.00 noon. - Jackie Reeves and Fiona Trott

The Last Supper

Matthew 26 v 17 - 30



Fit the words into the grid!



3 LETTERS
CUP

4 LETTERS
HYMN
WINE

5 LETTERS
BREAD
JESUS
JUDAS

6 LETTERS
SUPPER
THANKS

7 LETTERS
SINGING

8 LETTERS
BETRAYER
PASSOVER

9 LETTERS
DISCIPLES
JERUSALEM
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Bible Fill in by bibleworksheets.org

A FLORAL CELEBRATION OF JOHN CONSTABLE'S 250TH ANNIVERSARY

St Mary's Church, East Bergholt, has celebrated the 250th anniversary of the birth of John Constable - born in the village - with a week-long floral and art display. Within the beautiful surroundings of the church, the flower-arranging team transformed the space into a unique gallery inspired by his paintings and the beauty of Constable Country.

Floral displays, using a blend of locally-grown garden and wild flowers, framed a collection of Constable-inspired artwork, created by talented local schools and community groups.

Taking inspiration from Constable's landscapes, skies and portraits, the varied artwork was created by East Bergholt Young Explorers, East Bergholt CEVC Primary School, East Bergholt High School, the local WI and the U3A art group. - *Sophie Hitchcock, with additional photos by Laura Roberts*



Paintings by the WI (top right) and East Bergholt Primary School (bottom right)



*Paintings by East Bergholt Young Explorers
(top left)*



Painting by the u3a (below)



LOTTERY UPDATE

While we wait to hear if we have been successful in our grant application for the proposed building works to St Mary's Church, we would like to remind everyone to consider whether you are able to help us with match funding, by making a regular donation or a one-off payment. One suggestion is to give up a drink per week and donate the money you will save to the church. Every pound helps! - *Jackie Reeves and Fiona Trott*

CONSTABLE CHURCHES MOTHERS' UNION



This month we have our annual afternoon tea on 9th July at 2.00pm at 1 Links, Fiddlers Lane, East Bergholt CO7 6SJ. All are very welcome. This will be a time of fun and fellowship as we enjoy a spread of cakes and tea and raise funds for our Away From It All (AFIA) holiday fund. This summer AFIA will fund a church holiday camp in Ipswich for 30 children, and sports holiday camps in Newmarket and Ipswich for 20 at each location.

Our Wave of Prayer service on 16th July at 2.00pm at St Mary's Church, East Bergholt is when we come together in faith and prayer with our link dioceses of Byumba in Rwanda, Lucknow in northern India, Jalingo in Nigeria and Lake Malawi in Malawi. For three days, branches across our diocese are at the crest of a wave of prayer that continues around the world throughout the year. - *Jeanette Appleton*

ST MARY'S BABY & TODDLER GROUP

Every Friday during term-time,
9.30am to 11.30am.

*We're a relaxed and fun play group
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St Mary's Church, East Bergholt for
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**July: 3rd, 10th and 17th (teddy bears'
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**FIRST WEDNESDAY OF EACH MONTH
(EXCEPT AUGUST) 10AM-NOON**

St Mary's Church, East Bergholt
In the West End meeting room at St Mary's
(door opposite the war memorial)

Have you recently lost a loved one?

If you have recently lost a relative or loved one with links to East Bergholt, **you are invited to submit an In Memoriam item for the parish magazine.**

This is a **free service** and there is **no requirement** for you or the loved one to be a member of the congregation at St Mary's, or to have had a funeral service there.

Your article should be around 350-400 words and we can publish one photograph too. (Items may be edited slightly.)

Please email it to eb.parish.magazine@gmail.com.

The deadline is the 5th of each month.



LOCAL CHURCHES

ST MARK'S ROMAN CATHOLIC PARISH

St Mark's, Hawthorn Drive, Ipswich IP2 0QQ
Holy Family Church, Ipswich Road, Brantham CO11 1TB

Parish priest: Rev Fr Luke Goymour

The Presbytery, 180 Hawthorn Drive, Ipswich IP2 0QQ

Tel: 01473 684963 Email: revgoymour@gmail.com

website: stmarksparish.org.uk

Father Luke's Sunday sermons are available at anchor.fm/fr-luke-goymour

Living with hope for the future

The Christian message was revolutionary, and probably startling, to pagans in the early days of the church. They were effectively slaves to their gods and had no hope of a life beyond their relatively short lives on this earth. Christianity introduced them to the resurrection of Jesus and the prospect of an afterlife with Him. It also introduced mercy, love and care for the poor - unknown in Roman society.

In the Acts of the Apostles (4:32) we hear that *"All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had."* In these troubled times, when it's difficult to know what is true and what is not, and when life seems to be a struggle, we can return to Jesus's messages in the New Testament and be reassured that this earth, with all its problems, is not our final destination.

Weekday and Sunday masses and devotions

Please consult noticeboards and the parish website in case of weekday mass changes.

