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parish magazine

October 2026

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IN YOUR PARISH MAGAZINE THIS MONTH...



2 Building for the next 250 years

We need to balance development and conservation in Constable Country, says parish council chair Joan Miller.

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

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And a long, hot summer for cricket and tennis.

14 Constable Country Churches calendar

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25-30 Local issues & opinions

The latest on the Heath Road development, traffic safety in East Bergholt, and more...

31-34 Community contacts & village map

All your village contacts and facilities listed in one place.
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Don't forget...
The deadline for the November issue is **5th October**. Please send your articles and photos to us at eb.parish.magazine@gmail.com

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CONSTABLE, CONSERVATION AND NEW HOMES

The 250th anniversary of John Constable's birth has seen a series of delightful initiatives from local organisations, including East Bergholt Society talks, the Constable Hall's events such as the virtual Constable experience, Flatford's National Trust art and theatrical events, East Bergholt Community Council's community art project (including a joint project with our Twinning Association's partner Barbizon), the festival programme at St Mary's Church, and the lovely Old Hall events. We have had excellent cooperation and assistance from Babergh District Council, Colchester + Ipswich Museums and our neighbouring parishes of Brantham and Dedham.

The parish council's contribution to the Constable legacy has been the Constable's Heartland Conservation Area extension. This has been a five-year-long project with very significant support from Babergh officers and councillors, which will help us to conserve the landscapes Constable painted so that future generations can also gaze upon them; living in this environment we may sometimes forget the international importance of these views. This is also a most opportune time to extend our conservation area, as Babergh District Council are drafting the next 15-year local plan.

The government has decreed that Babergh must build twice as many houses as we actually need. Neither the parish council nor the district council has powers to argue with this figure. If we allocated these houses proportionately across the district then East Bergholt might be allocated 440 houses, but we argue that we could not meet this target without damaging our landscapes. Our argument is backed up by two research documents, our Historic Landscape report and our Conservation Area Assessment report.

So far Babergh has supported us in these arguments, but the district does still have to produce a local plan to build all the houses. Our approach, therefore, is to try to identify housing spaces that will benefit our area rather than destroy our scenery, and to convince Babergh of this approach.

So far we have identified potential space for 150 new houses (this includes unbuilt houses on the two new estates) and emphasised that this must include 25-30 affordable homes for local people.

The parish council will be discussing this approach along with proposals for sites at our 8th October meeting. Residents are welcome to come and give us your views in the public session. Councillors will listen carefully.

The results will be fed into Babergh District Council and you will have an opportunity to respond to Babergh's conclusions when they are put out for general consultation in January/February 2027. Babergh's eventual plan will propose definite sites to be built on. - *Joan Miller, chair, East Bergholt Parish Council*



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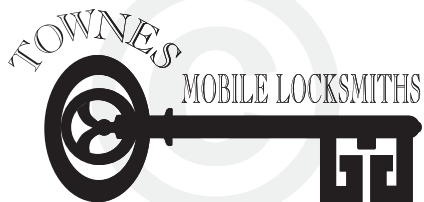


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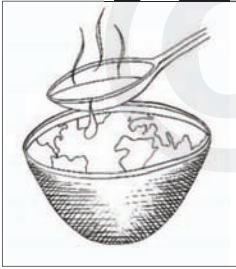
Facebook: stmaryseastbergholt

YouTube: Constable Country Churches

DATES FOR YOUR DIARY AT ST MARY'S CHURCH

- 31st October, 2.30pm** **All Souls.** This is a service of thanksgiving and remembrance of family and friends who have died, whether during the previous 12 months or any number of years before. We will specifically name those individuals who have recently departed, and there will be an opportunity for you to write their names, which will then be placed on the altar during the service. This afternoon service provides a space for peace and reflection, and everyone is very welcome to attend it.
- 8th November, 10.00am** **Remembrance Sunday.** A formal service of remembrance with laying of wreaths, a roll call of those from the village who died in war, and a biographical eulogy of one of our village soldiers. All are welcome to attend.
- 11th November, 10.50am** **Act of Remembrance.** A short, said service to mark Remembrance Day.
- 15th November, 6.00pm** **Choral Evensong.** A visiting choir led by Martyn Bagnall, called Jubilate, will lead our formal worship of Evening Prayer. The singing will be sublime and everyone is welcome to attend.
- 5th-6th December** **Christmas Tree Festival.** To coincide with the village Christmas Market, St Mary's is again hosting a tree festival, after the success of the inaugural festival last year. Village groups or organisations, local businesses and even individual families are welcome to enter free of charge. Please see the flyer for instructions on how to enter. - Fiona Trott

CONSTABLE CHURCHES MOTHERS' UNION



Come to our **Harvest lunch** on Thursday 8th October at St Mary's Church, East Bergholt. We are serving a choice of soups with a roll, followed by a magnificent selection of cakes to enjoy with your cup of tea or coffee.

This fundraising lunch is our branch's contribution to the Mothers' Union 150th anniversary challenge, calling on us to raise £1,500 to support Mothers' Union projects in Britain and Ireland as well as worldwide.

These include projects such as the literacy and savings work that teaches people in Burundi to read and then provides a grant so that they can start a business such as making honey, making fish hooks or running a café in a local market.

Tickets are £5 and can be obtained from committee members Jeanette Appleton, Janet Ball, Jenny Chapman and Wendy Withers.

Praise and Wholeness service, Ipswich, Saturday 17th October, 2.00pm

This is a quiet service for mental and physical healing, as well as for those of us who have such busy lives that we need to take time out to refocus - in the words of the hymn, to "be still, for the presence of the Lord is moving in this place". This service is open to everyone.

The venue for this service is St John the Baptist, Cauldwell Hall Road, Ipswich IP4 4QE. On a practical note, the church has a large car park with level access to the church and accessible toilets. After the service the usual excellent Mothers' Union tea and cake will be served, giving time for some wonderful fellowship. - *Jeanette Appleton*

TAKE A BREAK

October's Take a Break event will be a special opportunity for all crafters (and non-crafters) as we get ready for the C-word - Christmas!

