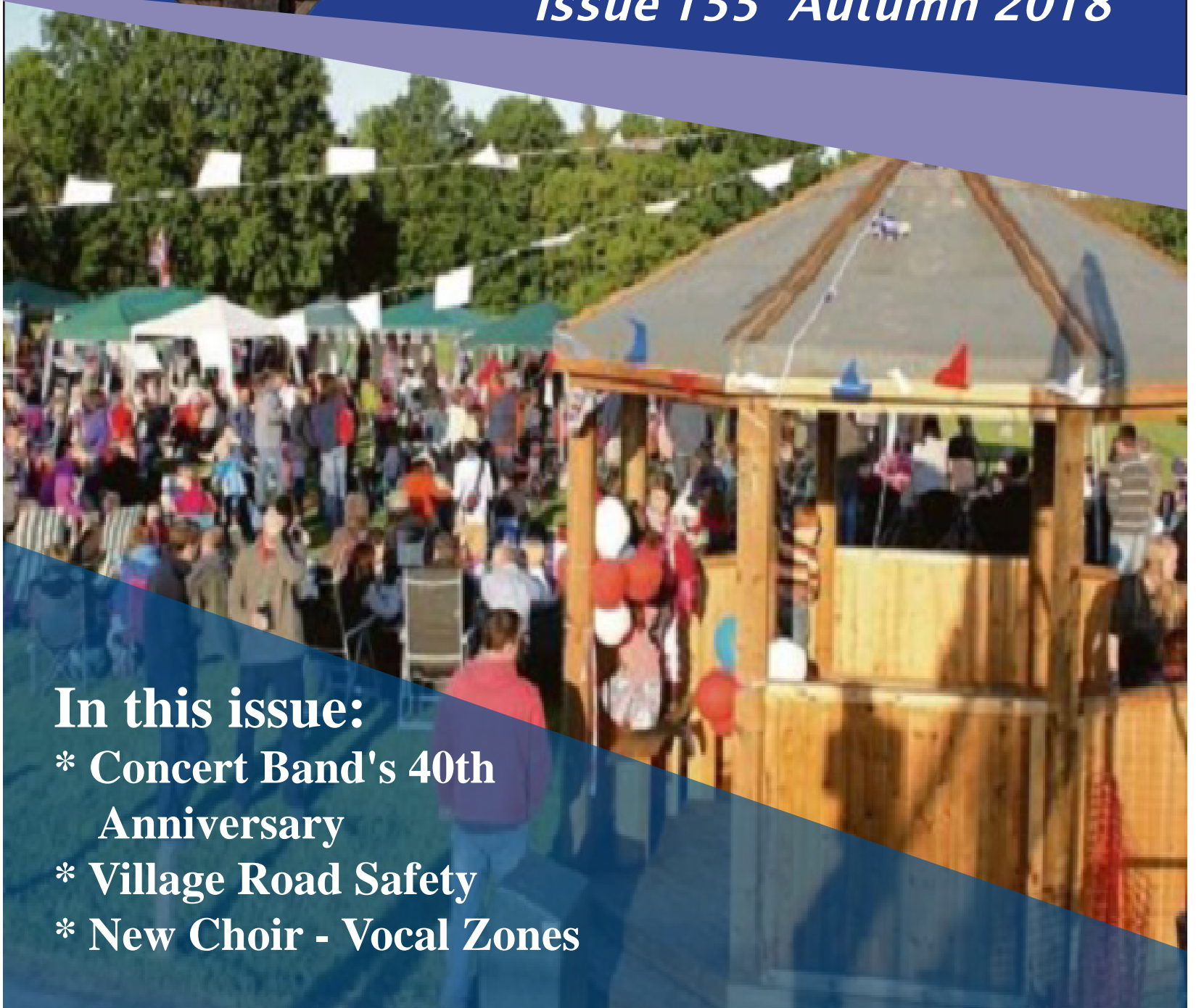




Village Bulletin

Issue 155 Autumn 2018



In this issue:

- * **Concert Band's 40th Anniversary**
- * **Village Road Safety**
- * **New Choir - Vocal Zones**

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Welcome to the September Bulletin...

Wow, what a scorcher of a summer we've had! I hope you all enjoyed the sunshine, though it's nice to see a little rain over the last couple of weeks - the grass definitely needed it!

As the busy - and sometimes hectic - school holidays come to an end and the new school year begins, the village will have enjoyed its second successful fete in a row and we are on the slow (perhaps not slow enough!) approach to the festive season.

Heathlands School will be hosting its annually successful firework night in November and various other activities will be taking place over the next few months.

We have plenty for you in this edition of the Bulletin, with some new contributions from Vocal Zones, a new choir, and Teenage Yoga, along with an update on the road safety plans for the village.

We are always happy to welcome new contributors or advertisers from the village, as well as any ideas you may have on its contents etc, so please do get in touch.

Jacqui

Contents...

West Bergholt Guides.....	Page 4
Orpen Players.....	Page 4
Baby & Toddler Group.....	Page 6
Colne Valley Flower Club.....	Page 6
Concert Band.....	Page 8
NEW Vocal Zones.....	Page 8
Allotments.....	Page 9
Nayland Choir.....	Page 9
Badminton Club.....	Page 9
NEW West Bergholt Surgery.....	Page 10
Care Network.....	Page 10
Methodist Church.....	Page 12
St Mary's Church.....	Page 14
Gardeners' Association.....	Page 14
NEW Teenage Yoga.....	Page 15
Open Gardens.....	Page 15
Hillhouse Wood.....	Page 16
Women's Institute.....	Page 16
Village Road Safety.....	Page 18
NEW Helen Rollason Cancer Charity.....	Page 19
Workers' Education Association.....	Page 19
St Mary's Church.....	Page 20
Tom Bowdidge Foundation.....	Page 21
History Group.....	Page 22
Bowls Club.....	Page 23

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Hall Booking Information

Orpen Hall (108 – 150 persons) & **John Lampon Hall** (30 – 50 persons). Contact hall-admin@westbergholt.net

St Marys Church (60 persons) & **Church Hall** (20 – 40 persons). Contact Nicole Long 01206 240443

Methodist Church Hall (20 – 60 persons). Contact David Kay 01206 243 574

West Bergholt Guides



We have had an active term. The Guides have pitched and struck various-sized tents, both inside and outside, cooked outside and made some lovely camp doughnuts, cooked apple with Mars bars and Flakes, Someores and fried cinnamon and chocolate bread rolls, which all went down a treat with the Guides.