Saturday **5.30pm** St Mark's, Ipswich vigil mass, with confessions from 5.00pm

Sunday **8.00am** Holy Family, Brantham mass
 11.15am St Mark's, Ipswich mass

Tuesday **10.00am** Holy Family, Brantham mass, with Adoration from 9.20am

Wednesday **9.30am** St Mark's, Ipswich mass

Friday **12.15pm** St Mark's, Ipswich mass, with Adoration from 11.40am

The sick and housebound

Please let Father Luke know of anyone who is ill at home, housebound or in hospital, so that they may receive appropriate pastoral care; he can be contacted on 01473 684963. If you or a family member are in hospital you can also contact the Catholic lay chaplain to Ipswich Hospital at hospitalchaplain@stmarksparish.org.uk. - Kathy Pollard



BRANTHAM METHODIST CHURCH

Rev Steve Mann (minister)

8 Roundridge Road, Capel St Mary IP9 2UG

Tel: 01473 311178

Email: irmaminister@methodistic.org.uk

Christianity - It's all in the game

You're probably reading this while the World Cup is still taking place - the football World Cup, that is. In which case, I hope that England are still in and are progressing well.

I probably didn't need to clarify which sport I was talking about, but there was a time when the football and cricket seasons were more clearly separated from one another. Cricket was played in the summer and football the rest of the time. Indeed, Portman Road in Ipswich, today the football ground, was shared between football and cricket for much of its early history.

You might be surprised to learn that the connection between football and cricket has more to it than just ground-sharing. Many of today's top football clubs have their origins in cricket. Cricket is a summer sport, so how do you keep your players fit and engaged out of the cricket season? As football gained popularity in the mid-to-late nineteenth century it was a solution grasped by cricket clubs: form a football team.

You might be even more surprised to learn that many of these emerged from church cricket teams - Aston Villa, Everton and Fulham, to name just a few at Premier League level - while many others including Man City and Spurs originate from churches seeking to provide for their communities.

Much of what we take for granted in UK society has been influenced for the better by Christianity. The legal system, education, healthcare, the arts and so much more have been impacted. As you thank God for those influences that have shaped our world today, don't forget to add football and cricket too. - *Steve Mann*

Sunday services (at 11.00am unless otherwise stated)

5th July	John Anthony
12th July 2.30pm	Rev Steve Mann, with Holy Communion
19th July	Ruth Loggie
26th July	Roger Theobald

Coffee morning

Saturday 25th July, 10.30am-12.00 noon

CLUBS, SOCIETIES & ASSOCIATIONS

EAST BERGHOLT HORTICULTURAL SOCIETY (founded 1895)

eastbergholthorticulturalsociety.onesuffolk.net
ebhs.horti@gmail.com • find us on Facebook and Instagram



We have had a busy time recently, with the Fish and Chip Supper Quiz and Black Poplar Tree Event. Thanks to the generosity of our members in buying raffle tickets we not only covered the costs but made a small profit, all grist to the mill when it comes to paying for the annual Society Show.

The Black Poplar Tree Event proved very successful. David Appleton, the tree warden responsible for the black poplar project in Suffolk, gave an excellent talk, with many attendees signing up to take trees in the fall. (See the article on page 13 for details of how to get one yourself.) The tree wardens are keen to get trees planted in our village.

The Annual Horticultural Society Plant Sale took place on Saturday 18th May. As ever, members and villagers rose to the occasion, donating a fine assortment of plants and gardening oddments, practically all of which were sold by the end of the morning. Thank you to all who donated, assisted and attended what proved to be a very successful plant sale. May I offer special thanks to Andrew Owens, who provided the sale with an excellent collection of his prized dahlias, Beryl for her phlomis, and Richard for the crates of strawberry plants.

This reminds me to remind you not to forget the Society Store. With summer now upon us we will need fertilisers, labels, string, canes, and growbags aplenty for our tomatoes, cucumbers and peppers; why not buy these from the Society Store? We look forward to seeing you there. - *Steve Feeney, chairman*

Gardening tips for July

As I write these tips on 4th June, we have at last had some much-needed rain. Hopefully our lawns will be green again soon, and don't be tempted to mow them too short!

Jobs for July: if lupins, oriental poppies and delphiniums have bloomed, cut spent stems back to the base of the plant, encouraging healthy plant growth. They may bloom again later in the season. This also applies to geraniums and penstemons.

Keep deadheading summer bedding plants, prolonging their blooming. Make sure newly-planted trees and shrubs are regularly watered. This applies to baskets and tubs too. Prune wisteria and remove unwanted suckers, as well as suckers around trees and shrubs. Roses may need spraying at 10-to-14-day intervals, and give them a feed (available at the Society Store to members) to ensure a good second flush. Watch out for slugs and use a deterrent of your choice. Potbound houseplants may need repotting.

Many veg will be ready to harvest, and soft fruits too - there's nothing like homegrown! Keep nipping out side shoots of tomatoes and feed them per instructions (tomato food is sold at the Store). It's not too late to make a second sowing of runner beans. Pick courgettes when they are about 15 cm long, and look under leaves - they hide.

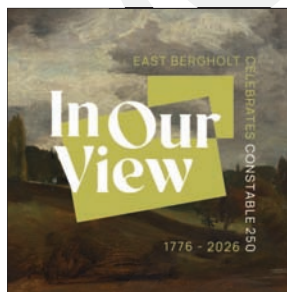
Make sure you find time to sit and relax in your gardens. If you are going away, enjoy. Our Annual Show is on Saturday 5th September. Perhaps start planning what you are going to grow, make or take (photos). Please have a go, there are so many classes.