There will be patterns for knitting our Christmas Eve giveaway, which involves knitting and making gift boxes. The knitting pattern is included on page 5 of this parish magazine, for anyone who wants to start working on it at home. (For those who prefer to crochet, there are patterns online such as the one at tinyurl.com/MangerPattern.)

So we look forward to welcoming everyone to St Mary's on 7th October from 10.00am until 12.00 noon. There will be coffee, tea, cake and biscuits, fellow crafters...and those just wanting company and a chance to chat. - *Fiona Trott*

Knitting Pattern – The Baby in the Manger

Size: 8cm/3" long

Wool needed: Double knitting - 15g of each – brown, butter, skin tone, white

Other items needed: tapestry needle, stuffing, size 11/3mm knitting needles

Key:

k2tog = knit two together

kfb = knit into the front and back of stitch

sl1k or sl1p = slip one knitwise or purlwise

Pattern: Head and body - Cast on 6 sts in skin tone.



1: kfb 5 times, k1 [11]	2: Purl	3: Knit	4: Purl	5: Knit
6: Purl	7: k1, k2tog 5 times [6]	Switch to white wool	8: Purl	9: As row 1
10: Purl	11-14: Stocking stitch	15: Knit	16: Knit	17: Purl
18: Knit	19: Purl	20: As row 7	21: Purl	22: As row 1
23: sl1p, purl to end	24: sl1k, knit to end	25-32: repeat rows 23 – 24 4 times	33-35: Knit	Cast off knitwise

Manger:

Cast on 26 sts in brown.	1-6: work 6 rows in stocking stitch	7: Cast off 16 stitches knitwise, knit to end [10]	8: Knit
9-28: work 20 rows of stocking stitch	29: Knit	30: cast on 16 stitches, purl 16, k10 [26]	31-35: work 5 rows of stocking stitch then cast off purlwise

Making up

Close seam down back of head and body, stuffing as you go. Stop where white section pinches inwards. Gather here to close the body. Fold lower part up over body. Gather round neck to neaten. Embroider a face.

Fold flaps of manger up along garter stitch edge of ridges. Match long edges together to form and open box. Join all seams. If you've got a rounded basket effect, fix by pinching each corner into a point and securing. To make straw, cut 4 x 30cm lengths of butter coloured yarn. Holding all 4 together, tie knots along them all at approx. 1" intervals.

Halfway between each knot, cut through 3 strands only, leaving one to keep the bundles strung together. Use your knitting needle to separate the short strands. Create as many strings as you like and stitch them into the manger.





St Mary's Baby & Toddler Group

Every Friday during term-time:
9:30am to 11:30am

We're a relaxed and fun play group that meets in the West End meeting room of St Mary's Church, East Bergholt (door opposite the war memorial) for informal play, tasty snack time, coffee, tea and chat.

For more information, please contact Gill Rattray
01206 298380 / gillrattray@yahoo.co.uk

September

4th, 11th, 18th, 25th

October

2nd, 9th, 16th

November

6th, 13th, 20th, 27th

December

4th, 11th



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

Who's in the driving seat?

In his letter to the Romans, St Paul says: "Do not be conformed to this world, but be transformed by the renewal of your minds, so that you will be able to discern the will of God and to know what is good and acceptable and perfect." (Romans 12:2.)

In the busyness of our lives, it's so easy to forget about God. We fail to ask Him to be with us and to guide us through each day. We get absorbed in work and family duties, and that great time-waster - social media - is designed to keep us scrolling instead of doing something useful.

It takes a conscious decision to stop and spend time with the Lord instead. Regularly spending quiet time in prayer and reading the Bible helps us to refocus and stay calm. And in the midst of a busy day, we can still ask the Lord for guidance and wisdom.

You may have heard that saying "if Jesus is your co-pilot, change seats". Can we let God set the destination each day on our spiritual sat nav and let Him drive?

Weekday and Sunday masses and devotions for St Mark's and Holy Family

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

*When I die,
I don't want there to be tears.
Tears are borne from sorrow.
No grief or lamentation-
this is not their time.
No broken hearts,
or huge bouquets of flowers.
Flowers belong in gardens,
with the living.*

*When I die,
I don't want there to be solemn hymns.
No "dust to dust,"
or "ashes to ashes."
No carefully constructed valediction,
relating the good I have done -
ignoring the rest.*

*When I die,
I don't want it to be in elaborate splendour.
No sculpted headstone,
with ornate angels bending.
No "went to sleep,"
or "struggle borne with courage."*

*When I die,
I just want a brief inscription,
somewhere small and plain:
"Be seeing you."*

This is a poem I wrote in my late teens and I still stand by it. Because of Jesus, I see death for the Christian as a simple moving from one phase of life to another. No need for any fuss. Do you share that same conviction?

My words bore the "arrogant certainty" of youth and, now older, I do see one thing differently. I won't be around but my family will. Whatever happens needs to happen for them. I'd always planned to leave my funeral solely in their hands but I've come to realise that, even though I still want it to be their call, the kindest thing I can do is to talk it over with them before I go. That way, they'll know my feelings and there should be no needless anxiety. I suggest that is good advice for all of us. - *Steve Mann*

Sunday services (at 11.00am unless otherwise stated)

4th October	Local Arrangement
11th October	Rev Steve Mann (Communion)
18th October	William Glasse
25th October	Local Arrangement

Coffee morning Saturday 31st October, 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



Climate Change, Gardening and Us - 15th October, 7.00pm at the Lambe School

Clive Boase, one of the trustees of the charity Climate Change Gardening, will be giving a talk covering the impact that climate change is having on gardens, how we can continue to have a productive and enjoyable garden despite climate change, and the range of measures that gardeners can adopt to actually help counteract climate change and support biodiversity. It is a particularly apt topic following our summer.

Attendance is free and open to all, but please send a quick email to let us know you are coming - thank you. We look forward to seeing you there.