For Father's Day, the Guides made some very impressive gift cards with a hidden gift inside. The Guides have also worked on Badges and Go-For-Its and had time to play rounders outside as we have had glorious weather.

We are very proud to let you know that we have two members of our unit who both took part in the International selection weekend and both have been chosen to represent Guides abroad. Thea Wilby has been chosen to go to Mexico in August 2018 and Ellie Hutchings, our Senior Section member, has been chosen to go to Malta in October 2018. Well done!

On this note, we are looking for a new leader to help assist me the running of the unit and all of the fun evenings we have with the Guides during the year. If you are interested, please contact me either by calling 07757 636446 or our County Office on 01376 570464. The following will also take you to the contacts site of our County Office:
www.girlguidingsexne.org.uk/Home/Contact+us/

We will be returning on 20th September. We hope you all have a lovely summer.

Sandra Gates, Guide Guider



Orpen Players

For various reasons over the last three years we have been unable to put on an Autumn Production, so are very pleased to inform you that this year we have managed to rectify that situation.

Colin Downer has stepped into the director's shoes and put together a cast of regular and new members to present "Secondary cause of Death" by Peter Gordon - the second in a trilogy of plays built around the hilarious investigations of Inspector Pratt.

We staged the first story "Murdered to Death" in 2000 and the third, "Death by Fatal Murder", in 2014. Both proved to be enormously popular with our audiences and, therefore, we felt that we would love to complete the trilogy and bring the second story to life for your (and our) enjoyment.

Performance dates are Thursday 11th, Friday 12th and Saturday 13th October 2018 at the Orpen Memorial Hall. Tickets are priced at £6 for Thursday and £7 for Friday and Saturday. They can be obtained by phoning Roger on 01206 241048 now and will be available at Ash's Store, West Bergholt, from Saturday 29th September 2018.

Rehearsals are going extremely well, when we can stop ourselves from laughing!

We thank you for your support and look forward to sharing a fun-filled evening with you. Don't miss it!

Visit our website/Facebook page at orpenplayers.co.uk for updated information on our activities.

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Baby & Toddler Group



The Autumn is upon us and memories of our Spring/Summer term events seem in the distant past. Special thanks to the allotments for hosting us and for Annie for clearing some much welcome shadey space for us to sit and sing in, also for the welcome from Bella - the beautiful scarecrow!

In addition, we'd like to thank "Leap-A-Long", who entertained us all at our annual Summer Party; the lollies and strawberries and cream were a cooling finale to our term.

It is with great pleasure that the Baby and Toddler Group have agreed to help decorate the Methodist Chapel Hall this month in support of their open weekend. It is especially significant as we believe our group is due to celebrate it's 40th year! We have decided to create handprint bunting and we need your help! If you have been to the toddler group as an adult or a child since it was established in the late 1970s, then we would love to receive a handprint from you on A4 paper with your name and year of birth written on the back (we may cut down the handprints so your details will be cut off if they are not on the exact reverse of the print!). The more colourful the paper and print, the better. We will then transform the (hopefully) many prints into strings of wonderful bunting to represent the many people who have come to the group which has been held in the Methodist Hall over the years.

You can drop your completed handprint off to the special boxes at:

- St Mary's Church, New Church Road,
- Scissor Hands Hairdressers,
- The West Bergholt Pharmacy.

You need to get your prints handed in by **Monday 17th September** so we can create the bunting in time for the last weekend of September.

We will be starting our term on Monday 10th September with a packed schedule of themes, crafts and visits. We look forward to seeing old faces and welcoming any new visitors! Sessions are £1 per family, which includes a snack and drink! Did you know, as a member you can hire our toys at a reduced rate? Non-members are also welcome to hire our toys for a small fee - Perfect for a really cost-effective birthday party held in the Methodist Hall which helps support our group!

Gemma, Rachel, Karen, Andrea, Beth and Suzanne

Colne Valley Flower Club



On Wednesday 19th September, Lionel Clark from Braintree is coming to demonstrate. His title is 'Pick and Mix'.

October 17th is our 'BRING A FRIEND FREE EVENING'. There will be a Cake and Produce stall and our demonstrator is Lisa Morgan from Chigwell. Her demonstration is called 'Memories of Summer Time'.

Our open evening is on the 21st November and is the last event for 2018. We will be welcoming a National demonstrator, Jacqui Arnold from Ashford, Kent, and her title is 'Jingle All the Way'. Tickets are required for this event, not to be missed.

Our meetings are held at the Orpen Hall, West Bergholt, on the third Wednesday of the month (no meeting in December). Visitors are always welcome.

For any further information, please contact Manya Barrow on 07759 331719 or Alison Bradshaw on 01206 240262.

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West Bergholt Concert Band - 40th Anniversary

The band continued their 40th anniversary celebrations with a fabulous “40 Years Of Music” concert at St Botolph’s Church, featuring an eclectic programme of music spanning the band’s long history and ranging from Mozart to Ed Sheeran. Concert Band & Training Band both played fantastically well – I’ve certainly never heard them sound better – so we most certainly did our founder Sid Cooper proud. The evening also celebrated Sid’s legacy of inspiring young musicians, so we were delighted to be joined by young musicians from schools Sid taught in as well as some past members, with the massed band finale featuring over 70 musicians being an unforgettable highlight of the evening.



Prior to that we enjoyed another wonderful afternoon’s concert at Flatford, with the combination of the historic setting, a wonderful audience, warm weather and great music culminating in a lovely atmosphere and a really fun event. Don’t worry if you missed it – we’ve already fixed the date for next year. Hopefully the weather will be as kind for our next outdoors performance - having enjoyed playing at the village fete last year (for the first time in about 25 years!) we’re delighted to be bringing a small band along again this year... so hopefully we’ll see you there.

