Village Summer 2022 Bulletin





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Hello...

It's that time of year again when (hopefully) the sun is shining and we can finally get out and about. Things are certaintly starting to feel a little more 'normal' again and the village is getting busier with events - did you manage to see the Orpen Players in Cinderella?

The Open Gardens make a return this year after being cancelled due to Covid, raising money for some great causes.

On the 4th June the village will be celebrating the Queen's Jubilee with a fantastic fete, with craft shows, stalls and food and drink, along with live music and fun for all the family. Don't miss the voucher on page 7 - free afternoon tea for all over 70s.

We're also on the lookout for some extra distributors, so if you feel you could volunteer your time, please do get in touch.

Jacquí

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Insíde...

A Fond Farewell 5
Colne Valley Flower Club 5
Reader's Corner 8
Orpen Players9
SESAW11
Wordsearch13
West Bergholt Allotments14
St Mary's Old Church 15
BYG 15
BYG 15 Car Network 16
Car Network16
Car Network 16 Tom Bowdidge Foundation 17
Car Network
Car Network
Car Network



Hall Booking Information

Orpen Hall (108 – 150 people) & John **Lampon Hall** (30 – 50 people). Contact halladmin@westbergholt.net

Social Club Room (during the day only). Contact hall-admin@westbergholt.net

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

Next Issue: September 2022 Deadline for entries: 1st August 2022 Deadline for advertising: 1st August 2022

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A Fond Farewell

In February, all the Brownies from the village gathered together for a special morning to say goodbye to their leader, Diana Woodgate. She's leaving after many years of service to Guiding in West Bergholt, as well as to the community, and in particular at Bluebells.

The Brownies watched as the Millennium Time Capsule was opened to reveal the items sealed and hidden away for 22 years – all relating to Brownies and Guides at St Mary's church in 2000,

including the ones they liked best - Pokemon cards!

Thankyou Diana for everything you have done here in West Bergholt.

Pictured are Sandra, former Guide Leader, Amber, Diana, Susan and Carol, former Brownie Leaders.



Colne Valley Flower Club

On Wednesday June 15th, our meeting sees the return of Alan Smith who is presenting 'Floral Magic'. Alan is a very established arranger. Tickets for visitors are £7.00 and should be booked in advance.

Wednesday July 20th we have a garden visit to Stoke by Nayland Priory at 2.30pm Friends welcome. The cost for visitors will be £12.00 including refreshments.

The Flower club does not meet in August.

Our meetings are held the Orpen Hall, West Bergholt, at 7.30 pm on the third Wednesday of the month.

For any further information please telephone Manya on 07759 331719 or Alison on 07792 397360

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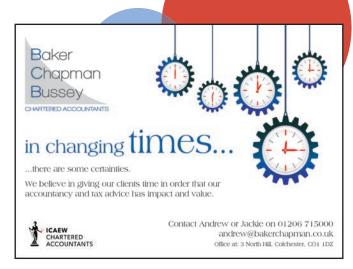
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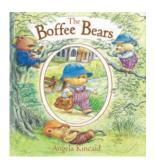
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Armoury House, Armoury Road West Bergholt, Colchester CO6 3JP



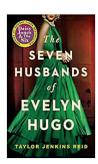
Reader's Corner

Looking for some great reads over the summer? In need of a new novel for your holiday? We've got you covered...











The Boffee Bears Picture Book Scorpius Books

Have you ever wondered what happens to teddy bears when children no longer care for them? Where do they go? What do they get up to? Come and join the adventure with BB, Tatty Ted and Ragtime in this beautifully illustrated tale, perfect to share at bedtime.

The Quiet At The End Of The World Young Adult Walker Books

How far would you go to save those you love? Lowrie and Shen are the youngest people on the planet after a virus caused global infertility. Closeted in a pocket of London and doted upon by a small, ageing community, the pair spend their days mudlarking and looking for treasure - until a secret is uncovered that threatens not only their family but humanity's entire existence. Now Lowrie and Shen face an impossible choice: in the quiet at the end of the world, they must decide what to sacrifice to save the whole human race...

Picture Perfect Fiction Hodder

A woman wakes to find herself hurt and bleeding, her memory wiped clean. She doesn't even know who she is. Rescued by a police officer, she is taken by surprise when she is finally identified by Alex Rivers, Hollywood's biggest movie star - and her husband. is dazzled bewildered by the fairytale in which she suddenly finds herself. But everything not quite right, and there is something dark and disturbing behind this glamorous facade. As her memory gradually returns, her picture perfect life comes crumbling down...

The Paris Apartment Mystery Harpercollins

A beautiful old apartment block, far from the glittering lights of the Eiffel Tower and the bustling banks of the Seine. Where nothing goes unseen, and everyone has a story to unlock.

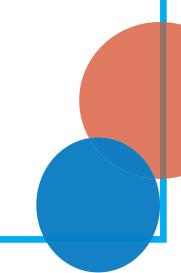
There was a murder here last night.

A mystery lies behind the door of apartment three.

