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All your East Bergholt contacts and facilities listed in one place.

Don’t forget...

The deadline for the September issue is
5th August. Send your contributions to
eb.parish.magazine@gmail.com.

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WOULD JESUS USE AI? HERE'S WHAT AI ITSELF SAYS...



I thought I'd inject some irony by getting AI to respond to the question above - with minimal editing from myself.

Jesus Would Use AI as a Tool, Not a Master. God's people have always used tools. Technology itself is not the issue. The issue is whether technology serves God's purposes or becomes an idol. Humans have always been tempted to trust created things instead of the creator. Some believe

technology will solve humanity's deepest problems but Jesus would remind us that humanity's deepest problem is not a lack of information. He spotlights himself and what the Bible calls sin. We do not merely need better data. We need transformed hearts, and tools make poor saviours.

Jesus Would Remember That Human Beings Are Unique. Humans aren't merely intelligent machines. Humans are made in the image of God with moral responsibility; spiritual capacity; and the ability to enter into relationship with God. AI can process information, generate text and recognise patterns but it does not bear God's image.

It cannot love. It does not possess a soul. Jesus reminds us that the value of a human life cannot be measured by productivity, intelligence, efficiency, or usefulness. He healed individuals; welcomed children; touched lepers and died for people. Jesus would never allow technology to diminish human dignity.

Jesus Would Use AI to Serve People. Jesus consistently used his power for others. Whatever he possessed was used to bless, heal, teach and restore. Jesus taught: "Love your neighbour as yourself." Every AI application should be measured by this standard. Does it help our neighbour or harm our neighbour? Does it exploit people or serve people? Love becomes the measuring stick.

Modern technology can create disconnection between people but Jesus would use AI to prioritise relationships, protect the vulnerable and spread God's good news.

Jesus Would Speak Truth About the Dangers of AI. Jesus never ignored the dangers associated with power. He confronted corruption, hypocrisy and injustice. Likewise, Jesus would never ignore the risks of AI. AI can amplify wrongdoing. Technology often magnifies whatever is already in the human heart. AI can be used for deception, manipulation, fraud, exploitation, surveillance abuses and so much more.

We live in an era where the possibility of misinformation is real. AI can generate convincing text, images, audio, and video. But Jesus consistently called people toward truth. Therefore, followers of Christ must be committed to honesty, transparency, and integrity when using AI. - *written by AI, prompted by Rev Steve Mann, Brantham Methodist Church*



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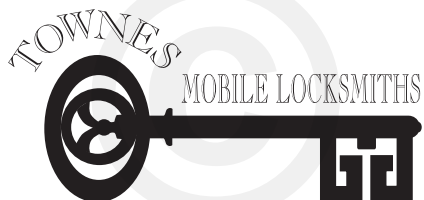


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YouTube: Constable Country Churches

CONSTABLE 250 IN CHURCH

St Mary's enjoyed hosting a wonderful week-long flower festival as part of the village's Constable 250 celebrations, which of course are still underway. We would like to thank everyone who visited, baked cakes and served refreshments during the week, as well as our very talented flower ladies and local organisations who recreated John Constable's paintings in such imaginative ways. We also raised nearly £900, which is an added bonus!

We are grateful too to Tim Pells and his talented family and friends, who played beautiful music from the time of Constable. Those who attended were treated to a wonderful programme and we felt very privileged to have such highly qualified musicians playing and singing in our village church.



Of course, one of the main highlights was on 11th June, Constable's actual birthday, when our talented bellringers rang 250 rings on our unique bells at our Bells and Bubbles event. We also had a taster session for a bespoke gin distilled especially for the occasion by a local distiller in Brandon, Nowé Spirits.

There is still Constable memorabilia on sale in our gift shop at the back of the church, including reasonably-priced playing cards and jigsaws, which serve as a lovely reminder of all the festivities.

- Jackie Reeves and Fiona Trott

DATES FOR YOUR DIARY AT ST MARY'S CHURCH

Make a note for the end of the year...

15th November

Jubilate choral evensong

5th-6th December

Christmas tree festival



FAMILY@CHURCH



In September we start our tenth year of family@church, which is a wonderful achievement. We are very grateful to all the families who have supported us over the years and who enjoy the informal format, the activities, and the tea and cake at the end. We have a summer break in August but look forward to welcoming friends, old and new, on Sunday 13th September. Have a wonderful summer!

family@church meets on the second Sunday of the month at 4.00pm in the meeting room at the back of the church (the same room used by the toddler group - door opposite the war memorial). If you are new to the village, or if you have lived here for years but have never been to one of our services before, you will be most welcome to come and see what all the fuss is about.

It's very informal. We have fun, sing songs, and learn about our Christian faith through activities and stories. You can be any age, with or without a family. We always end with food and a drink, and it's a perfect way to finish the weekend! It's also a great way to make new friends.

Come along and join in all the fun. For any queries or comments about family@church, please contact Liz Digby by email at liz.digby@bopenworld.com or Fiona Trott at fiona.trott13@gmail.com. - Fiona Trott

KNITTED BIBLE EXHIBITION



Calling all knitters and craft enthusiasts: if you haven't visited the knitted Bible exhibition yet, there is still a chance to come and see this amazing exhibition, which is in St Mary's until 5th August.

If you have entered the various competitions in previous magazines, don't forget to bring your answers along with you to church when you visit the displays, and a small prize will be waiting for you. A big thank you to everyone who has helped set up the exhibition and served refreshments and baked cakes. - Jackie Reeves and Fiona Trott

INTERDENOMINATIONAL HARVEST THANKSGIVING

Sunday 20th September at 2.30pm

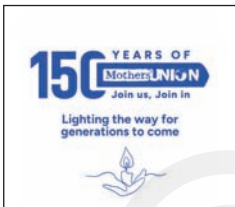
Methodist Church, Gravel Pit Lane, Brantham CO11 1NX

Five churches in this area which join together for events three times a year are holding their next event on Sunday 20th September at 2.30pm - a Harvest Thanksgiving Service at the Methodist Church in Brantham. All are welcome.

The churches involved are the Methodist Church in Brantham; Holy Family, Brantham (Roman Catholic); and St Michael and All Angels, Brantham, St Mary's, Tattingstone, and St Mary's, East Bergholt (all Church of England).

Light refreshments and tea or coffee will be available after the service. The church is off the A137 and there is car parking available at the rear. You are welcome to join us in thanking God for the fruits of the harvest and all who help to produce and provide the food we eat.