Our next formal concert is on November 17th and marks our official 40th anniversary, as the band started on a dark November evening at Heathlands with a mere 6 players. The concert will feature some of the current band’s favourite pieces, including Pirates of the

Caribbean, Moon River, Stevie Wonder and a selection of Disney tunes, plus some old favourites including Les Miserables and Luftwaffe March. The concert is in one of the loveliest venues we play in - the beautiful St Peter ad Vincula Church in Coggeshall - and we’d love to have some of our village supporters join us for this celebration.

As always, this time of year means we lose a few players to University, so new players are especially welcome to come along to any of our Friday rehearsals at Heathlands (rehearsals start on Friday 7th September) or to our next open evening on Friday 21st September at Heathlands. Everything you need to know about the band (including details of all our events and how to join us) is on our website www.wbcb.org, or you can email Conductor@wbcb.org or call Graham on 07941 947541. We look forward to seeing you at some of our events this autumn!

NEW Vocal Zones



We are a newly-formed choir consisting of approximately 14 people and are keen to swell our numbers. We will meet during term time on a Tuesday between 7pm and 8.30pm, at Little Horkesely Village Hall, School Road, Little Horkesley CO6 4DJ. The new term starts on 4th September 2018.

The choir will offer a free taster night for potential new members. If they wish to join us thereafter the cost will only be £5 a night on attendance. There is no need for auditions - enthusiasm is far more important. The aim is just to enjoy singing and have fun.

Our songs will be accompanied by keyboard and guitar.

We will be rehearsing for a 'sounds of the 60s' concert which will be performed locally on the 2nd November, along with a Christmas concert on 18th December which will include seasonal songs and carols.

The aim of the choir is to bring together a group of people who love to sing. Singing is such an uplifting experience. When we have enough people in the choir hopefully we will be able to sing at a lot more venues and arrange a charity night to raise money for a good cause.

Currently our members range from 15 years to 70+, though under 16s will need to be accompanied by an adult.

For more information please contact Elaine on 07718 886997 or e.preou@gsky.com.

We hope to have a Facebook page available soon.

We look forward to seeing you.

Elaine Preou



West Bergholt Allotments

This summer we have experienced a very long dry period, which unfortunately has had an impact on crops, causing low yields. At the time of writing this, we have now had a few days of down-pours, however we need a lot more. Due to the dry conditions, it has been decided that there will be no bonfires for July and August on site. Please keep a check on notice boards for bonfires in September, October & November – these will depend on weather conditions.

Allotment rents will be due on 1st October 2018 – letters/invoices will be sent early September. We would appreciate early payment. If you have not received your invoice by 17th September, please contact the Parish Clerk or email wballotments@gmail.com.

Vacant plots – we still have some plots available. Rents for the year are very reasonable, ranging from £13 to £22 a year depending on size. Concessions apply for those over 60 on majority of plots. Preference will be given to West Bergholt residents, however individuals outside West Bergholt may also apply.

Charity Stall – Thank you for those that have donated items and given donations for those items. This year has seen a reduction in donated produce due to the dry hot weather, however thanks to those who help manage the stall, we still have a reasonable selection.

The new water tanks have now been installed - Thank you for those who helped with the installation of the tanks – they

Nayland Choir

“Lunch at the Movies”, our summer lunchtime concert and barbecue was a great success. A very good audience came to enjoy the music and the excellent barbecue lunch. The audience singalong was terrific. So many good voices – you should all join the choir! And of course, the weather was fab which always helps.

Our autumn concert will be more reflective. It is a commemoration of the end of the Great War and is called “Airs for Armistice”. We will be singing music predominantly by composers who served in the war, from many nations – British, German, French, Russian, reflecting that the tremendous loss of life was on all sides.

The concert is on 24th November at 7.00pm in St James’ Church and rehearsals start in the school on 6th September at 7.50pm. Come along and give it a go.

We will also be singing for the British Legion on Armistice Day.

West Bergholt Badminton Club

The Badminton Club meets in the Orpen Hall every Tuesday evening. We play between 8pm and 10pm. New members welcomed.

Contact Ian on 07754 140707 for more details or just turn up on the night.

NEW

West Bergholt Surgery

As the NHS celebrates its 70th birthday, the stresses it is increasingly under are being felt by the Creffield Medical Group who run the West Bergholt Surgery. Dr Hasan Chowhan from the group gave the following information to the Parish Council in July.

Since 2017 when the Creffield Medical Centre merged with the North Hill Medical Group, inherited issues have come to light, combined with changes in NHS funding and training. The numbers in the workforce have deteriorated due to retirement and moving, creating a dire situation with the number of available doctors reducing month on month.

There are issues with getting an appointment as there are not enough doctors across all the sites. There are two types of appointments:

- * Pre-booked appointments with specific doctors
- * Emergency appointments with those available.

The proposal was to run a pilot scheme between Nayland and West Bergholt:

- * Nayland would have the elective appointments, up to two weeks in advance with some slots for on the day, if possible.
- * West Bergholt would be an acute hub for urgent and emergency queries.

The reason behind this is practical:

- * West Bergholt's geographical position nearer to North Hill and central to the practice area.
- * The broadband is better, as Nayland only gets 2MBs which fails if more than four computers are online at the same time.
- * There are more clinical rooms at West Bergholt in which to see patients.

It is in all our interests for the surgeries to survive, but until the Department of Health can find and train more doctors, things need to be kept going as best as they can.

Although there is no direct bus service to Nayland, West Bergholt is very lucky to have an active Care Network. This volunteer-run organisation is aware that more people will need to be given lifts to Nayland; they now have 20+ volunteer drivers available.

Their details are below. If you have any other concerns on these changes to the surgery, please call the surgery direct on 01206 241137 or the Parish Council on 01206 240772 or email westbergholtpc@gmail.com.