The Annual Show

At the beginning of September we had our Annual Show. Despite the dry summer our members pulled it out of the bag and put on an amazing show of exhibits.

Thank you to all those who took part, as without you we simply would not have a show, and congratulations to all our cup winners.

This year we were able to give the winners of our growing classes a goody bag of seeds kindly donated by our new sponsor, She Grows Veg.

Thank you to the WI ladies who served tea and cake all afternoon and to those of you who came to look round and supported the raffle.

If you didn't enter this year or come along, do pop the date for next year's Horticultural Society Annual Show into your diary, Saturday 4th September 2027 - it really is a village afternoon not to be missed. - *Louise Kemp, show secretary*





2026 prizewinners

- **Harris Challenge Bowl**, winner of Division I, Vegetables and Fruit - George Harris
- **Worth Challenge Cup**, winner of Division II, Flowers - Helen Whiteman
- **Kathleen McBride Challenge Cup** for floral art - Rosie Skeet
- **Sydney Cripps Memorial Trophy** for best floral exhibit - Kate Stannett
- **Ladies' Challenge Cup for Cookery** - Janis Taylor
- **Keith Alcoe Men's Cookery Cup** for a cake made by a man - Josh Williams
- **President's Cup for Handicraft** - Janis Taylor
- **Secretary's Cup for Photography** - Michael Whiteman
- **Dines Cup** for children aged 12 to 16 - Trudy Peirson
- **Holman Cup** for children aged 8 to 11 - Robin Peirson
- **Stroud Cup** for children aged 5 to 7 - Bella Fisher
- **Lavender Hall Kindergarten Cup** for children aged up to 4 - Imogen
- **Best Child Exhibit** - Lizzie Harris
- **Cleaver Dahlia Trophy** - Helen Whiteman
- **Best in Show Silver Salver** - Helen Whiteman
- **Banksian Shield and Medal** for the competitor with the most points in Divisions I and II - Helen Whiteman
- **Best-Kept Allotment** - Steve Feeney

The Society Store

We have now closed until the spring. However, if you require anything over the winter do give Steve a call on 07801 090780. - *Steve Feeney, Horticultural Society chairman*

Gardening tips for October

October already - days are shortening and summer sunshine slips away. And what a summer; at the time of writing, 4th September, we have had very little of the rain they kept forecasting.

For weeks now, leaves have been falling early - raking is good exercise! Weeds may be emerging, so keep hoeing to stop them from becoming established. If you haven't bought bulbs, do so without delay. Plant up winter baskets and tubs. Add slow-release feed granules to the compost prior to planting. Shorter daffodils such as Tete-a-Tete and Jetfire are best, as are dwarf varieties of tulips. Garden centres are full of suggestions. If weather permits, it's a good time to plant trees, shrubs and hedges.

On the veg plot, hardy peas and broad beans can be sown and it's a good time to plant garlic. Pick the last of the beetroot; they freeze well when cooked. With a bit of warmth the last of the tomatoes may still ripen. If not, make green tomato chutney. Check brassicas are securely netted; hungry pigeons can do a lot of damage. And talking of pigeons, our garden birds are needing feeding again and watering.

Perhaps our poor lawns will need a mow with the cutters raised. Some lawns could do with a top dressing. John Innes No. 3 is good. Make sure outside taps are well-insulated. At the end of the month the clocks go back, not a nice thought! Start planning 2027 in your gardens, from the comfort of your armchair. - *Janet Alcoe*

You're invited to the return of the highly popular East Bergholt & Barbizon Twinning...

QUIZ NIGHT

Fully Licensed
Cash Bar!

Great Raffle
Prizes!

Half case
of wine
for winners!

***Ticket includes
light supper!***

**Saturday 21st November.
7.00pm for 7.30pm start.
Constable Hall.**

**Teams of up to 8 per table.
£12 per person (U18/student - £6).**

**BOOK TICKETS EARLY
to avoid disappointment:
Joy Scott: joyvscott@outlook.com or
Tel: 01206 298174**



Climate
Change
Gardening

**Climate Change, Gardening
and us**

Thursday 15th October

Lambe School

7.00pm

**Free entry but please send an
email to let us know you are
coming – thank you**

ebhs.horti@gmail.com

MANNINGTREE & DISTRICT PHOTOGRAPHIC SOCIETY



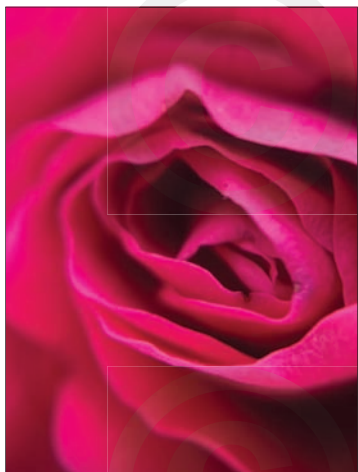
Last month members shared images they took over the summer as part of the summer challenge, and took part in a field trip and a competition on the theme of mammals.

October sessions are as follows:

- 8th October - talk by Derek Howes about his work in Central and South America.
- 10th October - field trip - to be confirmed (see website).
- 22nd October - print competition - open mono.
- 29th October - talk by Stephen Harper on *Mach Loop and Photographing Lynx in Spain*.

Our club website at e-voice.org.uk/manningtreeanddistrictphotographicsociety has information about membership and activities together with competition results, photo albums and further club information. Our full 2026-2027 programme can be found on the website. Our public Manningtree Photographic Club Facebook page also features club news and activities.

This month's featured image by Katharine Showell was the winner of one our Facebook Challenges.



We are a small group of photography enthusiasts with a wide range of photographic experience and knowledge.

The club aims to provide a friendly environment for members to enjoy the development of their photographic skills through a variety of activities in the company of like-minded individuals.

If you have an interest in photography, at whatever level, you would be most welcome at M&DPS.

We meet at Mistley Village Hall on the second, fourth and fifth Thursdays of the month between September and May at 7.30pm.