The Seven Husbands Of Evelyn Hugo Fiction Simon & Shuster

Aging and reclusive Hollywood movie icon Evelyn Hugo is finally ready to tell the truth about her glamorous and scandalous life. But when she chooses unknown magazine reporter Monique Grant for the job, no one is more astounded than Monique herself. Why her? Why now?

The Seven Husbands of Evelyn Hugo is a mesmerizing journey through the splendour of old Hollywood into the harsh realities of the present day as two women struggle with what it means and what it costs to face the truth.





Orpen Players

We would like to thank everyone who supported us for "Cinderella".

It was great for our group to tread the boards once again. We really enjoyed bringing live entertainment back to the village and, judging by your reaction, it was evident that you felt the same.

Our seasoned performers were joined by new players who all stepped up to the mark to ensure that quality will be maintained going forward.

We are currently considering our next production, which we feel should be something special for your enjoyment.

We'll notify you in good time of our selection and dates. Watch this space!!









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SESAW

"Didn't we have a lovely time, the day we went to Long Melford?!" One of our volunteers was singing a parody of a 1970's hit after our Easter Fair last month. Not everyone remembers the song but the fantastic response to our event was reminiscent of our pre-pandemic fundraisers. Familiar friends (and dogs!) arrived to browse the stalls and enjoy a snack. Nearly £4,500 was raised including a generous donation from an anonymous supporter.

Mum said it would be too drafty for me to attend due to the open windows and doors to blow away the virus. Fortunately our volunteers were

on hand to help rescue a fledgling found on a nearby footpath, popular with dog walkers. The fluffy bundle was quickly brought home to Mum who identified it as a Tawny owlet. It is coming along nicely and will eventually be 'soft released' back to it's home territory.

We are looking for more nthusiastic people to join our fundraising team and reliable volunteers to care for the animals one morning a week. Please leave a message on our answerphone or send an email if you would like to help.

There are still spaces on the Nayland 10K family-friendly run on Sunday 10th July, starting at Little Garth School, Nayland. This raises money for local charities including SESAW. There are routes to suit all ages and abilities. Book your place at www.nayland10k.co.uk

The only place I'm running to now is the kitchen where Mum is preparing dinner for all the dogs including me, Kenny (the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare, Reg.Charity No.1124029. Stoke Road, Leavenheath, CO6 4PP 01787 210888 www.sesaw. co.uk

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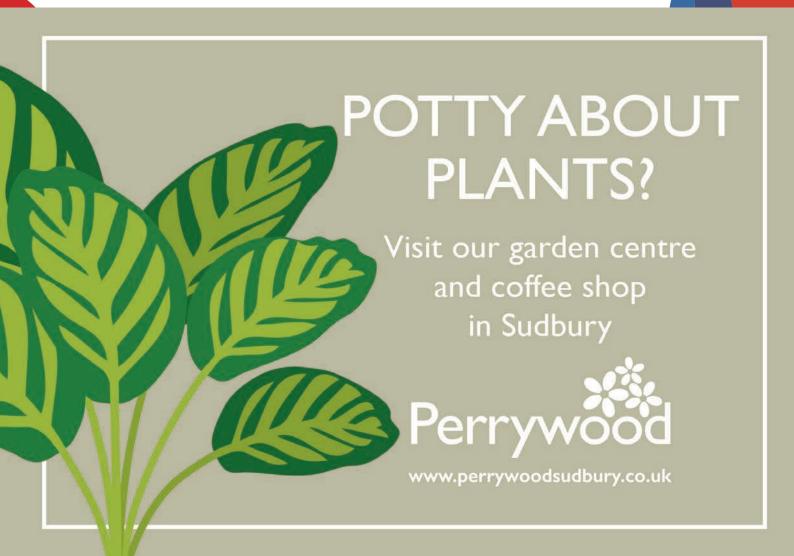
Can you find the 22 Jubilee-related words in the puzzle below?

Platinum Jubilee 2022

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С	R	N	Υ	T	S	E	J	Α	M	С	Α	Ε	S

CASTLE REIGN LONDON CELEBRATION CORGI ROYAL HORSES PLATINUM THRONE **SEVENTY** QUEEN WINDSOR COMMONWEALTH ELIZABETH MAJESTY JUBILEE SANDRINGHAM PALACE **ENGLAND** PARTY

Play this puzzle online at : https://thewordsearch.com/puzzle/3620910/



West Bergholt Allotment

Everything should be going full steam ahead by now, especially the weeds, so keep on top of the hoeing!

We're participating in the Open gardens scheme on 12th June and will need donations of plants and produce for the Charity stall on the day. We also need volunteers to man the gates, so if you can spare an hour or so on the day, please let me know as soon as possible.

There will be programmes for

information on the gardens open in the village to be sold at the gate. This year there will be two new gardens opened for the first time, so do come and bring your friends to appreciate the hard work put in by the garden owners for your enjoyment.

If you have had a glut of rhubarb and are wondering what to do with it all, why not try a recipe from Val and John Harrison's book on Easy Jams Chutneys and preserves?