Reminder: our Store is open to members (new ones welcome) on Sunday mornings 9.30am-10.30am. And lastly remember the birds! - *Janet Alcoe*



EAST BERGHOLT SOCIETY

The Constable Tree Event: Keeping Bergholt Green and Leafy
A Greener East Bergholt project of the East Bergholt Society with the Horticultural Society



For those of you who may have missed the launch of our village tree event on 12th May, the project is running till the end of December this year.

The aim is for residents in East Bergholt and local landowners to plant or sponsor the planting of young trees provided by the Suffolk Tree Warden Network.

We are promoting this in celebration of John Constable's 250th birthday year, acknowledging the painter's favourite trees and ensuring a legacy of more trees of these species in the village in future years.

One of Constable's favorites was the black poplar, which went into decline in Suffolk in the 20th century, but is now being regrown and nurtured by the tree wardens.

We were pleased to have had a great take-up of trees at our launch event in May, and we are keen to take orders for more saplings online.

The trees will be made available for planting from the end of November onwards; they will be delivered to the Horticultural Society's compound adjacent to St Mary's Church in East Bergholt.

All trees are priced at £5 each and are supplied with a stake and protective tube. All money generated will be donated to the Suffolk Tree Warden Network, which is a voluntary service and does so much for our countryside.



Trees on offer include black poplar, hawthorn, field maple, oak, hazel, hornbeam (county tree of Suffolk), white elm, and silver birch. Please note that the black poplar is not suitable for small gardens, and the white elm is resistant to Dutch elm disease.

Our team, together with David Appleton of Suffolk Tree Warden Network, also includes East Bergholt Horticultural Society and our village tree warden, Simon Rothwell, who can assist with planting if necessary.

You can ask that your tree (or trees) be planted elsewhere in the village if you cannot accommodate it in your garden.

To order trees contact Nicki Reed of the East Bergholt Society at nicki@honkmedia.co.uk.
- John Lyall



EAST BERGHOLT WI

Our members have enjoyed two day trips over the last few months. In April we had a tour of Christchurch Mansion in Ipswich, where we were also able to view some of John Constable's artwork, then in May we had a trip by minibus to Somerleyton Hall near Lowestoft, where we explored the house and grounds. In August we are looking forward to another day out with a visit to Helmingham Hall, near Stowmarket.

At our June meeting two of our members helped Helen Garth, our speaker, demonstrate how different colours and shades of fabrics suit different people. Helen explained that this also applies to the colour of lipstick we use, and finished her talk by showing us a variety of ways to tie a scarf.

Our next meeting will be on 1st July at 7.30pm at the Constable Hall, where Alec Marsh, a writer of historical fiction, will be our speaker.

For further information please contact our president Tina Hurley on 01206 298223 or Gill Rattray on 01206 298380. You can also visit our website at eastbergholtwi.wordpress.com, check out our Facebook page or just come along to our next meeting and see what we are all about. - Gill Rattray

Join the Land Army

Tea Dance, an East Bergholt WI event

Talk by the Soilcinderellas

Dancing 40's style tuition from Susan Andrews

Afternoon tea served by the WI members

Doors open 1.30pm for a 2pm start concludes at 5pm

Tickets £15.00 contact Heather on 07719726168

or Jenny on 07715929974



WEDNESDAY 1ST JULY Constable Hall

**Put on your dancing shoes (no stilettos)
and bring your spirit of celebration.**

COMMUNITY CAFE

*Fridays at the Constable Hall,
Gandish Road, CO7 6TP*

Everyone welcome!

*11.00am tea/coffee and a chat
12.30pm a two-course lunch for £6*

Booking for lunch is essential.

For more details call 01206 298638
or 01206 298692.





St Mary's, East Bergholt



St Michael's, Brantham



St Mary's, Bentley



St Mary's, Tattingsstone

Services in July

Services in blue are intended to be particularly child-welcoming

ST MARY'S, EAST BERGHOLT	ST MICHAEL'S, BRANTHAM
Wednesday 1st 9.30am BCP Communion Service Sunday 5th 8.00am BCP Communion Service 10.30am Connect Service - a service for everyone - children's activities included Sunday 12th 10.00am Morning Worship with Communion 4.00pm family@church - suitable for children with parents (pre-school and primary) 6.30pm The Gathering (a service with a contemporary feel) Sunday 19th 8.00am BCP Communion Service 10.00am Morning Worship with Communion Sunday 26th 10.00am Morning Worship 6.30pm The Gathering (a service with a contemporary feel)	Sunday 5th 10.30am Connect Service (at East Bergholt) - a service for everyone - children's activities included Sunday 12th 10.30am Morning Worship with Communion 6.30pm The Gathering (a service with a contemporary feel held at East Bergholt) Sunday 19th 11.00am Morning Worship with Communion Sunday 26th 10.30am Morning Worship 4.00pm Family at Church - suitable for children with parents (pre-school and primary) 6.30pm The Gathering (a service with a contemporary feel held at East Bergholt)
ST MARY'S, TATTINGSTONE	ST MARY'S, BENTLEY
Sunday 5th 10.30am Connect Service (at East Bergholt) - a service for everyone - children's activities included Sunday 12th 6.00pm Evensong 6.30pm The Gathering (a service with a contemporary feel held at East Bergholt) Sunday 19th 9.30am Morning Worship with Communion Sunday 26th 10.00am Morning Worship with Communion 6.30pm The Gathering (held at East Bergholt)	Sunday 5th 10.30am Connect Service (at East Bergholt) - a service for everyone - children's activities included Sunday 12th 10.00am Morning Worship with Communion 6.30pm The Gathering (a service with a contemporary feel held at East Bergholt) Sunday 19th 10.00am Morning Worship Sunday 26th 10.00am Morning Worship with Communion 6.30pm The Gathering (held at East Bergholt)