The Care Network is available to anyone of any age who needs help getting to the local surgery, hospital or other appointment such as physiotherapy, chiropody, optician, osteopath, etc. It is also available to take people to visit others in hospital. We are monitoring developments at the local surgery and for the time being we are here to help with appointments which may not be in West Bergholt.

Telephone 0300 7773100 to speak to someone who will arrange the transport for you. Transport is only provided within the local area, but in exceptional cases a longer journey may be considered. The Care Network always needs more driver volunteers to enable the service to work efficiently. If you are able to offer an hour or two from time to time, as much or as little time as you are able, please contact Harry Stone on 01206 241026.

We will be present at the Village Fete on 1st September to publicise and answer any questions about this valuable village organisation.

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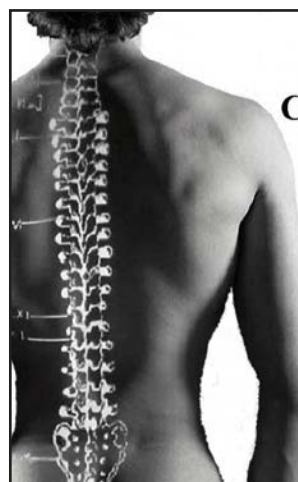
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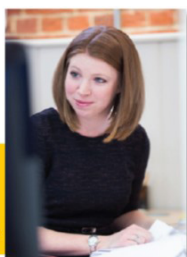
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West Bergholt Methodist Church

After 138 years of Methodist Ministry in our Chapel in West Bergholt, and after much prayer and discussion among our members, a decision was made to cease Sunday worship at the end of August.

As a worshipping community, we have been attending other Methodist churches in the circuit and are considering becoming a “class” of another Methodist church, with transport being offered each Sunday. Details are available from Judith on 01206 241969 or Andrew on 01206 242511, or by checking the village website.

We could not let this important decision go by without a special event and we are planning to open the church and hall for a Celebration of Methodist Memories on Saturday 29th and Sunday 30th September from 2-6pm. There will be a final service at 4pm in the church on Sunday, followed by cakes and tea in the hall.

However, we are starting a new venture - a mid-week worship activity on the first Wednesday of each month. This will take place at 11am in our church hall. The first of these will be on September 5th and all are welcome to join us and try out this new approach.

Our regular weekday activities have continued in the hall, with Bible Study Book Club looking at Philemon. At our Fellowship we were treated to a talk and pictures of a holiday in Australia by Susan, and the good weather continued for our Garden Party at the home of Judith.

The Fellowship Group is inter-denominational and welcomes ladies and gentlemen for a time of praise with interesting speakers, tea and chat. A new programme of speakers begins on September 19th. Please join us in the hall at 2.30pm on the third Wednesday of each month.

Coffee mornings take place on the second Wednesday of each month from 10am.

The NCH Action for Children walk in June raised over £750 in sponsorship. The Open Gardens event in July was enjoyed by us all when we opened our hall for refreshments and “Quire” entertained us, helping to raise money for the Tom Bowdidge Foundation and the Essex & Herts Air Ambulance.

During the summer holidays we have held two Coffee & Craft mornings which continue to be enjoyed by 40 children and parents, with themes on Summer and Woodland.

The Quiz evenings have always been very popular with teams asking, as they leave, when the next one is. We have decided to include our next Quiz during our celebration weekend on Saturday, September 29th at 7pm in the hall. Teams of 4 - £20, or £5 each. Book a place or team with Judith on 01206 241969.

We will continue all our regular activities in the hall for the foreseeable future as part of our outreach in the village and thank everyone who enjoys our welcome and friendship.



West Bergholt Methodist Church

Celebration Weekend

Methodist Memories

September 29th & 30th 2018 2-6pm

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Quiz night, Saturday September 29th at 7pm

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St Mary's Old Church

We are pleased to report that the external works have been completed and the scaffolding removed. The Friends then had a mighty clean up, which took several days to remove the dust and general residue left by the builders in time for the Comrie Singers concert. This took place to great acclaim from those who attended on a sunny warm day. The church echoed to the joyful sounds of the singers and the musicians who attended with them. A good sum was raised and generously donated to the church.

We now await the next set up of scaffolding which will mark the internal work and redecoration. This is expected to start in the very near future and will mean that the building will not be open whilst the work proceeds.

Despite the fact that the church has been closed, we still have had a number of visitors who have signed the book. If you do come by the church, please sign the visitors book as it helps with the funding.

The Friends Committee is planning for future events and will be present at the village fete, where they will be pleased to answer questions on the church and the Friends group.

The Friends group is open to all who love the church and support the endeavours of the group to see it used and become a focal point in the community. A modest membership fee of £5 is charged, which does not bring any benefits other than the knowledge that you are helping to keep the old place alive for generations to come.

Further details are available from Martin Long on 01206 240443.

Martin Long

Chairman Friends of St Mary's Old Church



West Bergholt Gardners' Association



I hope you have all enjoyed the amazing summer we have had, even if some of it felt too hot for gardening! As the weather starts to cool and thoughts turn to Autumn in the garden, it is time for our Garden Club meetings and activities to begin again.

First off, we have a produce stall at the Village Fete on Saturday, 1st September. Proceeds are for the Cancer Unit at Colchester Hospital, so we hope you will support our efforts. Then our programme of talks begin again, details below:

On 17th September, Andrew Hellman is coming to talk to us about "Hyde Hall - Past, Present & Future". If you have been to the lovely RHS Hyde Hall gardens recently, you will know they are making big changes and have some exciting plans for the future. Join us to hear all about it. We will also have our short AGM to sign off our Committee members for the year ahead.

The 15th October sees Andy Black coming to talk to us from the Oak Tree Low Carbon Farm. His talk is about "Farm, Food and People" and offers interesting and personal insights on sustainability, environment and agriculture.

"Wildflowers of Essex" is the subject of the illustrated talk by Chris Gibson on 19th November.

December 10th sees our annual Quiz and Christmas social event.