CONSTABLE CHURCHES MOTHERS' UNION



Thank you to everyone who supported our fundraising afternoon tea last month. As with all Mothers' Union events, it was all about fun, fellowship and faith in action, as the funds will support local projects here in our benefice as well as those across our diocese. These include the Away From It All holidays scheme, which this summer is giving a grant to the holiday club run by the church of St Mary at Stoke for children across three

council estates in Ipswich.

Because we are a grassroots organisation all our governance costs are covered by the subscription members pay each year, enabling 100% from our fundraising events to go to projects and to outreach programmes.

150 years ago, Mary Sumner asked mothers from across the social divide in her village to come to her house for the first Mothers' Union meeting. She wanted to support all the mothers in her village of Old Alresford, as she recognised the importance of the role of mothers in bringing up children and how little support was available at that time. Being a mother is still a challenge, especially as so many new mothers live a long way from their families and many have to return to work, and then juggle both roles.

On 9th August we celebrate Mary Sumner Day. A communion service at Tattingstone on that Sunday will mark this milestone of 150 years of Mothers' Union with special hymns, prayers and readings, and in the afternoon of the same day there will be a special Mothers' Union evensong service held at the cathedral in Bury St Edmunds. - *Jeanette Appleton*

LOTTERY UPDATE

It would appear that some folk are under the impression that the building work to St Mary's, namely the roof repairs and internal reordering, has been completed already. Sadly this is not the case - it hasn't even started yet!

Projects of this magnitude take a lot of preparation. The last two years have been spent getting surveys and consultant specialist reports; obtaining approval for our plans from the Lottery, the diocese and the local planning authority; and conducting public consultations so that the views of the whole community are taken into account. After a slight delay, we are submitting our Lottery application at the end of July and hope to hear in the autumn whether we have been successful or not. Watch this space.

In the meantime, please consider whether you are able to help us with match funding, by making a regular donation or a one-off payment. One idea is to give up a drink per week and donate the money you save to the church. Every pound helps! - *Jackie Reeves and Fiona Trott*

SUFFOLK HISTORIC CHURCHES TRUST "RIDE AND STRIDE" EVENT

Saturday 12th September, 9.00am-5.00pm

Join us this year walking or biking from church to church. Choose your own route and either collect sponsorship or sponsor yourself. It's a great chance to visit our amazing churches, and hugely rewarding. For further details and for information on the Pedal & Drive vintage and classic car rally that is also planned, visit shct.org.uk or contact Sara Eley: sara@placeforplants.co.uk, 07753 435275. - *Sara Eley*

EVERYONE IS WELCOME!

Men's Breakfast

**Saturday 5th September 2026
at 09:00**

Book via stmarysebevents@gmail.com
to ensure there are enough bacon butties.

Alan Ryan

will be talking about working on the buildings at Buckingham Palace

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

Admission is free with a retiring collection

IN MEMORIAM

EILEEN BLOMFIELD

18th December 1931-24th May 2026



Born in Nottingham on 18th December 1931, Eileen was the fourth daughter of Winifred and Elijah Goddard. She arrived 20 minutes after her twin sister Marion, which was a complete surprise. The twins joined older sisters Pam and Jean, before Anne completed the family. They later settled at 54 Constable Road, Ipswich, where Eileen attended Northgate Grammar School. She later recalled German bombers flying overhead as she walked home. She left with the School Certificate, including credits in English and geography,

reflecting her two great loves: books and travel.

Her first job at Ipswich Library began a 50-year career. She loved being a librarian and later managed Capel St Mary Library. She always had her nose in a book and her name on the new bestseller waiting list. As a young woman in the 1950s Eileen enjoyed youth club outings, tennis, amateur dramatics, dances and rugby club events. She married in 1961 and Liz was born in 1966. This marriage did not last and on 23rd October 1971 she married Barry Blomfield. Fondly known to each other as Ratbag and Boo, they remained devoted for nearly 55 years. They moved to a new house in Copdock and James arrived in August 1972.

When the family moved to East Bergholt in 1977, Eileen threw herself into village life while raising two young children and working part-time. She and Barry were regulars at village functions. She also planned many holidays and the family would regularly set off by car for France or Spain. Eileen could not wait to be a grandmother and was overjoyed when Liz and Damien's son Alex came in 1996. And with the arrival of Lucy and Annie, she thrived on school plays, birthdays, babysitting, and of course family holidays. Her grandchildren recall that she always made them feel loved, welcomed and important.

After retiring in 1996, Eileen stayed busy with village life and grandchildren, and now travelled to more adventurous locations, as well as taking annual trips to Spain. She was delighted when her twin Marion and her husband Duncan moved to Manningtree in 1998. They were kindred spirits, with the same interests, dress sense, and fondness for a large glass of wine.

In 2012, the grandchildren moved to Australia, but Eileen kept close through social media. At 83, she and Barry flew out and enjoyed it so much that they later went again. She remained sharp and in good health for many years, even driving until nearly 90, and determined to have her hair done every Friday.

It was a full life, well lived - with books, travel, friends and family, and lots of laughter: she will be remembered for her humour, kindness and warmth. - *the Blomfield family*

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.parity.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

Is our Christian faith a badge or a way of life?

How do we behave as Christians? Mahatma Gandhi once famously said "I like your Christ, but I don't like your Christians". Are we truly following the teachings of Jesus? Or do we pick-and-mix what we believe and how we behave? Cardinal John Henry Newman made this observation: "Many boast that they are Christians. but when we try to discover what their religion is, we shall find, I fear, that the great mass of people lay no stress on acts of faith, hope and charity or purity of motive."

Jesus emphasised that love should be the defining mark of his followers, guiding actions, relationships, and moral decisions. This underpins many of his ethical teachings, including forgiveness, mercy, and reconciliation. Following them is a continuing challenge to all of us who call ourselves Christians. *Lord, help us to love others as You loved us, to follow Your teachings and to be Your shining lights in this secular world.*

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

Following on from my introductory article in this month's magazine about Jesus and artificial intelligence (on page 2), here is a prayer that was itself written by AI to stand alongside that article...

The greatest problem facing the world is not a lack of intelligence. It is a lack of reconciliation with God.

And the answer is not artificial intelligence.

The answer is the wisdom, grace, and redemption found in Jesus Christ.

As Christians, our task is neither to fear technology nor to idolise it. Our task is to use every gift, every tool, every opportunity, and every innovation in a way that reflects the character of Christ and advances the love of God.

May we be people who use powerful tools wisely, while keeping our trust firmly fixed on the One who is greater than every tool we will ever create.