For further information please contact our secretary Pat Ainger on 01206 231242, or email us at madps@post.com. - Katharine Showell

**OCTOBER CONCERTS IN EAST BERGHOLT
at St Mary's Church, East Bergholt CO7 6TG**

Sunday 4th October, 3.30pm: Alvor Trio



*Sarah Newbold, flute; Martin
Outram, viola;
Imogen Barford, harp*

*Music by Mozart, Ravel, Jongen, William Mathias,
John Pickard, Vaughan Williams and Debussy.*

The Alvor Trio was formed as a result of many years of friendship and professional collaboration among the three members. Each is an acclaimed instrumentalist and teacher in their own field, and they come together to explore the rich and diverse repertoire written for this ensemble. They have performed widely across the UK and several new works have been written for them.

Sunday 18th October, 3.30pm: Sacconi Quartet



*Ben Hancox and Hannah Dawson,
violins; Robin Ashwell, viola;
Cara Berridge, cello*

**Caroline Shaw *Nimrod*
Walton *Quartet in A minor*
Beethoven, *Quartet in A minor Op. 132***

We are delighted to welcome back this outstanding quartet, who have been regular visitors throughout their careers, and we look forward to celebrating their 25th anniversary with them.

Generously supported by John and Carole Ashton.

More information and tickets online: www.svam.org. Tickets also available from Grier & Partners and on the door. To book, contact Doreen Weatherall on 01206 298426 or at svamtickets@btinternet.com. - Birte Kelly



St Mary's, East Bergholt



St Michael's, Brantham



St Mary's, Bentley



St Mary's, Tattingsstone

Services in October

Services in blue are intended to be particularly child-welcoming 😊

Connect Service

a service for everyone with children's activities included

family@church

suitable for pre-school and primary children with parents (held at East Bergholt)

Family at Church

suitable for pre-school and primary children with parents (held at Brantham)

The Gathering

a service with a contemporary feel (held at East Bergholt)

ST MARY'S, EAST BERGHOLT

Sunday 4th

8.00am BCP Communion Service

10.30am **Connect Service (at Brantham)**

Wednesday 7th

9.30am BCP Communion Service

Sunday 11th

10.00am Morning Worship with Communion

4.00pm **family@church**

6.30pm **The Gathering**

Sunday 18th

8.00am BCP Communion Service

10.00am Morning Worship with Communion

Sunday 25th

10.00am Morning Worship

6.30pm **The Gathering**

Saturday 31st

2.30pm All Souls service

ST MICHAEL'S, BRANTHAM

Sunday 4th

10.30am **Connect Service**

Sunday 11th

10.30am Morning Worship with Communion

Sunday 18th

11.00am Morning Worship with Communion

Sunday 25th

10.30am Morning Worship

4.00pm **Family at Church**

ST MARY'S, TATTINGSTONE

Sunday 4th

10.30am **Connect Service (at Brantham)**

Sunday 11th

11.30am Harvest Service followed by lunch

Sunday 18th

9.30am Morning Worship with Communion

Sunday 25th

10.00am Morning Worship with Communion

ST MARY'S, BENTLEY

Sunday 4th

10.30am **Connect Service (at Brantham)**

Sunday 11th

10.00am Morning Worship with Communion

Sunday 18th

10.00am Morning Worship

Sunday 25th

10.00am Morning Worship with Communion



St Mary's Christmas Tree Festival



This year's Christmas Tree Festival marks the grand finale of our **Constable 250 celebrations** - a joyful close to the year as **colourful trees fill St Mary's Church with light, colour, and creativity.**

Entry is free and open to **individuals, families, community groups, and local businesses.**

You are warmly invited to **provide and decorate a tree** for display in **St Mary the Virgin Church, East Bergholt.**



Entries close: Thursday 3 December — don't miss out!



Tree details:

- Any size or shape — fresh or artificial
- Decorate on site or bring it ready
- No mains power available — **battery lights only**
- After the festival, your tree goes home with you for Christmas



Tree drop-off and setup:

- Friday 4 December: 12.00–5.00pm
- Saturday 5 December: 9.00am–12.00noon



Festival display times:

- Saturday 5 December: 1.00–5.00pm
- Sunday 6 December: 11.00am–4.00pm



Tree collection:

- Sunday 6 December: 4.00–6.00pm
- Monday 7 December at any time



Location:

St Mary the Virgin Church, The Street, East Bergholt, CO7 6TG



Contact:

Email **Jackie Reeves** at stmarysebevents@gmail.com



A NIGHT OF FRIGHT

31.10.2026

BRANTHAM VILLAGE HALL

GET READY FOR A NIGHT OF FRIGHTFUL FUN
AND WICKED DELIGHTS!

SPOOKY

4.30PM - 6PM

open to all ages

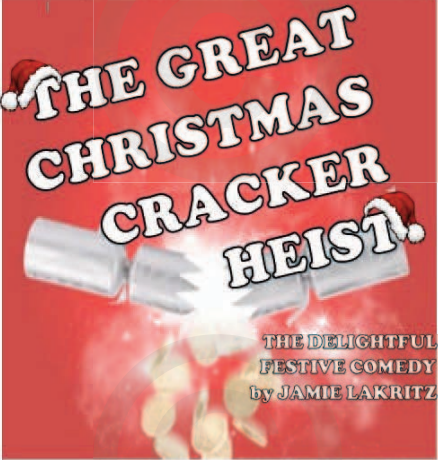
7 - 8.30PM

NIGHTMARE

£2.50 An Entry



East Bergholt Dramatic Society



**THE GREAT
CHRISTMAS
CRACKER
HEIST!**

THE DELIGHTFUL
FESTIVE COMEDY
by JAMIE LAKRITZ

AT THE CONSTABLE HALL
26TH – 28TH NOVEMBER 2026
THURS 26TH & FRI 27TH 7.30 PM
& SAT 28TH AT 2.30 PM
FURTHER DETAILS AVAILABLE SOON



PLOUGHMAN'S LUNCH

Celebrating **50** Years Of

Babergh & Samford District Friends of Guiding

Constable Memorial Hall, East Bergholt
Thursday 15th October 2026
12.30pm – 2pm
Tickets £10