We are a friendly group and always welcome visitors and new members. We meet at Orpen Hall, West Bergholt at 7.30pm on Mondays as per the dates above.

Tickets are £3 on the door for any talk, or you can become a member for the year for a substantial discount.

For more information, look on our website, or contact Terry Claydon on 01206 241256 or terryclaydon@aol.com.

NEW Teenage Yoga in West Bergholt

I am delighted to tell you that over the last year I have been teaching yoga to children and teenagers in our village. Over a half term block, children are taught different yoga poses, breathing techniques, mindfulness meditations and visualizations, positive affirmations, yoga mudras, chanting... and so much more. I provide all equipment, you just need to turn up in comfy clothes with a bottle of water.

The children (and parents) have given me some great feedback over the last year. When asked for single words to describe the effect of sessions, I hear time and time again the same words, "calming, cleansing, stretching, relaxing, positive, strengthening, fun, calm, re-energising". Other comments include: "It helps me to settle better and sleep well at night"; "I feel more positive and strong about myself"; "My child is calmer and more rational after yoga".

It has been a huge success this year so, from September 11th, I am going to be running two sessions! These will take place at The John Lampon Hall (underfloor heating in winter!) on a Tuesday night for 5 weeks of each half term. The first session runs between 6pm and 6.45pm, and the second from 7pm to 7.45pm. The cost will be £30 for the half term block to be payable in advance to secure your child's place. It is open to all children (boys and girls) of secondary school age up to 16.

Yoga is not a "competitive pursuit" and I often ask the children to remember why they are there. This helps to keep their own focus on themselves. The children do not have to be particularly flexible to practice yoga, but it will help to increase flexibility, core strength, co-ordination and balance. I only ask that anyone who comes does so with an open mind and a willingness to learn.

It is my hope that children learn tools to help them lead positive, mental, physical and emotional lives with the power of yoga.

I have been practising yoga for over 12 years and I have been working with children for over 20 years. I also have two of my own children. I thoroughly enjoy my job and I'm passionate about making a difference in children's lives, especially with today's added pressures of social media, something which I didn't have to worry about in my own childhood.

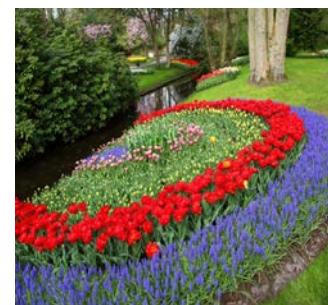
If your son or daughter would be interested in joining us, I still have a few spaces remaining. Please feel free to get in contact with me, Meg Lyon, either through Facebook or email me at wholesomehealing123@gmail.com.

West Bergholt Open Gardens 2018

The Open Gardens event on 1st July attracted hundreds of visitors from all over Essex and Suffolk. Everyone agreed it was a great day and thanks must go to the gardeners and volunteers who put in hours of hard work.

So far the money raised is in the region of £4,000 but this is expected to increase with donations from the Allotments Charity Stall. The proceeds will be split between The Tom Bowdidge Youth Cancer Foundation and The Essex & Herts Air Ambulance.

It is hoped to have another Open Gardens event in 2020 so please consider opening your garden then to make it another great day.



**The
Friends
of**



Hillhouse Wood

Friends to the Wood – with or without a dog!

When you walk through Hillhouse Wood you may be lucky and not see a single piece of litter. This obviously isn't the normal state of affairs and the removal of plastic bottles, crisp packets and the like doesn't happen by magic.

We are very lucky to have a number of local people, with and without dogs, who regularly walk through Hillhouse Wood and use the opportunity to pick up rubbish as they go along.

Such people may or may not be official 'Friends of Hillhouse Wood' but they are definitely friends to the Wood and therefore I wish to record my thanks to them all.

Andrew Savage

Chair

Andrewsavage123@googlemail.com

West Bergholt Women's Institute



In June, our president, Sheila Boxshall, attended the National WI meeting in Cardiff so, in her absence, Doreen Castiglione, vice president, took the meeting. Three new ladies were welcomed. Members were thanked for their generous gifts of cakes that we donate annually to St Helena Hospice.

An invitation was extended to our WI to attend the Mayoress' 'At Home' at the Town Hall. Three members were given a warm welcome. The speaker, Maggie Harling, demonstrated her work entitled 'Paper in Art'.

A warm evening in July began with Sarah Knights, chocolatier, demonstrating and giving her audience a sample, with tips on how best to melt chocolate. Members were able to buy a large selection which Sarah had brought with her.

Our president visited three other WI's with her report on the Annual Meeting in Cardiff. The resolution 'Mental Health Matters' was passed with an overwhelming vote and the National Federation will be contacting the government.

New member, Joy, was welcomed during the business meeting that followed.

At the July meeting, Lyn Pendle was welcomed. She has a close association with the 'Orangutan Project' and regularly makes visits to help out. Her slides and videos were captivating as well as her commentary. New member, Hilary Hull, was welcomed.

Arrangements are in place for our stall at the village fete on 1st September. We are looking forward to our Summer Supper in September. Outings are being planned for a cream tea at Barn Plants and a Christmas lunch in the village. Play reading, rummikub, dominoes and cards continue.

Our monthly coffee morning at the Queen's Head is well supported. To find out more about us contact the secretary, Jacqui Hunns, on 01206 240712.



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Village Road Safety

The Road Safety Group was formed two years ago, prompted by a concern for safety around the Co-Op zebra crossing and the need to create a second road safety plan for school areas and other roads around the village.

The group is made up of Borough Council members, Parish Council members and volunteers from around the village. We are engaging fully with Essex Council, and Anne Brown, our County Councilor, has a significant interest in our campaign.

No single action will be able to remedy the problems we have in the village, as certain people will always think that they are above the law and will park in dangerous and illegal places. Therefore, at an early stage, the Road Safety Group decided to try and tackle the issues using 5 areas:

Engage the community

Encourage good driving and parking

Educate all sections of the community

Enforce the regulations

Engineer revised road layouts

What have we achieved so far?