Amen.

With love - Steve Mann

Sunday services (at 11.00am unless otherwise stated)

2nd August	Rev Paul Howes
9th August, 2.30pm	Rev Steve Mann, with Holy Communion
16th August	Local Arrangement
23rd August	Local Arrangement
30th August	Rev Chris Jowett

Coming next month

20th September, 2.30pm United Harvest Praise

Coffee morning

Saturday 29th August, 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 two garden tour events coming up soon.

Tour of the fields, polytunnels and gardens of Old Hall, Saturday 8th August

Old Hall will open their fields and gardens to the Horticultural Society on Saturday 8th August, providing our members with the opportunity to discuss organic gardening with the Old Hall growers (and to visit the compost and leaf-mould heaps), all followed by wine and nibbles on the lawn. Tickets will be charged at £10 per head and limited to members only. Places can be booked by contacting Naomi at *ebhs.horti@gmail.com*, or by calling Steve on 07801 090780. We look forward to seeing you there.

Visit to view the Hill House dahlia borders, morning of Saturday 12th September

Once again Tessa is kindly opening up her garden to society members. Tessa's dahlia borders are a sight to behold, as fine as any others I have seen. If you would like to view them, Tessa will be opening her garden at Hill House, Church Hill, East Bergholt CO7 6TH between 10.00am and 12.00 noon on Saturday 12th September.

The East Bergholt Horticultural Society Show, Saturday 5th September (sponsored by She Grows Veg)

The day of our annual show is fast approaching; this will be the 98th annual show run by our society. As ever there will be a wide range of classes to view, including not only flowers, flower arranging and vegetables, but also handicrafts, baking, photography and the ever-popular children's classes.

The show is open to everyone, so please come along to view the exhibits - better still, enter a few of the classes yourself!

Submitting an entry to a class is free and open to all society members (membership is not required for children's entries). If you wish to enter and have yet to join the society, membership is only £2.50. We would be delighted to have you join our club and wish you luck in winning some prizes. Please call Louise on 07753 422474 or email *louise@kemps.me.uk* for details on joining.

Please ensure your entry forms are in by 12.00 noon on Thursday 3rd September. Entry forms are at the back of the schedule (additional schedules can be collected from the Society Store on Sunday mornings, 9.30am to 10.30am), or can be printed out from our website at *eastbergholthorticulturalsociety.onesuffolk.net*. Please return hard copies to Louise at School House, Heath Road, East Bergholt CO7 6RJ, or send a scanned copy to Louise at *louise@kemps.me.uk*.

Don't 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. If you are a member, you can buy these from the Society Store at the back of Robertson's Almshouses, near St Mary's Church.- *Steve Feeney, chairman*

Gardening tips for August

As I write these tips on 3rd July, there's another heatwave approaching. Hopefully it won't be as hot and humid as the last one - exhausting for us *and* our plants.

However, there are jobs to be done. Pests are often more of a problem in August. Invasion doesn't take long and can do a lot of damage. So take whatever action gives you the best results (some useful products are available at the Society Store).

Cut back rambler roses after flowering, down to new lower shoots. Trim hedges. Disbud chrysanthemums and dahlias for larger blooms, and keep them well staked and tied. Deadhead annuals in baskets and tubs. If you didn't add a slow-release fertiliser to the compost at the time of planting, give them a liquid feed. Trim lavender to shape. If the ground isn't too dry, autumn-flowering bulbs such as colchicum, nerine, hardy cyclamen and autumn crocus can be planted now. Lawns will need little mowing with cutters high.

Many veg are probably coming to fruition. Keep pinching out side shoots of tomato plants and feed them. Sow spring cabbage and spinach. Have you been thinking about what you may enter at our annual show on 5th September?

As I walk round the village I notice several hedges "invading" pavements and making it very difficult for pedestrians, pram-pushers and wheelchairs. *Please* cut them back.

Enjoy your gardening with all its challenges. If you are going on holiday, have an enjoyable time, and hopefully a kind neighbour or friend will do some watering in your absence. Remember: birds, like us, get thirsty. Don't forget them. - *Janet Alcoe*

EAST BERGHOLT WI



We were pleased to be asked to take part in the 250th anniversary celebrations of John Constable's birth in June.

Our Constable Group of WIs from Brantham, Hadleigh, Bentley, Capel and East Bergholt worked together to provide a display to represent Constable's work in our area.

We had a background of the River Stour winding through the landscape interspersed with notable views composed of different materials and crafts. Hadleigh took on the river, which was made from a variety of fabrics to denote its movements, and East Bergholt provided clay models of Flatford Mill and Bridge Cottage. Brantham produced a tapestry of Willy Lott's cottage, where each of their members provided a stitch or two.

Bentley provided drawings of Dedham Church, a model windmill and the riverbank dressings of trees, cows, ducks etc. Capel produced a piece on Dedham School and a poem *In Constable's Footsteps*. The poem was displayed on an artist's easel that was set up with paints and brushes and then placed beside our display when it was exhibited at the Constable Hall during the celebration week.

We had also been asked by St Mary's Church if we could provide a painting with a Constable theme to be displayed at their flower festival. Our member Wendy stepped up with *The Cooper Sisters Join the WI*.

John Constable had painted the Cooper sisters from Stratford St Mary in the early 1800s and Wendy portrayed them baking, sewing, reading and flower-arranging, replicating the activities of our current WI.



East Bergholt Parish Council asked if we could provide a Constable cake and Heather was happy to supply this, decorating it with a view of Constable's well-known painting of a haywain.

This was displayed at Flatford alongside the National Trust's "250" cakes on 11th June, the date of Constable's birth, and later in the week was displayed at our village fair.

There it was cut by Joan Miller and Marion Burns from the parish council alongside Heather, and then shared with those attending the fair.

We had also been asked to provide refreshments at our village fair. Again, our members rose to the occasion with donations of cakes and help in serving them. What a great week we had, and we were so pleased to be able to support our village at this special time in our history.

Our next meeting is on 2nd September. For further information please contact our president Tina Hurley on 01206 298223 or our secretary Gill Rattray on 01206 298380, visit our website at eastbergholtwi.wordpress.com or check out our Facebook page. - Gill Rattray

SAVE THE DATE....

MACMILLAN COFFEE MORNING

**HELD AT
SHE GROWS VEG**

**FRIDAY 25TH SEPTEMBER
10.00AM-12.00 NOON**

To be held in the polytunnel by the car park at She Grows Veg on Mill Road, CO7 6UP (previously The Place for Plants). I hope you will come and support this good cause again. If you would like to help or bake a cake please call Sara Eley on 07753 435275.