**FOR TICKETS PLEASE CONTACT JANET HALL ON 01206 298137
 OR EMAIL HALLJANET735@GMAIL.COM**

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*

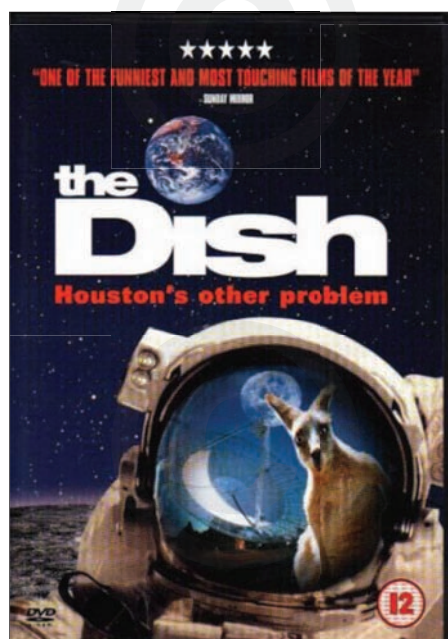


EAST BERGHOLT CINEMA
at the Constable Hall, Gandish Road, East Bergholt CO7 6TP
Films start at 8.00pm, doors and ticket desk open at 7.30pm

At East Bergholt Cinema, we have never shied away from tough subjects in the films we show.

However, the world now seems grim and so many films and TV programmes are stuffed with guns and misery.

So this season, we will select films that are about life in all its positive glory - not too cheesy, just really good films. Some are older, some are contemporary. Some are not that well-known but are prize-winning and well worth watching. We hope you will join us.



Friday 2nd October

***The Dish* (2000) (12, 1 hr 40 mins)**

The true story of a group of eccentric scientists who are responsible for manning a satellite dish inauspiciously located on a remote Australian sheep farm.

Much to NASA's alarm, the unconventional Aussie team - led by Cliff Buxton (Sam Neill) - are the world's only hope for receiving the historic images of man's first steps on the moon. With help from a colourful cast of local characters, the crew struggles to overcome a series of mishaps.

"Larkish, good-humoured and impossible to dislike" - *Empire*

Tickets are available online via the booking website at eb-cinema.sumupstore.com. Alternatively, they can be bought in advance at Grier & Partners in East Bergholt or reserved by calling 01206 298368. We highly recommend that you buy a ticket in advance as seating capacity is limited.

Films start at 8.00pm; front doors are open and ticket desk available from 7.30pm. There is a bar, tea and coffee and ice creams. - *The EB Cinema Team*

EAST BERGHOLT WI

Our September speaker was Barbara Meyer, a wildlife photographer, who showed us some wonderful photos of a variety of animals that she had taken both locally, for example at Colchester Zoo and nature reserves in Suffolk, and also abroad when on safari and other adventures. She had some lovely close-ups of seals, hares and leopards, among others. During her presentation Barbara gave us tips on how we should approach these animals and how to take our photos.

Our members also enjoyed a trip by minibus to Helmingham Hall in August.

Our next meeting will be on 7th October at 7.30pm at the Constable Hall, when Sonia Collins will be presenting a Bollywood dance demonstration and inviting us to join in.

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, check out our Facebook page (search for "East Bergholt Women's Institute") or just come along to our next meeting and see what we are all about. - *Gill Rattray*

STOUR VALLEY U3A learn, laugh, live

Make the most of life once you're no longer in full-time work and come and explore new ideas, interests and skills with University of the Third Age.

Across the country U3A members are meeting new people, learning, staying active, and having fun later in life. It's local, social, friendly, low-cost and open to all.

We have more than 500 members and over 40 interest groups including walking (from strollers to 5+ milers), theatre trips, garden visits, art appreciation, curry club, international dining, science group, languages, keep fit, pickleball, overseas travel, bridge, Sunday Singles lunch...there's something for everyone. If we don't have a group you are interested in, you are welcome to start one up. Membership is only £15 a year.

Monthly coffee mornings are held on the first Friday of the month from 10.00am to 12.00 noon at the Lambe School, Gaston Street, East Bergholt. Come along, meet some members, hear more about us and decide whether you'd like to join.

Monthly lectures are held on the second Wednesday of the month at 2.15pm in the Constable Hall, Gandish Road, East Bergholt CO7 6TP. Guests are welcome for a charge of £4. On 14th October Andy Moore will talk on *Colchester Zoo and its Role in Conservation* and on 11th November Paul Campion's subject will be Hope and Glory - The Proud Story of the Proms. Please take a look at our website stourvalley.u3asite.uk for more information and contact details. - *Pat Chandler*

EAST BERGHOLT UNITED SERVICES CLUB

New Victory Hall, White Horse Road, East Bergholt CO7 6TR



The East Bergholt United Services Club (EBUSC) is a not-for-profit organisation, and we always provide a friendly, warm welcome to the club. We have a 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 bar is stocked with a wide range of beers, wines, spirits, soft drinks and snacks - all reasonably-priced.



We have recently held our in-house handicap snooker league in which many members took part and improved their handicap.

There was certainly an air of competitiveness during the league but the club's ethos of playing competitively when we need to, and playing for fun when we want to, shone through as well. Congratulations to Matt Roberts, who won the league and will have his name added to the honours board.

Our in-house annual tournaments are currently underway; these are for snooker, billiards, pool, darts and cribbage, and are open to all members.

Our bar steward Mandy has decided to step down from her role. We would all like to thank her for being a valued and important member and for everything she has done for the club.

Club nights

- Tuesday and Friday evenings.
- 7.00pm-11.00pm.

The door is open to anyone who would like to play, try an activity for the first time, or simply enjoy a drink and socialise.

Private hire

The club's facilities are available for private hire, and we regularly host:

- Other clubs.
- Social groups.
- Private events and gatherings.

Charity fundraising

Each year, club members select a local charity to support.