Progress is slow but steady. So far some of the things we have accomplished/worked on are:

- Held a community workshop to engage with residents in the village to look at problem areas and solutions
- Adopted the free app try.gve to log poor parking. We now also have a process for reporting offending Commercial vehicles via this app. At one point, about 70 local residents were using this.
- Lobbied for increased attendance of the Borough Council parking patrol car
- We continue to push for a Special Constable to be recruited to help enforce parking law
- Designed and put up information banners at key areas in the village
- Engaged with school and local businesses
- Advertised at the Pharmacy about parking safely in the village
- Supporting a reduced speed proposal for roads into village
- We continue to review signage in the village
- We continue to patrol and to recruit parking monitors.

What are we hoping to achieve in the future?

The rules of delegation from North Essex Parking Partnership are being reviewed. If permitted, the Parish Council will be asked to consider the feasibility of engaging its own Warden. We will continue to work with the School, possibly through the School Council, to produce new banners and find innovative ways to encourage safe parking and driving. In September we will be at the Village Fete to introduce a Pledge Scheme to promote safe driving and parking.

Through our Borough Councillor we will continue to lobby the Local Highways Panel for reduced speed limits on the approach to and within the village.

If you care about making our roads safe and have a small amount of time available we need your help. Although outside help will remain a long term aim and we will lobby the Authorities heavily for support, competition for limited resources is fierce as all large villages in Essex have similar traffic problem.

You can help in the following ways:

- Set a good example by driving and parking responsibly
- Use the app safeland (formerly known as try.gve) and upload photos of badly parked vehicles to it - you can be anonymous if you like
- Become a volunteer parking monitor to talk with drivers more formally and issue advisory notices, and if appropriate think of becoming a warden in the future.
- Join the group to refresh the ideas we have and take an active role in their implementation.

Contact with the group can be made through the Parish Clerk at westbergholtpc@googlemail.com or 01206 240772.

NEW

Helen Rollason Cancer Charity



The Helen Rollason Cancer Charity is dedicated to championing quality of life for everyone living with or affected by cancer. We are here to support men and women with all types of cancer at all stages; newly diagnosed, throughout and post treatment, as well as their wider support network of family, friends and carers. We do this through the provision of support centres, complementary therapies, information and advice and supporting research and clinical trials.

Our services are delivered free of charge to support cancer patients' emotional well-being alongside their medical treatment. We focus on offering these services in non-clinical environments to promote a safe, peaceful, relaxing setting across the Essex, London and Hertfordshire regions. The work we do really does make a difference:

“The staff are all very welcoming and supportive. Sitting in the lounge before and after treatment is all part of the experience. Talking to other clients and staff or just sitting having ‘me time’, is all part of the therapy. It is so peaceful and relaxing I do not know what I would have done without the charity”.

“This is a fabulous service, one that is accepting, supportive and a peaceful place. Thank you from the depths of my heart”.

The charity receives no Government or NHS funding and relies on corporate donations, our retail shops, events, grants and its fantastic fundraising supporters to continue services.

Our nearest support centre to West Bergholt is Helen Rollason Cancer Charity Support Centre, Lawn Lane, Springfield, Chelmsford, Essex, CM1 7TJ

Opening Times

Monday to Friday: 9.30am – 4.30pm

Thursday evening: 6.00pm – 9.00pm (aromatherapy, reflexology and counselling)

If you would like to talk to someone about making an appointment, please call 01245 463633 or for more information about our charity visit www.helenrollason.org.uk or for fundraising please call 01245 380719.

Workers Education Association



The next course is “THE JAZZ CENTURY – Cakewalk to Culture” by Graham Platts, starting Tuesday 18th September 2018 at The Methodist Hall, Chapel Lane, West Bergholt. CO6 3EF.

Please note the new start time of 7.45 pm, 15 minutes earlier than previous years. The course runs over 10 weeks, not 9 as in the past two years. The cost will therefore be increased to £54.75 (£5.47 per evening).

Pre-enrol at enrolonline.wea.org.uk or phone 0300 303 3464. You can also pay at the Hall on the first evening. There may be a fee waiver for those on low income/benefits.

All are welcome.

St Mary's Church

Welcome to St Mary's!

St Mary's is not only located in the centre of our village, it is very much at the centre of our village community. Only recently, we had an art exhibition in the church, staged by Heathlands School, and also hosted a two-day retreat for Year 6 pupils, organised by our Families' Worker, Jo Jeffrey. The youngsters were involved in many varied activities designed to help them with the transition to secondary school and the children found them very enjoyable.



On a regular basis we have:

- * Open House Coffee Morning – Thursdays between 9am – 11am during term times (pre-school children welcome)
- * 5Ts Fellowship Group for senior citizens – every Thursday 2.30pm – 4pm, and lunch on a Saturday approximately once per term
- * Home Bible Study Groups – fortnightly on Monday afternoons or Tuesday evenings.
- * Wired Youth Group for secondary school aged students – Friday evening once a month.

If you would like more details of any of these activities, please contact our administrator, Liz Dixon, in the church office on 01206 243683 or email lwb.wb.gh.parishes@gmail.com, or visit our website: <https://sites.google.com/site/stmaryswbergholt/> or even visit Liz in person at the office between 9am-1pm weekdays, except Wednesdays and bank holidays.

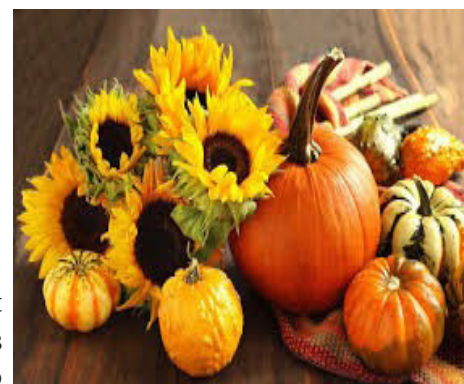
Our worship at St Mary's is varied. We have traditional Communion services on the 1st Sunday at 9.30am and on the 3rd Sunday at 11.15am. We also have our family-friendly Messy Church on the 2nd Sunday where children and parents can engage in lively worship and take part in many varied activities to learn about God in a fun way. On the 4th Sunday we have our 'Praise on 4' Café-style Church which is proving very popular. It is a more informal, relaxed style of worship with coffee and croissants and chat on arrival. There is usually an interactive talk, the worship is more contemporary and there are separate activities for children. No two Sundays are alike! Finally, we have a traditional Evening Prayer service on the 2nd Sunday at 6.30pm up to and including October.