People's Emergency Briefing

On the climate and nature crisis

East Bergholt

Film screening and discussion, hosted by East Bergholt PACE (Practical Actions for Climate and the Environment)



Constable Memorial Hall, Gandish Road,
East Bergholt, CO7 6TP
Friday 11th September 2026
Doors open 7.30pm, film starts at 7.45pm

Scan the QR code to book tickets (£2)
Bar available on the night, cash only

www.nebriefing.org

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OPEN GARDENS NEEDED FOR 2027

Our Village Open Gardens event has always been a huge success, attracting visitors from near and far and raising valuable funds for our community. To keep this wonderful tradition thriving, we need more gardens to open. Big or small, neat or natural - every garden has something special to share.

Can you help? Join us and be part of one of the village's most popular events. We'd love to hear from you. Please message or call Charlotte Reeves (07738 901237) or Hannah Cuthbertson (07875 585205). -
Charlotte Reeves





Annual Show

5th of September at 2pm

Prize giving at 4pm

**Vegetables, Fruit, Flowers,
Floral Art, Cookery,
Handicraft, Photography,
Children's Classes**

(Members only apart from Children's classes)



The Constable Hall

Gandish Road, East Bergholt



Tea, Coffee & Cake



Raffle

Entries Closed:

12 Noon

Thursday 28th August

Entries to be on stage by:

10:15 am

on Show Day

For Schedules or membership information



Louise: 07753 422474



Email: ebhs.horti@gmail.com



Visit our website or Facebook page

Sponsored by





St Mary's, East Bergholt



St Michael's, Brantham



St Mary's, Bentley



St Mary's, Tattingstone

Services in August

Sunday 2nd

8.00am BCP Communion Service at East Bergholt

10.30am [Connect Service at Bentley \(Four Parishes together\)](#)

Sunday 9th

10.00am Benefice Service with Communion at Tattingstone

Sunday 16th

10.00am Benefice Service with Communion at Bentley

Sunday 23rd

10.00am Benefice Service with Communion at East Bergholt

Sunday 30th

10.00am Benefice Service with Communion at Brantham

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.

EAST BERGHOLT COMMUNITY COUNCIL

The committee would like to express our great pleasure in supporting the parish council for the village fair this summer. Once again we provided gazebos, chairs and tables at the fair. We also supported the primary school's sports day by providing gazebos. These items, along with glasses, are available for hire by residents of the village or community groups.

East Bergholt Community Council are also delighted with the input from the village for the Constable Paint by Numbers canvases we created to celebrate 250 years of Constable. These are now with the schools to complete, after which we will be framing them for display.



We are looking for people to join our committee, where you can help us in supporting and running village events and groups. If you are interested please contact us by email: EastBergholtCommunityCouncil@outlook.com. - Judith Adolphus

EAST BERGHOLT AND BARBIZON TWINNING ASSOCIATION

Quiz night, Saturday 21st November in the Constable Hall, Gandish Road CO7 6TP

Our annual quiz night will be held a little later than usual this year. Please look out for flyers nearer the time. The quiz will help with fundraising for the trip to Barbizon next year, so please support us if you can. - *Margaret Macallan*



Souvenir de Mortefontaine by Jean-Baptiste-Camille Corot, 1846

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 available from EventBrite

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 fully licensed 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.

Our in-house handicap snooker league is drawing to a close, with many members improving their handicap and the winner soon to be announced.

Our snooker, billiards, pool, darts and cribbage tournaments will shortly begin and the competitive spirit will build up once again, but still in the same friendly manner shown at all times at the club. Trophies for the winners will be awarded at the club Christmas party.

Club members have spent time tidying up and doing maintenance work, not only to keep the premises in good order but also to continue to provide a welcoming atmosphere. We are currently working on a new website, which we aim to make informative, interesting, modern and helpful. We are excited about this and will provide more information in the near future.

As always, we are happy to welcome new members, as well as anyone who wishes to call in on club evenings, whether for a drink, to play a game or to try any of the activities for the first time.

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 BOWLS CLUB

Last time I wrote I was watching the rain. Today it's only 9.30am and it's sweltering. Bowlers are either playing first thing in the morning or in the evenings - it's just too hot midday. We're halfway through the league fixtures and some of us have started to play the interclub games. As usual we are all having a job to fit them in, but once the leagues finish we'll have a good run at it.



The East Bergholt village fair on the playing field meant we had lots of people dropping in to try a game of bowls. Our coach worked tirelessly showing people how to play and for that I thank him. I think by the end of the day he was exhausted.

There's another county game at the end of July and then in August it's our biggest annual fundraiser in memory of John Furnish, where 16 teams from around and about will compete all day for a cup. Bacon rolls will be supplied just to keep them going. Some of the teams have been competing for several years so they enjoy meeting up with old friends.

We had our annual check from the agronomist, who agreed that although the weather has been up and down our green is in fine shape - so thanks go to the green team.

My husband runs the carpet bowls and he had a phone call from the secretary regarding the winter carpet competitions. I can't bear to think about dark cold nights yet, but we are more than halfway through the year so I suppose it's inevitable.

You still have time to try outdoor bowls, so just let me know if you fancy a go. - Terri Catchpole, terrircatchpole@me.com

EAST BERGHOLT TENNIS CLUB



We had a busy but fun June, especially with opening up our courts to the community and showcasing our club facilities for the summer fair. We had lots of interest, particularly from parents, as children were able to pick up a racket and have a go with support on hand from our resident coach, Matt Watson.

Other events during the month included our regular social tennis, kids' tennis camps, pub social evenings and - to top it all - lots of league matches. This trend is continuing into July as Wimbledon is in full swing and interest in tennis peaks.

Our annual Wimbledon men's finals social event is this time being held at the Royal Oak (the Dickie) in the village on Sunday 12th July.

July also sees the club hosting a stand at this year's Tendring Show. Once again we're

hoping to attract local people to the club as members. If you are unable to attend the show but are interested in finding out more about East Bergholt Tennis Club, please visit our website at www.eastbergholttennisclub.co.uk and/or speak to our club coach, Matt Watson, on 07487 542510.

Improvements to our new facilities are continuing, with a focus on the exterior. We have new outdoor seating with a parasol (much-needed in the summer sun), from where you can see all the action on the courts.

Competitive tennis is proving tough for all our teams this year with the promotion of our men's, women's and mixed doubles teams.