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 TENNIS CLUB



This article's photo comes from the inaugural Constable Cup competition on 23rd August (and features two budding future players as well...). It was one of many events in our hottest-ever summer.

Our summer kids' camps have been a great success, with 182 bookings across nine camps and a total of 56 hours at the tennis club. A big thank you to our coach Matthew, and all the juniors, parents and helpers.

In our summer league, the men's doubles first team put on an astonishing performance as they went through the whole season undefeated. Congratulations also go to all our other teams, who enjoyed some great competitive tennis throughout the summer, despite a few injuries which left us a little short at times. It was wonderful to see some new players stepping in to play.

October sees the start of the winter (floodlight) season. We have registered men's, ladies and mixed teams, so if you're interested in joining one of our league teams please let Matthew Watson know on 07487 542510.

We have had a whole summer of events both on and off the court, which culminated in East Bergholt hosting the Constable Cup against Dedham on 23rd August. It was a perfect day for tennis, and a wonderful way for us all to come together and remember our dear friend Peter King, a member of both clubs, who passed away after a short illness on 25th July. Some exciting competitive tennis ensued, and this year East Bergholt came out victorious. We look forward to next year, when we will play at Dedham.

East Bergholt hosted two charity events raising a total of £398 for our chosen charity (elephantnaturepark.org), one very close to Peter's heart. Thank you to all those who helped organise these. Our next fundraising event will be our annual Halloween Quiz on Friday 30th October at the pavilion by the playing fields on Gandish Road. We hope to see you there whether you're a member of the club or not - everyone is welcome.
- East Bergholt Tennis Club

EAST BERGHOLT CRICKET CLUB



The season has just about come to a close. The last home game has been played at Gandish Road, and the covers, sightscreens and other paraphernalia have been put away. Thanks must go to all those who make our club run smoothly; to those who tend the grounds; to the tea ladies and the bacon butty crew; to Tony, our devoted barman; to our scorers, Alan Rogers and Brian Munson; to all our coaches, who bring such enthusiasm to their coaching to help the youngsters improve and have fun; and to the chairman and committee, who give of their time so freely.

In many ways it has been a challenging year, but we have made the most of the weather. With two good victories over Mistley and Maldon, the 1st XI have put themselves in with a chance of finishing sixth, which would be their best position in a number of years. The 2nd XI have slipped since early June and will probably end in ninth place. The Sunday XI have played some good cricket and should finish seventh.

There have been some notable achievements. Many congratulations to the following:

Our Ladies' XI, who finished a hugely creditable second in their league. We are super-proud of them.

Aisha Farrell, who has finished the season as the leading run-scorer in the whole league.

The U11 team, who were unbeaten and were crowned as champions.

James Baker, who is the club's leading run-scorer, with 768 runs.

Adam Blemings, for passing 500 runs for the first time.

Ben Lawrence, for being the leading run-scorer for the whole of the Sunday league.

Nick Toohey and Lewis Catlow, the leading wicket-takers in the club, with 28 each.

Notable individual cricket performances

Batting

Isaac Toombs (1st) 140 v Mistley

James Baker (1st) 89 v Maldon

James Roome (2nd) 79 v Easton

James Platt (1st) 67 v Clacton

Johnny Hambrook (2nd) 64 v West Mersea

Connor Oakley (1st) 55 v Clacton

Ben Lawrence (Sun) 52 ret v Colchester Cavaliers; 50 ret v IPSCOL

Joe Bland (Sun) 50 ret v Boxted

Bowling

Duncan Hunter (2nd) 4-11 v Easton

Aled Llewellyn (Sun) 4-33 v Great Bromley

Lewis Calow (1st) 4-46 v Bury

Nick Toohey (1st) 4-53 v Hadleigh

No peace for the wicked: renovation work on the square starts on 10th September!

- *Howard Holdsworth, EBCC secretary*

EAST BERGHOLT BOWLS CLUB

By the time you read this the outdoor green will have closed. September is always a busy month for the members; several went to stay in Corton and bowled against three clubs in the area. Norfolk was different from our usual Eastbourne trip and it was a great success. We used to travel to Portugal and have bowled in most of the clubs along the Algarve, but with insurance so expensive we decided to stay in this country and it has worked out fine for several years.



We then had our finals weekend. Internal competitions were played during the course of the year, culminating in two days of finals before the green closure, when members work together to scarify and reseed the green, filling in any low spots. This is quite a task, as the seed and fertiliser has to be manhandled in 10 kg bags and evenly placed around the green. Members all pull together, and the hard work of our greens team during the year has again given us one of the best greens in the area.

Carpet bowls starts on 28th September. The leagues have been sorted and the matches all booked. If you would like to give it a go and feel the need to get out one evening in the winter, do pop up to the primary school at 7.30pm on a Monday and give it a try. Unlike for outdoor bowls, you don't need your own woods or special shoes (everything is provided), and it is not as strenuous as the outdoor game.

Contact me if you need any more information about anything related to the bowls club.

- *Terri Catchpole, terricatchpole@me.com*

THE DANCERS OF HIGH SUMMER

While dogwalkers come out early
To avoid the warming sun
There are dancers waking up
In our hedgerows and field margins
Besides footpaths and green lanes
Along roadside verges and banks
And wherever light can penetrate
In woodland glades and clearings
First simply to bathe in the hot sun
Aligning themselves towards sunlight
Many with wings spread wide open
And those with dark underwings
Often choosing to keep them closed
Soaking up the sun's rays they heat up
Charging their batteries and take off
And the delightful dancing begins

The meadow browns are distinctive
With their low-flying bouncy style
While gatekeepers are quite precise
With shorter flights and gentle lift-offs
The dark ringlets have a bobbing flight
And also quite happy to fly in the shade

The whites are fast and strong fliers
And difficult to follow as they soar
The colourful large-winged butterflies
With difficult to follow zigzaggy patterns
Peacocks, red admirals and painted ladies
Are here one moment and gone the next
But if nectaring, they will take their time
The skippers are hyper-fast and jerky
Seeming to disappear at an instant
Only to reappear just a few feet away
Speckled woods basking in sunny pools
May suddenly rise and spiral into the air
While the white admiral in dappled light
Flaps its wings and effects a graceful glide

Strategies evolved over millions of eons
Erratic flying designed to evade predators
The dancing also fulfils the need for food
And of course the prospects of finding love
So be aware that when we think it's too hot
To the butterfly the hot sun is vital for life!