Harvest Festival Weekend, 22nd & 23rd September

As a church we will be thanking God for his goodness to us and celebrating Harvest over this weekend.

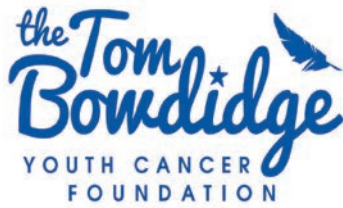
The church will be decorated and we will be having our Harvest Supper on Saturday 22nd September at 6pm. Please come and join us. Tickets are available from the church office: £7.50 for adults & £2.50 for under 12s. Our Harvest Festival Service is on Sunday 23rd September at 9.30am. As part of our worship we are asking folk to bring donations of dry goods with them which we will donate to the Open Door project in Colchester. It's a simple way of saying thank you to God for all the good things He has given us, and thinking of those less fortunate.

Our Church Hall is always busy with different activities such as keep fit and art classes, Brownies, the Young Embroiderers class and the model railway enthusiasts club. If you would like to use the hall, please contact Nicole Long: nicoleelong66@gmail.com



Don't forget - Recycling Boxes, Clear Bags and Garden Bags! You can collect your recycling items from the church office 9am – 1pm weekdays except Wednesdays & bank holidays. All items are free but you need to apply for a voucher code for the garden sacks via the Council's website.

The Tom Bowdidge Youth Cancer Foundation



Phew, what a scorcher and what a very busy Summer it has been for TBF. Most weekends have involved bucket collections, fayres, fetes and fun days, with golf days, cheese and wine evenings and open gardens thrown in to add to the massive fundraising drive we have embarked on these past few weeks. Thank you to everyone who has come to support us and given so generously. It has been lovely to see old friends and meet new ones who will hopefully become supporters of the Foundation.

A very popular event is the Open Gardens and this year we were blessed with hot sunshine. Everyone had a wonderful time and enjoyed what our very talented gardeners had to show. The Foundation would like to thank everyone who took part either by opening their gardens or by visiting them. You helped raise a fantastic amount of money which will be used to provide individual grants to those who need them most.



As the children head back to school, TBF HQ is beginning to get ready for Christmas! Sorry but it must be said! The Tom Bowdidge Youth Cancer Foundation will be holding its annual Christmas Fayre and hope to see as many of you as possible. If you would like a stall, then please message me to book one. More details will be released nearer the time so keep an eye out.

Dates for your diary

Sunday 2nd September – KAPOW Superhero Challenge. Don't worry if you haven't booked in advance, you can turn up on the day to take part in this 5K inflatable challenge. You can find the Superheroes in the Lower Castle Park from 10am – 3pm.



Friday 16th November - Christmas Fayre at 9 Firmins Court. The Fayre will be open from 12noon – 8pm. There will be a wide variety of stalls for you to peruse and start that Christmas shopping.

Saturday 17th November – Lighting of the Christmas Tree at The White Hart. Further details will be released on Facebook and around the village closer to the event.

For further information about any of the above please visit www.tombowdidgefoundation.org or contact nikkibowdidge@tombowdidgefoundation.org

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West Bergholt Local History Group

Our May visit was to the recently reopened museum in the Queens Hall, Chipping Hill, Halstead. A dozen members of the group attended and the weather was kind to us. The trip not only consisted of a guided tour of the Museum but a walking tour of the north part of the town.



*Halstead High Street in the 1930s
A picture from the Museum Archive*

The town has a long and varied history with evidence of human habitation since the early Bronze Age. Many examples of Roman, Viking and Saxon influence can also be found.

The Domesday book recalls 3 watermills in the town and in 1251 Halstead was granted a Royal Charter to hold a weekly market and a summer fair. In more recent times an extensive silk weaving business was set up in the town by Courtaulds, who for many years was a major employer. The coming of the railway in 1860 brought more industry and prosperity to the town. One of the guides for our walking tour was Malcolm Root, a local resident and a well-known artist specialising in railway scenes. He showed us many interesting things, the site of an old workhouse, where the town's windmill stood and the cottage hospital opened in 1884 with help from the Courtauld family.

The Museum proved to be a treasure trove of Halstead archive and memorabilia, including Industrial, domestic and agricultural items. As the Curator said, "We have just not got enough room to show everything!" It was a good day and we were made very welcome by the enthusiastic Museum team.

We have now finished our visits for 2018 and our talks for autumn are:

"COUNTY MAPS OF ESSEX, 1576 to 1805" by Peter Walker 12th September

"HISTORY OF SPOKEN ENGLISH" by Charlie Haylock 10th October

Bernard Colbron Lecture "END OF WW1" by Andrew Phillips 14th November



Malcolm Root's picture of Halstead's long-since disappeared railway station.

All meetings begin at 7.30 pm and are held in the Orpen Hall

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West Bergholt Bowls Club

On a beautiful sunny weekend at the end of June, 15 members travelled to Potters in Norfolk, where they spent a very pleasant time playing bowls and various other activities.

At the beginning of September, 30+ members and friends are off for the day to Cromer to see the summer show and lunch at the Gardener's Grill.

A number of friendly matches have been arranged for the next few months. September sees the start of County matches and club competitions.

The bowls club will be having a Tombola stall and various other games at the Village Fete on September 1st. Why not come and have a word about the club? We will be very pleased to see you.

We bowl at the Orpen Hall on Thursday and Sunday evenings at 7.15pm. Beginners are always welcome.

For any information on the bowls club, please call 01206 240824.