We're seeing wins and losses across all our leagues, but everyone is enjoying the challenge and the opportunity to play in warmer, drier weather...last winter's league matches are still front-of-mind, and everyone is preferring the heat and mosquitoes to the wind and cold.

Once again Matt Watson will be running kids' summer camps throughout the school holidays. Please make direct contact with Matt if you are interested in finding out more or booking a place.

Finally, we would welcome any supporters to come and watch us play against Dedham in the inaugural match of The Constable Cup on 23rd August starting at 1.00pm. Refreshments will be available. Monies raised will support the local mental health and suicide prevention charity Legend on the Bench. - *East Bergholt Tennis Club*



East Bergholt Tennis Club pub night at the Sun Inn, Dedham

EAST BERGHOLT CRICKET CLUB



In these sweltering days of summer it is hard to recall that the second weekend in June was disrupted by rain...

The 1st XI has played some very good matches. There was an exciting win against Wivenhoe, when the odds were against us after the dismissal of skipper James Baker with another fine century, but sterling work from the lower order meant that we snatched a single-wicket victory off the penultimate ball. We then lost to Hadleigh before claiming the scalp of champions Halstead. The final game against Coggeshall was another nail-biter, which we lost by just five runs. The 1st XI is in eighth place.

The 2nd XI, which ended the month in sixth place in their league, also lost by just five runs on the same day away to Ardleigh, bringing to mind one of cricket's great sayings: "Oh what might have been!" The Sunday XI continues to expose many of our Colts to adult cricket - indeed, on one occasion recently there were just four adults and seven youngsters playing.

Pride of place this month must go to Ethan Lawrence and Peyton Burdon for making unbeaten maiden half-centuries. The Ladies' XI opened their account with a pleasing win over Felixstowe. This was followed by a fine effort by the whole team in pushing Copdock hard, before just losing out.

Notable individual performances

Batting

James Baker (1st) 100 v Wivenhoe, 58* v Coggeshall, 58 v Halstead

Oliver Clark (1st) 56* v Hadleigh

Ethan Lawrence (Sun) 53 ret v Ipscol

Ed Goodchild (2nd) 53 v Ardleigh

Ben McGrath (Sun) 53 v Colchester Cavaliers

Peyton Burden (Sun) 51 ret v Chappel and Wakes Colne

Ben Lawrence (Sun) 50 ret v Ipscol, 50 ret v Boxted

Harry Salmon (Sun) 50 ret v Ipscol

Bowling

Nathan Philpot (2nd) 5-36 v West Mersea

Lewis Catlow (1st) 4-29 v Coggeshall

Oliver Clark (1st) 4-44 v Halstead

The Junior section, so ably led by Duncan Hunter and Charlie Martin, continues to thrive. Unfortunately too many fixtures have been postponed due to school trips, the unavailability of opposition sides and the football World Cup.

It was wonderful to welcome more than 30 past players on the day we beat Halstead. It was such a success that we will make this an annual event. Our next event is Stars in Their Eyes - see social media for details. - *Howard Holdsworth, EBCC secretary*

THE BEGUILING BEE ORCHID



Although not so large
Your perennial presence is stored
Intimately in the mind
A rosette of lanceolate fresh green leaves
With parallel veins a give-away in spring
But in the summer is when
You show your majestic self
A loose inflorescence with
Four or five eye-catching flowers

With flowers exuding pheromones
A close look reveals your intricacies
Your devices for attracting pollinators
Sculpted by nature over geologic time
What first captivates the eye
Is your large recurved reddish-brown lip
With pronounced hairy side lobes
And distinctive yellow markings
Purposely to entice a passing bee

Your pink sepals offer an attractive milieu
And while the pair of pollinia are poised
To stick to the head of an itinerant bee
The sticky stigma below parted by a barrier
Awaits another bee, hungry and inquisitive
One bearing pollinia from another flower
In this way you achieve cross-fertilisation
And assure genetic variety in your offspring
Your structural ingenuity knows no bounds

Rasik Bhadresa

LOCAL ISSUES & OPINIONS

UPDATE FROM THE DISTRICT COUNCIL



Councillor Sallie Davies

Better Recycling: The epic rollout of the new waste regime continues. Yes, some residents did not receive bins; yes, some collections were missed but the crews have been working extremely hard, at times in extreme heat, to make this work. By and large residents have been really supportive. In the first week the crews collected 116 tonnes of food waste from caddies across Babergh and Mid Suffolk, followed by 153 tonnes in the second week and 162 tonnes in week three, all turned into biofuel and biofertiliser.

Changes on this scale are not without challenges. The Waste Team at Babergh “would like to thank everyone - residents for their patience, and our councillors, officers and, of course, our waste colleagues for their efforts - particularly with the additional challenge presented by the recent extreme heat, which our crews continued to work throughout”. If there are ongoing problems, you can find more information at www.babergh.gov.uk/bins-and-recycling.

20mph zones: Communities across the district have been calling for 20mph zones in their villages. Some have already been successful but it took a very long time. East Bergholt Parish Council recently decided to apply to Suffolk County Council to install 20mph zones in key areas in the village to protect children and other pedestrians. There is solid evidence from Wales that 20mph zones reduce accidents on the road. However, at a recent meeting, the leader of Babergh District Council was told by the Reform Party leader of Suffolk County Council that there would be no money for 20mph zones.

Heating oil help: Babergh and Mid Suffolk District Councils have joined forces with local Citizens Advice services to reach residents who may be missing out on financial help with heating oil - having already helped households unlock £100,000 in unclaimed benefits over the last year.

Residents can check eligibility details and apply for support via the Crisis and Resilience Fund page on the Suffolk County Council website or contact their local Citizens Advice for help with applications, whether or not they have been contacted by the councils.

Information on community oil-buying schemes, interest-free loans and energy advice is also available on the energy, fuel and utilities pages on the Babergh and Mid Suffolk websites.

Residents receiving a letter from the councils' Cost of Living Team can verify its legitimacy by calling Customer Services on 0300 1234 000.

Water's future: We live in a water-stressed area. I attended a webinar that set out how the water authorities intend to provide water to growing populations in the context of floods and drought.

By 2050, if we do nothing, there will be a water deficit of over 4.8 billion litres every day. So new reservoirs are being built, but Anglian Water also intends to address half the deficit by promoting measures to reduce water use and increase reuse. I will certainly be looking at how we can encourage housing developers to incorporate these measures into all new housing with the Joint Local Plan.