This month the focus will be on Ipswich, and Constable's masterpiece The Hay Wain. The painting will be in Suffolk for the first time - the star of the second Christchurch Mansion exhibition which opens on July 11. It's only the second time that the painting has left the National Gallery in London.

The parish council is pleased to be paying for a coach to take the Year Two class at East Bergholt Primary School to see the exhibition - and hope they enjoy it.

But there's plenty happening in East Bergholt and Flatford as you can see - with particularly intriguing events at Constable Hall: the live broadcast of BBC Radio 4's Any Questions on July 17, and a mixed reality/immersive technology art exhibition in August - get those headsets on!

EVENTS

Now to end September

NATIONAL TRUST FLATFORD

Regular guided tours of Flatford, 11.30am.

<http://www.nationaltrust.org.uk/flatford>

Now to end November

EAST BERGHOLT SOCIETY & EAST BERGHOLT HORTICULTURAL SOCIETY

Constable Tree Project. Orders are still being taken for trees.

July 10 - 13

NATIONAL TRUST FLATFORD

Summer Draw-In art event.

Organised by the Ipswich & Colchester Art Societies.

11am-4pm.

www.nationaltrust.org.uk/flatford

July 11 - October 4

CHRISTCHURCH MANSION

The Hay Wain: Walking Constable's Landscapes exhibition.

<https://ipswich.cimuseums.org.uk/constable250>

July 11

DEDHAM PARISH CHURCH

Constable and the Countryside: an evening of words and music with talks by Susan Owens, Emma Roodhouse & Jules Pretty, music from local musicians 7pm - Tickets £12 from Eventbrite Constable and the Countryside

July 17

CONSTABLE HALL - BBC Radio 4

Any Questions live broadcast..

Tickets will be available via

Ticketsource.co.uk

July 19

NATIONAL TRUST FLATFORD

Rivers & Skies art residency in partnership with the Essex Cultural Diversity Project.

Meet the artists Tom & Phoebe and discover more about the project.

11am-3pm

<http://www.nationaltrust.org.uk/flatford>

August 1 - 2

NATIONAL TRUST FLATFORD

Suffolk Archives on Tour bring their mini Constable Exhibition & Crafts to Flatford.

11am - 4pm

<http://www.nationaltrust.org.uk/flatford>

August 17 - 23

CONSTABLE HALL

Unconventional Constable mixed reality art exhibition, a Constable 250 event

<https://ipswich.cimuseums.org.uk/constable250>

August 18 - 20

NATIONAL TRUST FLATFORD

Rivers & Skies art residency in partnership with the Essex Cultural Diversity Project. Lunchtime chats with artists Tom & Phoebe - 1pm

<http://www.nationaltrust.org.uk/flatford>

August 24 - 30

NATIONAL TRUST FLATFORD

Rivers & Skies art residency in conjunction with the Essex Cultural Diversity Project. An immersive video installation celebrating

Constables birthday year.

<http://www.nationaltrust.org.uk/flatford>

August 28

NATIONAL TRUST FLATFORD

Packing Shed Theatre production of The Hay Wain, 7.30pm

book tickets via

<http://www.nationaltrust.org.uk/flatford>

From September

EAST BERGHOLT COMMUNITY COUNCIL

The two painting-by-numbers canvases started at the Summer Fair will be finished by pupils at the High School and Primary School.

September 5

EAST BERGHOLT HORTICULTURAL SOCIETY

Annual show with Constable themed categories, Constable Hall 2pm

October 24 - February 28 2027

CHRISTCHURCH MANSION

Constable to Contemporary exhibition. The third and final Constable 250 exhibition in Ipswich. <https://ipswich.cimuseums.org.uk/constable250>

For more information on events - visit the organisers websites, or East Bergholt Parish Council website/In Our View page - eastbergholt.org/in-our-view

All event details listed here were correct at the time of printing.

EAST BERGHOLT AND BARBIZON TWINNING ASSOCIATION

The committee was shown one of the two blank canvases that East Bergholt Community Council provided for residents to “paint by numbers” at the village fair in June, and we hope that many of you were able to participate in this unique way of celebrating the birth of John Constable 250 years ago.

Three canvases in total will have been completed.

The two at the fair were *Golding Constable’s Flower Garden* (1815) and *A Boat Passing a Lock* (1826).



Stephen Miller (left) and Guy Clubb with one of the blank canvases

The third work is *Golding Constable’s Kitchen Garden* (1815) and has been painted by residents of Barbizon, France, with which East Bergholt is twinned. This reflects both Constable’s importance to the Barbizon School painters and the continuing bonds of friendship between the two villages through their twinning association.