Rasik Bhadresa

VOLUNTEER DAYS AT OLD HALL, EAST BERGHOLT 10th and 14th October

Autumn is coming, and we are running two volunteer days to prepare the ground and plant autumn crops like spinach, onions and turnips. Come join us! Lunch provided and spare gloves if needed - wear sturdy boots if you can. For more information contact Miry at oldhallvolunteers@gmail.com or on 07507 413372.
- Ele Lamb

LOCAL ISSUES & OPINIONS

UPDATE FROM THE DISTRICT COUNCIL



Councillor Sallie Davies

Hills development, Heath Road: I have spoken to the planning officer about the stalled development next to the doctors' surgery. The original application for 75 homes, which was granted, was replaced by a new application for around 99 homes.

However, Babergh planners have strongly challenged the poor design of the new application, including the inappropriate density of dwellings and the urban character of the scheme.

Now that the developer is aware that Babergh (and indeed our parish council) will not accept poor design, the scheme has been improved, especially in relation to open public spaces and the space allocated to early years provision.

Crucially, the number of extra houses has been reduced and the mix of housing has changed. The revised scheme will be sent to the planning committee for a decision, and residents will be able to comment on the revised application before this is taken.

Part of this development is a footpath from the Donkey Track to the Co-op, which would allow many villagers to walk to the Co-op without going along the busy B1070. This path has also become more important since we learned that the pharmacy will be relocating to the Co-op building.

I have asked that the path be made a priority. It is included in the second phase of the development so we will have to wait until work starts on that (which is disappointing).

Meanwhile, the vexed question of the swimming pool is still up in the air. By the time you read this I will have met Abbeycroft, which runs the sports centre and the two swimming pools in Babergh, to discuss the viability of a pool in East Bergholt. I will report verbally on this at the September parish council meeting.

New National Planning Policy Framework (NPPF): The government in Westminster, for all its talk of reducing centralisation of power, continues to make changes to the national policies which affect how we make our local development plan in Babergh and how we make planning decisions. It has become an annual event to tinker with these policies, which is frankly unhelpful.

We now have a final version of the new NPPF in force, and there is creeping centralisation in evidence, removing powers from local planning authorities in the name of "growth" - otherwise known as unrealistic and futile housing targets. (I try to keep this report neutral, but I feel very strongly about this.)

As chair of the Neighbourhood Plan group, I will be looking at the impact of the new NPPF on our ability to influence development in our village.

Idaway: The Babergh District Council property on Foxhall Close called Idaway is now going to provide temporary accommodation for single people who have been made homeless. A family had been placed there temporarily, but after consultation with the neighbouring residents, it was decided that the property and location are unsuitable for families.

The property benefits from being accessible for wheelchairs, which means single people with disabilities can be provided with decent temporary accommodation while they are found more permanent homes.

I have been very impressed with the Babergh housing team, who run Idaway. They have shown a great deal of consideration for the neighbouring residents and have taken their views into account when making decisions.

Self-build register: Babergh District Council has a self-build register which helps the strategic housing team and planners understand how many people would like to build their own home.

If you know any friends, family, or residents in Babergh and Mid Suffolk thinking about building their own home, please encourage them to register their interest on this.

Alternatively, if you know an architect, builder or contractor who regularly works in Babergh and Mid Suffolk, please do mention it so they can make their clients aware. Go to the Self-Build and Custom House Building page on the Babergh website at babergh.gov.uk.

Strength and balance classes: As part of a partnership with the NHS, strength and balance classes continue to take place each week across our district, designed to help older residents feel stronger and more stable on their feet.

Around a third of people aged 65 and over, and around half of people aged 80 and over, fall at least once a year. Falling is a cause of distress, pain, injury, loss of confidence and loss of independence. One way of reducing the risk is exercise.

There is a class at the Constable Hall on Tuesdays from 11.45am to 12.45pm. Call Activlives on 01473 345350, refer yourself online (www.activesuffolk.org/strength-and-balance) or talk to your GP, who can refer you.

As always, if you are unable to access services or information on websites and you need assistance, 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

In Our View - East Bergholt celebrating Constable: We still have one major exhibition to look forward to at Christchurch Mansion in Ipswich: *Constable to Contemporary*, running from November to February. The parish council would like to thank Colchester & Ipswich Museums (especially Emma Roodehouse) and Babergh District Council for all the assistance they have given East Bergholt in celebrating our most famous resident throughout this year.

One outstanding activity also remains: the final unveiling of the Community Council's community art project based on *Boat Passing Through Lock* and *Golding Constable's Flower Garden*. More than 300 residents, younger and older, have been involved with filling in these paintings, and the high school and primary school completed all the remaining gaps. The results are looking extremely good. The Community Council and Twinning Association have also cooperated with our twin village of Barbizon, who launched their own Constable community art project on 20th September.

Traffic safety: The parish council remains very concerned with road and pavement safety. This year you have helped us collate accurate data on all the accidents at the Gandish Road/Straight Road junction with the B1070. The chair of our Roads, Footpaths and Flatford (RFF) committee, John Price, has been able to draw the county council's attention to their under-reporting of accidents at this dangerous location, which averages about one serious accident per month.

The county's highways department has agreed to look at the data again and work with the parish council to see if there are measures which might be taken to improve safety. Our RFF committee is also talking to them about opportunities to introduce 20mph speed limits and other safety measures in the village, with the B1070 as a priority area - especially by the high school - and also along Hadleigh Road past the primary school.

The county is responsible for road-safety measures in East Bergholt, and the parish council's role is to keep reminding them of their duties. We have not always been successful in attracting their sustained attention, but we remain committed to trying to help them find solutions to these problems.