New wine trail: You may have noticed more and more vineyards appearing on the landscape in our area. Now a new Suffolk Wine Trail has been launched to showcase Suffolk's growing collection of vineyards.

Funded by Babergh and Mid Suffolk District Councils and West Suffolk Council, the Suffolk Wine Trail has been created to support this new generation of vineyards and help boost wine tourism. There is more information on the Visit Suffolk website at visitsuffolk.com. The website is full of ideas for places to go.

As always, if you are unable to access services or information on websites and you need help, please contact me on my council phone and I will help. The number is 07928 512598. - *Sallie Davies, Babergh District Council councillor for East Bergholt, Sallie.davies@Babergh.gov.uk*

UPDATE FROM THE PARISH COUNCIL

Traffic concerns: Traffic calming and road safety around Hadleigh Road and the primary school were discussed again at the recent parish council meeting following concerns raised by residents. The council would like to reassure residents that improving safety in this area remains a priority.

Following extensive public consultation in 2023, the village's traffic priorities were agreed. Improvements to the B1070, particularly near the high school, were identified as the highest priority, with Hadleigh Road, including traffic calming and a potential 20mph zone around the primary school, the second priority. Significant progress has recently been made on the B1070 scheme, with Suffolk Highways now accepting the parish council's design proposals.

However, as Suffolk County Council does not currently provide funding for local traffic schemes, projects have to be progressed sequentially using parish council resources.

Once the B1070 project is sufficiently advanced, the parish council intends to move forward with developing detailed designs and costings for the Hadleigh Road improvements. In the meantime, we are also investigating the opportunities presented by Suffolk County Council's new policy on 20mph zones, which may provide an additional route to improving safety around the primary school and surrounding residential areas. Further updates will be provided as this work progresses.

Village assembly: A proposal is being developed to introduce a village assembly to bring together the many organisations, groups and volunteers that make East Bergholt such a vibrant community. The aim is to improve communication, coordinate activities, identify local needs and strengthen collaboration among village organisations.

The assembly would meet three times a year, bringing together representatives from village halls, churches, schools and PTAs, clubs and societies, sports groups, arts and community organisations, volunteers, event organisers and local charities. Each organisation would have the opportunity to briefly share upcoming events, issues, support needs or opportunities to work together, with key discussion areas including village events, youth provision, volunteer recruitment, use of community spaces, and any traffic or parking issues affecting groups.

Over time, the assembly could help develop shared resources such as a village events calendar, communication groups, themed discussion sessions, joint funding applications and community showcase events.

Hadleigh Road layby: East Bergholt Parish Council has approved funding of up to £5,000 from reserves to enable Suffolk County Council Highways to progress a Traffic Regulation Order for the Hadleigh Road layby adjacent to the primary school and nursery. The restriction will introduce a maximum stay of two hours, with no return permitted within six hours, to help ensure the layby remains available for its intended purpose of supporting school drop-off and pick-up arrangements.

This follows concerns raised by residents regarding extended parking that has affected the use of the layby during busy school times. The council hopes these measures will improve access, safety and convenience for families, school users and local residents.

Next meetings: The parish council meets on the second Thursday of each month at the Lambe School, 1-3 Gaston Street CO7 6SD, starting at 7.30pm with an open public session. The next meetings are on 13th August and 10th September. Committee meetings are also open for the public to attend. Everyone is welcome to come, ask questions, share concerns, or have their say in a special item at the start of each meeting. All meeting dates can be found in the events section of our website at www.eastbergholt.org. - Joan Miller

EAST BERGHOLT PARISH COUNCIL MEETING, 9TH JULY 2026

In memory of Nigel Roberts, vice chair of East Bergholt Parish Council



It was with great sorrow that we heard that the vice chair of the parish council, Nigel Roberts, had died on 14th June after a short illness. Nigel was such a strong and loyal man, who gave freely of his time over the past nine years to work on council initiatives with the sole purpose of making things better for the people of our village.

His experience and professional expertise in planning matters were important in pushing forward our Neighbourhood Plan revisions and in advising on the many complex planning applications we have been involved in over that time.

His input into the Neighbourhood Plan work resulted in a rigorously researched housing-needs survey, and he led on the work of site allocation options. Nigel's expertise was also put to full use in advising us how best to proceed when the district council's Joint Local Plan work was postponed in the light of ever-changing government directives.

Nigel listened carefully to the voices of the village through the Neighbourhood Plan surveys and as a consequence developed a dogged determination to make our roads safer. Working with the consultants PJA, Nigel was the driving force behind the report on road safety options.

Following public consultation, he put it at the top of his agenda to identify the priority activities in the report and to try to get action from the county council to help progress safety works along the B1070.

In matters both great and small Nigel actively engaged his keen analytical talents to find solutions to complex parish problems and in supporting other parish councillors with their work. This is a great loss for our village.

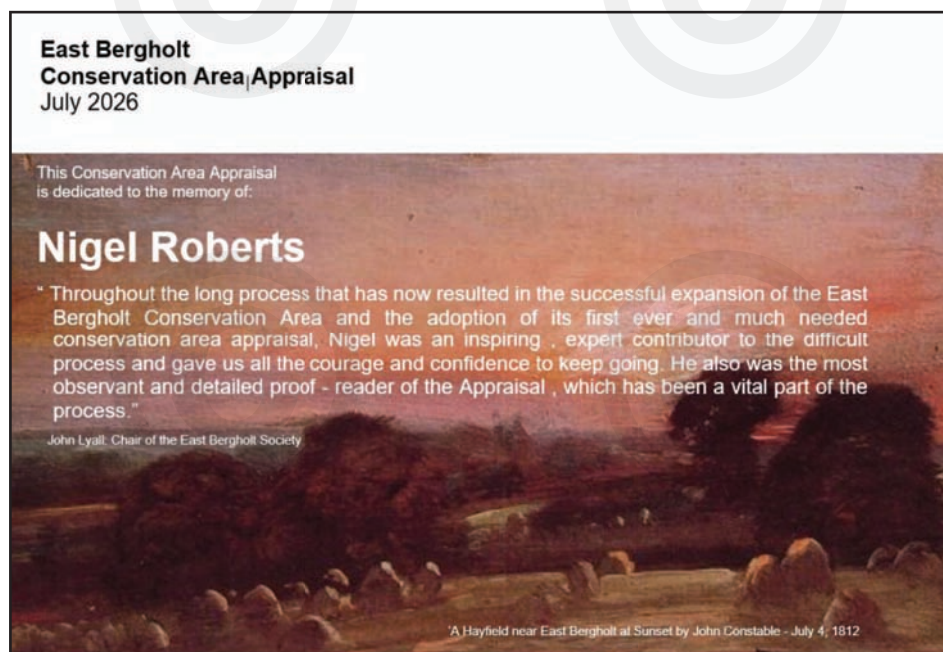
On behalf of the village we send to his wife Jenny and her family all our very best wishes and our very grateful thanks for all that Nigel did for us. - *Joan Miller, chair, East Bergholt Parish Council*

East Bergholt Community Land Trust adds: It is with great sadness that we learn of the passing of our colleague, fellow trustee and friend, Nigel Roberts.