The two garden paintings show the flower and kitchen garden which belonged to Constable’s parents Golding and Ann. They were so personal that they remained with him all his life. They are now owned by Christchurch Mansion, Ipswich.

A reminder: in May next year the opportunity is open to all residents to join us in visiting Barbizon. - *Margaret Macallan*

BATS

presents...Look Out! He’s Got a Gun!

10th-11th July and 17th-18th July at Brantham Village Hall, 7.30pm



Scotland Yard’s top ‘tecs are baffled. What’s the link between the Purple Cockatoo nightclub and a ring of white slave traders who are abducting jolly nice gals?

In a desperate bid to solve the case they call in crime novelist and amateur sleuth Steve Dexter and his lovely wife Eve. Can they crack the case before the delectable Eve falls victim to the fiendish kidnappers?

Look Out! He's Got a Gun! Is a fast-moving and light-hearted homage to the radio serials and British B movies of the 1940s and early 1950s, where the stiff upper lips of amateur sleuths won the day and beat the most dastardly of villains. The cast tackle a variety of challenging roles including a crooked American, a deranged inventor and a sexy Spanish singer.

Written by Phil Mansell, it premiered at the Javea Players Studio Theatre in December 2019 to a sell-out audience and received very favourable reviews. Come and watch BATS perform this very funny spoof performed over two weekends in July. (But note that it's not suitable for children, containing some adult humour.)

Tickets available online at www.batsonline.co.uk and in person from GuysandDolls 2, Acacia Court, Brantham. - *Rachel Bach*



Regency 'Constable' FANCY DRESS PARTY
19th of September 8 until 12.00
Old Hall East Bergholt CO76TG
Bring Drinks
Old Fashioned DJ's!!
Enter through Lynch Gate
Park behind Redlion
Tickets will be on EventBrite
nearer the time

This magazine is delivered free of charge to almost 1,400 homes and businesses around East Bergholt. Contact details for editorial and advertising are on the back page.



Brantham Amateur Theatrical Society
presents

LOOK OUT... HE'S GOT A GUN!

A light-hearted comedy
written by Phil Mansell

July 10th/11th and 17th/18th
at 7.30pm
at Brantham Village Hall.

Tickets available from our website
www.batsonline.co.uk
or from Guys and Dolls 2 Hair salon,
Acacia Court, Brantham



For updates please visit our
website or social media pages
or contact our box office to
be added to our mailing list.



EAST BERGHOLT UNITED FOOTBALL CLUB



The last month: The season concluded with the best overall club successes in many years. The First Team and the A Team both finished fourth in their leagues, but the Reserves went even better and were the Division Two champions. On top of this our teams featured in three

semifinals, to give the club great encouragement for next season.

Fixtures for 2026-2027: League fixtures are available at fulltime.thefa.com. Select *Suffolk & Ipswich League*. Fixtures are subject to change.

Pre-season friendlies in July

First Team

11th Needham Market U23s A

15th Great Bentley

18th Hadleigh Utd A

24th AFC Sudbury U23s A

Reserves

4th Bradfield Rovers A

11th Benhall St Mary A

18th Dedham Old Boys A

24th AFC Sudbury U18s A

29th Clacton Regent A

A Team

4th Bradfield Rovers Res A

11th Benhall St Mary A

18th Stillwaters A

25th Ramsey & Mistley A

Sponsorship: We would like to thank our sponsors and player sponsors. We are also looking for more sponsorship for next season.

If you would like to sponsor the club in some capacity we would be delighted to hear from you.

Club strips, dugouts, banners and boards on matchdays all offer potential exposure for your business while supporting a local organisation.

Juniors: If you are interested in participating please contact Lee Partridge (bunter.partridge@googlemail.com).

Joining us: We are always on the lookout for people who can help the club as a committee member, whether it be on the playing side or just in the background. We are also looking for new players.

EBUFC is a community club with very strong village traditions. The majority of the players either live in or have links to the village. For anyone over 16 who is interested in playing,

we will train on Wednesday evenings 8.00pm-10.00pm at East Bergholt High School.

The teams cover a range of abilities, so if you want to play again just come along and give it a go. - *Steve Butcher, secretary, stevebutcher55@btinternet.com*

EAST BERGHOLT TENNIS CLUB



The recent heatwave propelled us into summer and the start of our various summer leagues, as well as our very own club “summer of events”.

Visiting and hosting other clubs is always so enjoyable in the summer months, particularly for our improving players who have yet to sample the competitive leagues and who can get involved by playing in the friendly league.

Our summer of events started well with two very sunny Saturday afternoons of “tea and tennis” hosted by Tom, one of our members. We enjoyed fun competitive tennis and plenty of homemade cakes and biscuits. Particular thanks go to our bakers for contributing and Tom for organising. We raised an additional £100 for the club. Please visit our website www.eastbergholttennisclub.co.uk for details of more upcoming events. As you read this, we will be fast approaching Wimbledon and putting plans in place to enjoy watching the spectacular tennis on display. We will be hosting our annual Wimbledon men’s singles final social event as well as organising another ladies’ finalist sweepstake.

Both East Bergholt and Dedham Tennis Clubs pay tribute to the Constable 250th anniversary this year by organising the first of what will be a yearly derby match to compete for the Constable Cup. The mixed doubles competition this year will be on 23rd August at East Bergholt. Entry fees and refreshments will raise money for charity.