West Bergholt Baby & Toddler GROUP

Every Monday in term time - drop in between 9.30am-11.15am
at the Methodist Hall, Chapel Lane



Join us for free play including cosy book area, baby specific area,
regular crafts and themes

Healthy snack and drinks served 10am (included in weekly price)

Group singing time 11am

Come along and try your first session for free, £1 thereafter.

We look forward to seeing you!

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Village Diary

Sunday

Service of Worship, St Mary's Church

1st Sunday 9.30am Holy Communion; 2nd Sunday 9.30am Messy Church; 6.30pm in summer, Evening Prayer; 3rd Sunday 11.15am Holy Communion; 4th Sunday 9.30am Praise on 4 Cafe Church; 5th Sunday variable.
Contact Rev. Dr. Mandy Elmes 01206 240906
revmandyelmes@btinternet.com

Service of Worship, at a Methodist Church, lifts available.
Contact 01206 241969 or 01206 2425211

Bowls Club, 7.30pm Orpen Hall.

Contact John Rookard, 01206 619497

* * *

Monday

Bluebells Preschool, 9.15am - 3.15pm, Orpen Hall.

Contact Jackie Leach 01206 241677

Baby & Toddler Group, 9.15-11.15am Term time only.
Methodist Church Hall.

Contact Gemma 07909 678976.

Kelly's HIIT, 9.30am, St Mary's Church Hall.

Contact Kelly 07453 859583

WB Cubs, 6.30pm-8pm Scout Hut.

Contact Charles Hart 01206 241666

Zumba Fitness & Pilates, 6.30pm - 8.30pm Methodist Church Hall. Contact Mrs Clark 01206 272759

Gardeners Association, 7.30pm 3rd Monday.

Contact Terry Claydon 01206 241256

SG Karate Club, 8.30pm-9.30pm Scout Hall.

Contact Stuart Glister 01206 365150

* * *

Tuesday

Bluebells Preschool, 9.15am - 3.15pm, Orpen Hall.

Contact Jackie Leach 01206 241677

NHS Primary Care Trust Baby Clinic, 9.30-10.30,
Methodist Church Hall 2nd & 4th Tuesdays.

Baby Clinic, Methodist Church Hall, Chapel Lane.
2nd & 4th Tuesday of each month. Clinic will run with our support as a drop in for families.

Pilates, 9.30am-10.30am, Scout Hut.

Contact Mrs Smith 01206 564348

Kelly's HIIT, 6.30pm, St Mary's Church Hall.

Contact Kelly 07453 859583

Badminton Club, 8pm-10pm Orpen Hall.

Contact Ian Hersey 01206 243378/07754140707, or Vicky 01206 619258

W.E.A., 8pm, Methodist Church Hall.

Contact Gill Poole 01206 240512

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Wednesday

Bluebells Preschool, 9.15am - 3.15pm, Orpen Hall.

Contact Jackie Leach 01206 241677

Coffee Morning, 2nd Wednesday, 10am. Methodist Church Hall.

Bible Study Book Club, 3rd Wednesday, 10.30am Methodist Church Hall

Mid-Week Worship, 1st Wednesday, 11.00am Methodist Church Hall

Ladies Afternoon Badminton, 2.30pm - 4pm Orpen Hall.

Contact Carol Felton 01206 240126

Wednesday Fellowship, 3rd Wednesday, 2.30pm,
Methodist Hall

WB Knitting & Crochet Group, 3rd Wednesday, 2.30pm – 4pm, house group Meeting. Contact 01206 242015 for details.

Women's Institute, 1st Wednesday, 7.15pm, Orpen Hall.

Contact Jacqui Hunns 01206 240712

Pilates, 7.15pm. Methodist Church Hall.

Contact Mrs Clark 01206 272759.

Slimming World, 5.30pm and 7.30pm, Heathlands Primary School. Contact Nicky 07957 656 939

Colne Valley Flower Club, 3rd Wednesday, 7.30pm,
Orpen Hall. Contact 01206 241155

History Group, 2nd Wednesday, 7.30pm, Orpen Hall.
(visits between April and September).

Contact Gill Poole 01206 240512

Parish Council Meeting, 4th Wednesday, 7.30pm,
John Lampon Hall

W.B. Scouts, 7.30pm-9.30pm, Scout Hut.

Contact Kevin Sturdy 01206 240549

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Thursday

Open House, 9.00 -11.00am (in term time) St Mary's Church Hall

Bluebells Preschool, 9.15am - 3.15pm, Orpen Hall.

Contact Jackie Leach 01206 241677

5T's, 2.30pm-4pm Weekly, St Mary's Church Hall.

Contact Murray Harlow 07989720256

Kelly's HIIT, 6.30pm, St Mary's Church Hall.

Contact Kelly 07453 859583

Bowls Club, 7.30pm Orpen Hall.

Contact John Rookard 01206 619497

Colchester & District Model Railway Club, 8pm,
Armoury Farm. Contact www.colchestermrc.org

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Friday

Bluebells Preschool, 9.15am - 3.15pm, Orpen Hall.

Contact Jackie Leach 01206 241677

Kelly's HIIT, 9.30am, St Mary's Church Hall.

Contact Kelly 07453 859583

WB Beavers, 4.45pm-6.00pm, Scout Hut.

Contact Charles Hart 01206 241666

WB Concert Band, 6pm-7pm (Training) 7pm-9pm (Band),
Heathlands School. Contact Karen Wilson 01206 824157

WB Cubs, 6.30pm-8.00pm, Scout Hut.

Contact Kevin Sturdy 01206 240549

Bergholt Youth Group (BYG), Alternate Friday, 6.30pm-8pm,
John Lampon Hall. Amber Harlow 01206 242007

Wired, 1st Friday, 7pm-9pm, St. Mary's Church Hall.

Contact Mark Partridge 01206 241617

Orpen Players, 8pm Orpen Hall.

Debbie Hornigold 01206 242111

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Saturday

NEEGOG Model Railway Club, 2nd Saturday, 2pm, St Mary's Church Hall. Contact Martin Long 01206 240443