Nigel was an exceptionally knowledgeable, diligent, and dedicated trustee, and the consummate professional in everything he undertook. His wise counsel, attention to detail and unwavering commitment were invaluable to the East Bergholt Community Land Trust.

His contribution to both the Community Land Trust and the wider village was immense and will leave a lasting legacy. He will be greatly missed by all who had the privilege of working alongside him.

On behalf of the trustees of East Bergholt Community Land Trust, we extend our sincere condolences to Nigel's family and friends at this difficult time. - *Nigel Downton, chair, East Bergholt Community Land Trust*



Babergh District Council, East Bergholt Parish Council and the East Bergholt Society have dedicated the Conservation Area Appraisal report to the memory of Nigel Roberts

UPDATE FROM PC KATIE

Community policing: My work is a balancing act, including crime investigations, dealing with antisocial behaviour (ASB), working with partner agencies, and engaging with communities. Recently the engagement side has fallen off, while the ASB and partnership work has increased. However, I have managed to attend a few summer fetes at Brantham, Stutton and Bramford, and I know colleagues have attended those at Holbrook, Bentley and Tattingstone.

So much time and effort is put in by organisers to make these events a success. It was wonderful to see them well-attended - and for me personally, when people recognise me and the children run up to me shouting “PC Katie”, it makes me feel like I’m part of the community.



Water safety: The spell of hot weather has caused significant concerns, water safety being one of them. I get it - playing in water on a hot day can feel refreshing - but activities like jumping off bridges, diving off closed piers and swimming in quarries carry serious and sometimes fatal risks. They include:

- Cold water shock.
- Hidden hazards below the surface.
- Unpredictable water conditions.
- Impact injuries from height.
- Risks from water quality.

Please educate your children and grandchildren about water safety. There are far too many deaths that could have been avoided if people hadn’t messed about in the water.

Road runners: I used to be able to run 10 km. That’s certainly not the case any more, but I understand why the road might be more inviting than the pavements. However, it does increase risk too. So the official guidance for a runner is to use the pavement if there is one; if not, run facing traffic close to the edge of the road and wearing high-visibility/reflective clothing. - *PC Katie Jarrett, community police officer for Claydon, Copdock and the Peninsula*



Constable Country Medical Practice

Constable country medical practice has its own designated pharmacy team consisting of a Pharmacist, a lead pharmacy technician and Two pharmacy technicians.

They review your medications and carry out your medications reviews.

They are also available to assist in medication queries from, staff, local pharmacies and patients.



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- 5  **On paper** - Use your repeat order form by ticking items you require and posting or handing into the surgery



If you require a medication that you have been prescribed previously but it is not on your repeat list, you may not be able to order this online. Please contact our Reception Team and request the medication as you may be asked to speak to, or see one of the doctors to ensure the medication is appropriate and safe to prescribe.



We are unable to accept repeat prescriptions over the telephone, unless you are registered as housebound; this is to avoid any possible prescribing errors.



Please also note, if a repeat prescription is requested too early without reason, it may be returned or you may be telephoned to establish the reason. This is to safeguard patients and the practice from overuse or misuse of medication.



Please ensure you give us plenty of time to process and send your prescription to your designated pharmacy.



PLEASE NOTE, AS OF MARCH 2026 BATCH PRESCRIBING HAS CEASED.



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Capel Pharmacy offers a free home delivery service to their customers and also accommodates a limited number of patients requiring blister packs. These arrangements need to be made directly with Capel Pharmacy.



They now stock a range of over-the-counter remedies.



PHARMACY OPENING TIMES

Monday – Friday: 08.30am – 6.15pm
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Capel Pharmacy contact – **01473 311322**



For **PRESCRIPTIONS**, please allow 7-10 working days



EAST BERGHOLT PHARMACY – DAY LEWIS

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PHARMACY OPENING TIMES

Monday – Friday: 9am – 6pm
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They now stock a range of over-the-counter remedies.



East Bergholt Pharmacy contact – **01206 298267**



For **Prescriptions** 7 -10 working Day



MEDICATION REVIEWS

A Medication Review takes place with a Clinical Pharmacist and is a comprehensive review of your medications to ensure they are prescribed safely and appropriately, as well as confirming that medicines you have been taking for a long time are all still necessary. The Clinical Pharmacist or Pharmacy technician will discuss your medicines with you and answer any questions or concerns you may have.

There are several reasons why you may require this review. These include but are not limited to:



- You have a long term condition and this follows your Long term condition check with the nurse
- You are taking a large number of different medicines
- You are taking medicines which are frequently associated with medication errors
- You are taking medicines which can be addictive
- You have recently been discharged from hospital.



Please allow between 20 - 40 minutes for this appointment.



These are usually done on the phone but



If your appointment is face to face, please bring your medicines with you. You may wish to have a family member, friend or carer with you.



The Long term condition review with a nurse and/or medication review is usually booked for your birth month.

RURAL REPORT

A regular round-up of countryside and farming news

Early barley: Suffolk farmers Peter and Richard Maddever of Scotts Farm, Cavendish, on the Suffolk-Essex border, started harvesting winter barley on 25th June - their earliest-ever start and four days earlier than the previous family record set in 2022. The grain, destined for export through Ipswich Docks, has exceptionally low moisture content after months of hot, dry weather. "We've had anything from 12% to 14% moisture. I couldn't believe that," Richard said. A lack of rainfall has accelerated crop maturity, reports *Farmers Weekly*.

Unsung stars: Country churches are being encouraged to hold a "rural mission Sunday" to thank the unsung stars who help to hold rural communities together. The Arthur Rank Centre, an ecumenical charity for rural Christians, suggests running the events "whether your congregation is small, traditional, pioneering, or somewhere in between". For more information visit arthurrankcentre.org.uk.