About 30 of our members are currently playing in our Club Championships, which culminate in Finals Day on Sunday 6th September. This is a fabulous social event for everyone to come and watch, cheering on the players battling it out. Good luck to everyone taking part.

We continue our packed summer of tennis with kids’ summer camps coming up on 22nd, 27th and 29th July and 3rd, 5th, 10th, 12th, 17th and 19th August. Half-day and full-day camps are available, both starting at 9.00am. Please contact Matthew Watson on 07487 542510 or email acetennis84@gmail.com to book.

If any of this tempts you to consider joining our club, again please contact Matthew Watson on 07487 542510, or go to our website www.eastbergholttennisclub.co.uk and drop us an email. - *East Bergholt Tennis Club*

EAST BERGHOLT UNITED SERVICES CLUB
New Victory Hall, White Horse Road CO7 6TR



The East Bergholt United Services Club (EBUSC) is a friendly, welcoming social club offering a great range of indoor games and a bar.

Whether you're a complete beginner or a seasoned player, you'll find a relaxed atmosphere and good company here.

Our facilities include two full size snooker tables, a pool table, two dartboards, card playing facilities and a fully licensed bar. The club's membership has recently grown, thanks to the response to our publicity, and we welcome anyone to join us on club nights, which are Tuesday and Friday, 7.00pm to 11.00pm.



You don't need to be a member to enjoy an evening at the club, and we are always happy for anyone to call in to try their hand at any of the activities, or even just for a drink.

Our in-house snooker handicap league is now well underway, and soon we will be running tournaments in snooker, billiards, pool, darts and cribbage.

The winners will be presented with a trophy and their names will be proudly added to the honours boards at the club.

Our pool table has recently been refurbished with a new cloth and cushions, and our two snooker tables will also have new cloths installed in the near future.

We have recently hosted several clubs who have used the facilities for pleasure as well as fundraising events, and we continue to invite anyone to use the club for private hire. The club car park is available for use by other clubs and social groups. For details of this please contact us; we are always happy to help.

For more details about membership, fees, events, or private hire, visit us in person and have a chat with any of our members; phone Ross on 07837 404328 or Phil on 07789 220055; or email info@ebusc.org.uk. - Colin Faux

EAST BERGHOLT CRICKET CLUB



As I am writing this report we are having some much-needed rain after a dry, hot spell. The weather meant that no matches were cancelled during May, which must be a first in recent years.

The 1st XI had a poor start to the season, losing five matches on the trot, but they have started to find their form of late with wins over Clacton and Mistley. The first game featured a masterful innings of 156 from skipper James Baker. All looked lost in the Mistley game when we were 101-8 chasing 211, but a magnificent partnership of 111 for the ninth wicket (a new club record) between Nick Toohey and Archie Lawson gave us a very pleasing, if somewhat unexpected, victory. The 1st XI is currently in eighth place in Division 1.

The 2nd XI has notched up three successive wins, really finding their collective form with the bat when batting first by scoring 260+ in each game. The bowlers and fielders have supported the batsmen under the shrewd direction of skipper Ed Goodchild. After seven matches they stand in third place in Division 6, well placed to achieve their goal of promotion at the end of the season.

The Sunday team has played some good cricket and are in seventh place in their league, having recorded two wins and four losses. There were many fine performances in each match. It is good to see the progress made by the younger players under the captain Joe Bland and other senior players.

Notable individual performances

Batting

James Baker (1st) 156 v Clacton

Will Harris (2nd) 130 v Easton, 60 v Kesgrave

Ian Gedny (2nd) 90 v Kesgrave

Sam Foster (2nd) 79 v IPSCOL

Nick Toohey 69* v Mistley

John Hambrook (2nd) 66 v IPSCOL

Adam Blemings (2nd/Sun) 61 v IPSCOL, 56* v Easton, 50 ret v Great Bromley

Chris Huntley (2nd) 52 v Yoxford

Ben Lawrence (Sun) 50 ret v Ipswich

Bowling

Joe Bland (Sun) 4-8 v Real Oddies

Connor Oakley (1st) 4-28 v Bury St Edmunds

Nathan Philpot (2nd) 4-34 v Kesgrave

The Ladies' group have been practising hard and their season begins shortly. All the junior teams have continued to progress and each team has tasted victory. A special mention goes to the U15 T20 Blast team, which has made its way to the county semifinals. - Howard Holdsworth, EBCC secretary

EAST BERGHOLT BOWLS CLUB

As I sit and write this I'm watching the gentle rain bring my garden back to life, and the green team at the Bowls Club are also more than pleased. You can't beat a good gentle rain to work its magic.



The weather is really playing tricks on us, isn't it? When I last wrote we were bowling in four layers, hardly able to move and still cold, but the county match was so hot the poor players were really struggling. As it was a county game, they had to play a long game, unlike our usual 18 or 21 ends in the league matches.

This match was Lincolnshire versus Suffolk, with Suffolk having an easy win. The next county match will be on 27th June; please come along and watch if you would like to see how other teams play.

Our league games are progressing well but a few clubs are having trouble finding players, so are pulling out of various leagues. This has a knock-on effect on the number of games played, making it a short season.