SEND education: The parish council's community action group held a successful event at Fields Kitchen & Farmshop for parents and grandparents interested in SEND education. Representatives from the county council funded team (suffolksendiass.co.uk) and from the MAZE parent support group (themazegroup.co.uk) explained what services are available to support children and families dealing with special educational needs and disabilities.

People attending the session called for further support and information events, and councillor Lyn Matthews will be investigating options for the parish council to hold further sessions for families needing SEND services. - *East Bergholt Parish Council*

AUTUMN UPDATE FROM CONSTABLE MEDICAL PRACTICE

Flu vaccination clinics: The cooler weather inevitably brings with it the usual coughs, colds and seasonal illnesses. With this in mind, we are pleased to remind eligible patients that our flu vaccination clinics will be taking place in October. If you qualify for a flu vaccination, there is no need to make an appointment - simply come along to one of the following clinics:

- **Thursday 1st October** - 1.00pm-5.30pm at **East Bergholt.**
- **Friday 2nd October** - 1.00pm-5.30pm at **Capel St Mary.**
- **Wednesday 7th October** - 1.00pm-5.30pm at **East Bergholt.**
- **Thursday 8th October** - 1.00pm-5.30pm at **Capel St Mary.**

Repeat prescriptions - five easy ways to order: We would also like to remind patients just how easy it is to request a repeat prescription. There are five ways you can do this:

- **Online** - our recommended method is through our SystmOnline GP online service or the NHS app.
- **NHS website** - requests can also be made through the NHS website.
- **Through your pharmacy** - speak directly to your nominated pharmacy.
- **By email** - send your request to ccmp.prescriptions@nhs.net. Please include your full name, your date of birth, the full name of the medication or item you require, and your nominated pharmacy.
- **On paper** - simply tick the items you require on your repeat order form and post it or hand it in at the surgery.

Your local pharmacies: We are fortunate to have two pharmacies serving our local communities, and prescriptions can be sent to either one. Please remember to allow 7-10 working days for prescriptions to be processed at either site.

- **Capel Pharmacy:** Located within the premises of our Capel St Mary surgery, Capel Pharmacy offers a free home delivery service and can accommodate a limited number of patients who require blister packs. These arrangements should be made directly with the pharmacy. Opening hours: Monday-Friday, 8.30am-6.15pm (closed 1.00pm-2.00pm). Contact: 01473 311322.
- **East Bergholt Pharmacy - Day Lewis:** East Bergholt Pharmacy is located on Gaston Street. Opening hours: Monday-Friday, 9.00am-6.00pm (closed 1.00pm-2.00pm). Contact: 01206 298267.

We hope these reminders help make it as easy as possible for you to access your flu vaccination and manage your repeat prescriptions. From everyone at the surgery, we wish you a healthy and happy autumn. - *Melanie Hodgkins*

Restart a Heart 2026



Your community needs you..... Can you help?

Why not join your Community First Responder Team

Apply to: eastbergholtheartwatch@gmail.com

LETTICE DYKES FOUNDATION TRUST FOR EAST BERGHOLT

The Lettice Dykes Foundation Trust is a small charity which exists to support those who require help in funding their education.

Grants are available for East Bergholt residents from commencement in reception year at age 4/5 to age 25, and are usually no more than £300. They can be awarded for a wide range of educational purposes including, for example, to help with course fees, travel costs, and course materials including books and course equipment.

When applying for help with course funding please be aware that the trustees prefer to provide assistance toward courses that are accredited/awarded/recognised by educational institutions/professional bodies, including those in connection with an apprenticeship.

Please provide full details in your application to assist the trustees to make an informed decision. Incomplete applications take longer to be processed. The form must be completed in a typed format.

To receive an application form please contact smjr@hotmail.co.uk. - Simon Rothwell

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time

Time 13.00- 18.00

Event will appear on
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BRANTHAM VILLAGE HALL CHRISTMAS TREE AND CRAFT MARKET

Once again, Brantham Village Hall is running a Christmas tree event in the hall over the weekend of 28th-29th November, and this year we are joining with the leisure centre to make the event even more exciting. We would love to see more individual tree entries this year, so please think about entering for £5. The tree can be traditional or given a special twist to catch the judges' eyes!

During the weekend there will be lots of free activities for the children in the village hall, with carol singing and - for a small charge - a grotto to see Father Christmas. Wreath-making, a craft market and much more will be in the leisure centre.

Do enter a tree and come along over the weekend to start Christmas off with a sparkle. Business entries are also welcome. Email lesley.cherry@branthamparishcouncil.gov.uk for entry and payment information. - Lesley Cherry

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COMMUNITY CONTACTS

ST MARY THE VIRGIN PARISH CHURCH (CHURCH OF ENGLAND)

The Street, East Bergholt CO7 6TA

www.achurchnearyou.com/church/2067

www.constablecountrychurches.co.uk

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

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 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

Gift stall: Victoria Rothwell, varothwell@hotmail.co.uk

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

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

Mothers' Union 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 Rachel Willis, rararowerararowe@gmail.com.

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

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: **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

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.

PUBLIC TRANSPORT

Suffolk on Board, suffolkonboard.com/0345 606 6171

GOVERNMENT

East Bergholt Parish Council: chair 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 Cartlidge (Sudbury office), james.cartlidge.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

The Bike Doctor, Heath Road, 01206 298646

Co-op Food Store, Hicks Close, 01206 298239

East Coast Kitchen/The Larder, The Street, www.eastcoastkitchen.co.uk

Gelz (hair salon), Slough Road, East End, 01206 392517

KMC Automotive Solutions (garage and fuel), Heath Road, 01206 298245

Post Office, Hicks Close (in the Co-op), 01206 372033

Sarah Jane's Boutique, The Street, 01206 299160

RESTAURANTS, CAFÉS AND TAKEAWAYS

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 photo is by Michael Pinckard

MAGAZINE EDITOR - Barnaby Page, barnaby.page@gmail.com.

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