Imported food: The UK is becoming increasingly dependent on food imports, as UK producers lose market share to global competitors, according to a new report by the Food and Drink Federation. Food and drink imports into the UK during the first quarter of 2026 increased by 2.6% in value to reach £16.3bn; exports declined by roughly 5% in value to £5.7bn.

Suffolk chairman: Bruce Kerr of Woodbridge is the new chairman of the Suffolk branch of the Country Land and Business Association. He was director of the Suffolk Show during the pandemic years and beyond.

Sunny show: Good weather helped to increase attendance at the Suffolk Show, lifting the total by nearly 3,500 to 86,322 against last year's 82,828. The show recorded more young visitors, with a family package allowing under-15s to enter for free. The event also attracted record sponsors.

Bee precise: Researchers who tracked honeybees in the wild using a drone-based system found that each bee follows its own highly consistent flight path. Some repeated their routes so precisely that they deviated by only centimetres from previous flights, reports *Science Daily*.

Landmarks like trees helped keep them on track, but uniform crop areas led to more variation in the routes that the bees took. - *Brian Chester*, brianrobertchester@gmail.com, 01572 757600

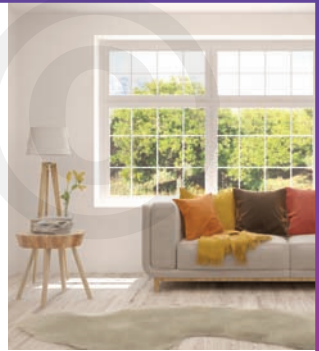
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Rector: Rev Chris Willis, The Rectory, Rectory Lane, Brantham CO11 1PZ

revchris@constablebenefice.org/07566 871270

Benefice administrator: Michelle Jowers, michelle@constablebenefice.org

Assistant priests: Rev Peter Ball (retired), 01206 393316; Rev Roy Seden (retired), 07806 940407

Readers: Nick Pavitt, 01473 328512; Ruth Bull, 01206 298733

Bells: Terry Eagle, 07578 002974

Book of remembrance: Jenny Chapman, 01206 298524

Bookstall: Fiona Trott, fiona.trott13@gmail.com/01206 298205

Children's Society boxes: Karen Rushen, 01206 299303

Churchwardens: Jackie Reeves, jackiereeves23@hotmail.com/01206 299973

Fiona Trott, fiona.trott13@gmail.com/01206 298205

Deanery synod representatives: Chris Jacob, Koshy Jacob and Sarah Southgate

Envelope & Gift Aid recorders: Ian Cranston, 01206 298434

Koshy Jacob (assistant Gift Aid recorder), 01206 298552

family@church: Fiona Trott, fiona.trott13@gmail.com/01206 298205

Flowers: Sophie Collis, 01206 299428

Rachel Lewis, rachel.lewis@drvtec.com/07940 108133

Magazine: for contact details, see box on the last page of these listings

Mothers' Union: Jeanette Appleton, jeanetteappleton@hotmail.com/07768 418942

Treasurer: Rob Shackleton

Open the Book: Ruth Bull, 01206 298733

Parochial church council: churchwardens, synod representatives, treasurer, Ewan Darby, Lisa Darby, Marian Godwin, Howard Holdsworth, Geoff Potter, Victoria Rothwell, Glen Rowson and Ruben Rushen. Minutes secretary Michelle Jowers, michelle@constablebenefice.org.

Safeguarding officer: Howard Holdsworth, 07970 416249

Toddler group: Liz Digby, 01473 312281

Treasurer: Lesley Cherry, 07543 644318

Visiting St Mary's Church: St Mary's is usually open every day during daylight hours. You are most welcome to come in and have a quiet moment in the Lady Chapel or leave a prayer request. If you need a listening ear, please contact Rev Chris. We are here to serve you. Please let us know how we can do this better. Details of services can be found on this magazine's centrefold.

OTHER CHURCHES

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

EMERGENCY NUMBERS

Police, fire, ambulance, 999

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Police (Capel St Mary station, non-emergency, limited hours), 01473 613500

Electricity, 105

Gas, 0800 111999

Water, 03457 145145

Samaritans, 116123

HEALTHCARE

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Manningtree Dental Practice, 01206 391065

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Colchester District General Hospital, Turner Road, Colchester, 01206 747474

Highcliff Veterinary Practice, Brantham, 01206 391511

Defibrillator locations: **East Bergholt:** 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; **Flatford:** 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.

LIBRARIES

Capel St Mary Library, Community Centre, The Street, Capel St Mary, 01473 311699

Manningtree Library, High Street, Manningtree, 01206 392747

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GOVERNMENT

East Bergholt Parish Council: chairman Joan Miller, 01206 298517

Parish clerk Graham White, parish.clerk@eastbergholtpc.co.uk/07801 368283

Babergh District Council, 0300 123 4000

Councillor Sallie Davies, sallie.davies@babergh.gov.uk/07928 512598

Suffolk County Council, 01473 583000

Councillor Darius Laws, darius.laws@suffolk.gov.uk

Member of Parliament for Suffolk South

James Cartledge (Sudbury office), james.cartledge.mp@parliament.uk/01787 312363

COMMUNITY

Constable Hall bookings: secretary Adrian James, 07783 682024

East Bergholt Community Council: Stephen Miller, eastbergholtcommunitycouncil@outlook.com

East Bergholt United Charities: Louise Kemp, eastbergholtunitedcharities@gmail.com

Family history queries: Mark Ashmore, goldfinch479@gmail.com

Lambe School bookings: secretary Emma Chinnery, 01206 298078

Village recorder: Jeremy Kemp, jeremy@kemps.me.uk

SHOPS AND SERVICES

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Barry's Fish & Chips (van service), see Facebook for times

Fields Kitchen & Farmshop, Park Road, 07494 240695

Gaia, The Street, 01206 299955

Oranges & Lemons, Rectory Hill, 01206 299000

PUBS

The Carriers Arms, Heath Road, 01206 298392

The Hare and Hounds, Heath Road, 01206 298438

The Red Lion, The Street, 01206 803406

The Royal Oak ("The Dicky"), East End, 01206 413817

COVER PHOTOS: We are always looking for photos of seasonal events, interesting scenes, or flora and fauna of East Bergholt for the cover of our magazine. We are keen on receiving pictures of the village's architecture and heritage, as well as nature scenes.

If you have taken a suitable photo, please send it to barnaby.page@gmail.com for consideration. It should be in .jpg format, at the highest resolution possible, accompanied by a brief description and the photographer's name.

This month's cover image is by Richard Kevern.

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