Our green is still one of the best in the area, thanks to the hard work of our team of volunteers. When we played against Bramford recently we learned that they have not been able to water their green this year (due to building works), and there wasn't a blade of grass anywhere, making bowling quite difficult.

By the time you read this the Bowls Club will have had a cheese and wine evening and will have been open for the village fair - hopefully we will have had loads of visitors.

If you fancy a go just message me or pop up on a Thursday afternoon or Sunday morning and see how the club works. - Terri Catchpole, terricatchpole@me.com

AGE IS NOT A DISEASE

We talk of age as if it was an illness
But like time, age is only a dimension
Much like height, girth and weight
Simply and purely a measurement
Would you call 'time' a disease?

Our true self lies outside of time
With a 5-year-old we're 5
With a 30-year-old we're 30
With a 90-year-old we're 90
So we're whatever age we wish to be

Your age might enlighten you about
Times you have been around the sun
But does it say anything about you?
What challenges you have overcome
What you are, what your values are

Aging is natural not innately pathological
So it's quite easy to intervene, muscle in
To improve both quality and span of life
The right foods, activities and lifestyle
The vital keys to health and happiness

Then it's not your age that defines you
But your attitude towards it that does
By letting self-care be your friendly guide
You can shape and maintain resilience
An ally that helps you tackle complaints

Yes, there is the body on the one hand
But don't forget the absorbent mind
Like a tree canopy forever expanding
Gratefully which never stops flourishing
Limitless, ageless and forever youthful

So for as long as we are here on earth
Let us not worry about age or fear it
Be happy to be that inquisitive child
Curious, enquiring, interested, attentive
Attempting to discover the secrets of life

Often when I ask someone 'how are you?'
Irrespective of age, they talk of an affliction
Adding, 'To be expected as one gets old'
Next time perhaps they will say
'I am happy to be the person I am!'

Rasik Bhadresa

LOCAL ISSUES & OPINIONS

UPDATE FROM THE DISTRICT COUNCIL



Councillor Sallie Davies

Reform Party control at Suffolk County Council: After elections in May, Suffolk County Council is now led by the Reform Party. The first act of the new leader was to announce that the council will be challenging the government's decision to create three unitary authorities in Suffolk - new councils that will do everything from social care to emptying the bins, rather than splitting jobs between district and county councils.

The challenge will take the form of a judicial review. To succeed, a judicial review needs to show the decision to create the three councils was illegal, irrational, or procedurally flawed. It will cost Suffolk County Council £100,000 to bring this legal action. But given that the local government reorganisation will save money and that money has already been spent on developing the new structures, it is difficult to see the point of this legal action. I am not sure it was top of the agenda for those who voted for the party.

Beyond that, we know nothing more about Reform's plans for the county because their campaign focused on national, not local, issues. If you want to know more about the plans for the three new authorities, though, please look at the Future Suffolk website.

We also have a new county councillor, Darius Laws, who is a Conservative. He can take complaints or questions to Suffolk County Council, including anything concerning roads and potholes. His email is Darius.Laws@suffolk.gov.uk.

Finally, the new leader of Babergh District Council is Deborah Saw of the Green Party. As we are a coalition-led council, the leadership has been rotating on a yearly basis. Independent John Ward and Liberal Democrat Helen Davies will be deputy leaders.

Simulator van: Babergh and Mid Suffolk District Councils have partnered with Eastern Education Group to help fund a simulator van, offering young people in the area the chance to get hands-on virtual experience of different job roles in construction. It will tour local schools.

Students using the van will be able to obtain advice on the construction industry, virtually drive an excavator, bulldozer or tipper truck, and find out about the journey of an atom via a VR headset.

Councillor Derek Davis, Babergh District Council's cabinet member for sustainable economy, said: "We know that it can be difficult to access opportunities when living in a rural area, so the SimVan will make a real difference to those who are eager to learn but have difficulty with their location or travel." I want to know if grown-ups are allowed to have a go...



Frustrating ongoing matters: Sometimes it looks like the District Council does nothing. We know that's not true - the new recycling scheme has required huge amounts of work, for example, and at a recent briefing on the council's community work, it was staggering to see how much work takes place quietly within our communities.

But things do get stuck for one reason or another, usually legal or procedural, or down to lack of cooperation from a third party. At the moment the following are stuck. I and parish councillors try to unstuck them but it can be a painful, slow process. This is not a full list, because some situations are sensitive:

- Getting a footpath from the Donkey Track to the new Co-op store.
- Getting the ugly fences removed from beside the Donkey Track.
- The planning application to make some plots at Grange Park into permanent residential homes.
- Building a cycleway between Flatford and Manningtree Station.
- Finding land for the Community Land Trust to build houses for people in the village with housing needs - houses that will not be subject to the right to buy, and so will remain the property of the community.
- Getting road safety measures in place around the schools (this is a frustrating ongoing matter, led by - but absolutely not caused by - the Parish Council).
- Getting safety measures at the Gandish Road/Straight Road/B1070 crossroads, and installing speed indicator devices on roads into the village.

Both these are being held up by other authorities, not the District or Parish Council.

*-Sallie Davies, Babergh District Council councillor for East Bergholt,
Sallie.davies@Babergh.gov.uk*

The Countryside Code



Follow advice and local signs

The arrows show the legal and recorded rights of way for different user groups

Footpath



Bridleway



Restricted Byway



Byway open to all traffic



Permissive Path

Follow advice on local signs as landowners voluntarily provide access to these paths and choose who can use them. Some open access areas are also made available in the same way.



National Trail

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www.nationaltrail.co.uk



Open Access

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www.openaccess.naturalengland.org.uk

For further information visit www.countryside-code.org.uk



East Bergholt

Community Service Events

Our July Community Service event will feature our
Rural Coffee Van (details below).

We will return to Fields Farmshop & Café on Thursday
10th September for our next event, focusing on SEND
support for families and children with special
educational needs and disabilities.

RURAL COFFEE VAN

THURSDAY 9TH JULY

10:00-11:00 EAST END

11:00-12:00 ELM ESTATE

An East Bergholt Parish Council event.

UPDATE FROM THE PARISH COUNCIL

Village policing: At our Parish Council meeting on 11th June, we considered the detailed service level agreement proposed by Suffolk Constabulary regarding the shared appointment of a police community support officer (PCSO) in partnership with Brantham Parish Council. This agreement takes into consideration village concerns raised at our previous council meeting. In particular, support for road safety has been strengthened, through the inclusion of assistance in establishing and supporting a Speed Watch group within the village.

Councillors also considered how the effectiveness of the role will be monitored. Suffolk Constabulary will provide regular performance data, including engagement activity, patrol locations, intelligence submissions, and hours worked. These will complement existing publicly available crime statistics and trend data, enabling the Parish Council to assess the local impact of this new service.

After consideration, we agreed that the proposal be approved and the agreement signed, enabling East Bergholt to proceed with the shared 50-50 funding arrangement with Brantham Parish Council. So this initiative is now moving forward and we look forward to welcoming the PCSO once appointed, strengthening visible community policing and local engagement within the village.

New county councillor: We also welcomed our new county councillor, Darius Laws, to our council meeting. He told us that he would be available to help us get our requests heard by Suffolk County Council, especially on highways issues, where we have had problems getting a consistent response to our requests for assistance on road safety.

Stretch limo: We have also had disappointing responses from the police and from Suffolk County Council when we asked them for help to remove the permanently parked stretch limousine in the layby outside the primary school, on Hadleigh Road.

This parked car takes up much-needed parking space in this busy area and creates a safety risk for the children arriving and leaving school. We have now taken the only step that is left to us - we have written to the county's highways department to ask them to impose a maximum two-hour stopping time in the layby, with no return within six hours.

Meetings: The Parish Council meets on the second Thursday of each month at the Lambe School, starting at 7.30pm with an open public session. The next meetings are 9th July and 13th August. Committee meetings are also open for the public to attend. Everyone is welcome to come, ask questions, share concerns, or have their say at the start of each meeting. All meeting dates can be found in the events section of our website at eastbergholt.org. - Joan Miller



OPEN GARDEN AT OLD HALL 4TH JULY

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4TH JULY

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Henna Tattoc

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RURAL REPORT

A regular round-up of countryside and farming news

Reappearing river: Plans to restore a long-lost river near Bungay are gaining momentum. The River Waveney Trust unveiled plans last year to revive stretches of the Tin River, which runs north toward Bungay from the village of Ilketshall St John. The river - thought to be named because parts have been lined with corrugated iron sheets - has largely vanished from maps, and in some areas its course is hard to identify. Key regulatory permissions have now been granted, clearing the way for upstream restoration, reports the *East Anglian Daily Times*.

Poultry welfare: Turkey farmers supplying the RSPCA Assured scheme will face stricter welfare requirements under updated standards aimed at strengthening bird welfare across housing, transport, encouraging natural behaviour and disease management, according to FarmingUK.

Countryside crime: The cost to the UK of rural crime fell by 6% last year, according to NFU Mutual's latest report, to an estimated total of £41.5m in 2025. However, agricultural vehicle theft claims rose by 18% to an estimated £8.3m, and the cost of thefts of quad bikes and all-terrain vehicles grew by 31% to an estimated £3.5m. The estimated cost of livestock theft also increased by nearly 30%, to £4.5m. Farm animals worth an estimated £1.95m were severely injured or killed in dog attacks last year, an increase of 10% on 2024.

Swine fever: The government has boosted measures to protect East Anglia's pig farms from an outbreak of African swine fever. The disease has been circulating in parts of Asia and Africa, leading to the deaths of millions of pigs worldwide and causing significant disruption to the meat trade. The recent spread into parts of Europe has sparked concerns among pig farmers in Norfolk and Suffolk - a vital area for national pig production, with around a quarter of the UK's pig herd kept in the East of England, the *East Anglian Daily Times* reports.

You're not fired: Ruby Gardiner from Claydon, who works at Suffolk Farmhouse Cheeses in Creting St Mary, and Bea Wallis of Wickham Market gained awards in the annual Suffolk Farm Apprentice of the Year competition. Pig farmer Molly-Anne Gimson, of Starvegut Hall Farm, Kenny Hill, Newmarket, was awarded the Rising Star Scholarship. Presentations were made at the Suffolk Show by show president Christopher Clarke. - *Brian Chester, brianrobertchester@gmail.com, 01572 757600*

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This month's cover image is by Beth Georgi.

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