Lynda Robinson

Rhubard and Ginger Chutney

This receipe would be an ideal donation for the Charity stall on Open gardens day! John Harrison has also written an excellent book, "Vegetable growing month by month", and has a very comprehensive website www. allotment.org.uk. Check it out for advice.

Ingredients

1.4 Kg rhubarb
450g Onions
112g Sultanas
2 teaspoons salt
2 teaspoon ground ginger
Half a teaspoon ground black pepper
570 ml malt vinegar
450 g Soft brown Sugar



STEP 1

Wash, dry and trim the rhubarb into 2.5cm lengths. Peel and chop the onions

STEP 2

Put all the ingredients except the sugar into a pan and slowly bring to the boil. Reduce the heat and stir in the sugar then simmer gently until cooked and the chutney is thick.

STEP 3

Put into clean, sterilised jars as usual and seal at once. Label when cooled.



Friends of St Mary's Old Church

We've had another couple who have chosen to marry in our wonderful building. We hope that Laura and William have a long and happy life together.

On the 5th June, there will be a Jubilee Songs of Praise starting at 6pm, where we will be led by the Reverend Heather in our thanks for our Sovereign's long and happy reign.

On Sunday the 12th of June, the Comrie Singers and Jubilant Brass will be holding a concert in the church which is always a popular and enjoyable event.

On the 16th July, the Friends are holding a Jubilee Lunch in the Orpen Hall. Tickets will be limited for this. Details will be published nearer the time.

We still have not heard when the decorations will be completed or what the proposals are for the conservation of the medieval wall paintings found during the redecorations, but the Friends are actively chasing this matter with the Trust.

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. We hope to make the building the jewel in the crown of our wonderful village. 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 from Martin Long 01206 240443

BYG

BYG has continued its successful return from the enforced break, with 99 members this year and an average attendance of 52. The highest attendance to date this year was an amazing 77 children.

Since our Christmas party in December, we have held other other special events, including a special Valentines evening that included a rather popular chocolate fountain!

Before the break for the summer

holiday in July, we hope to invite children currently in school year 5 for a "taster" session of what to expect when they return for year 6 and the new "BYG" year in September.

We are always looking for more ideas of things for the children to do or themes for a particular week, and encourage the children (and parents) to request them and, where possible, BYG will arrange it.

West Bergholt Care Network

The West Bergholt Care Network will have a stall at the Village Fete this year, and we would love you to come and say hello, to learn a bit more about what we do, and to encourage you to join our band of volunteers. We're always especially pleased to have more volunteer drivers, or people happy to take Care Network telephone bookings.

While our service is slowly returning to its pre-pandemic ways of working, we're hoping to learn from what went well during those difficult times and perhaps expand the support we can offer our community going forward.

As some of you will know, with help from the Parish Council, the Church, the Care Network and additional volunteers, the community in West Bergholt was able to offer weekly shopping for housebound residents, collect prescriptions and stay in touch with isolated residents via a "Buddy" scheme, as well as offer transport and essential medical services



during the lockdowns.

It showed what our resourceful and supportive community could achieve in difficult circumstances.

The Care Network Committee would like to say a heartfelt thank you to all those people who made this possible, whether as telephonists, drivers, general volunteers, Buddies, shoppers, prescription deliverers or, in the case of Mervyn Donnelly, for his tireless work as our service coordinator!

Do come along and say hello at the Fete. We'd love to see you. But if you can't - or can't wait to find out more, please feel free to get in touch with our chairman, Harry Stone, on 01206 241026 or Email at stone.vindens@gmail.com.

You can also make contact via our central email address at carenetworkwestbergholt@gmail. com





The Tom Bowdidge Youth Cancer Foundation

It's hard to believe that we're halfway through the year already. It's frightening how fast time flies, but summer really is the time to slow down and appreciate what we have around us.

TBF won't be slowing down as our events get going. Kicking off in June, we are so excited to be at the Village Fete again. Come and see us for fun and games, oh and a glitter tattoo!!

On June 12th, the long delayed Open Gardens event will be back. TBF will be having a stand at Garlands Farm, Bourne Road, so do come and say hello. A huge thank you to all the villagers who have kindly opened their gardens and to David Whitnall and his team for organising the event.

Have you signed up to our big event of the year? It's a very muddy challenge where you run, climb and crawl over a number of obstacles. It's taking place at the Wild Forest Obstacle and activity centre in Brentwood and looks brilliant. We would love teams of adults and children over 10 years to take part, but you can enter as an individual too. For more information, visit www.tombowdidgefoundation. org or contact lindsay@tombowdidgefoundation.org

On July 2nd, we have a choice of activities for you. A quiz night at Colchester Royal Grammar School or a slightly wilder night at Neillbury Music Festival. All these events can be found on our website.

Finally, a huge thank you must go to Jenny Noakes, Caroline Withers and the Knit One, Down One Group for another successful Bunny Hunt. Money is still being counted but I think it was enjoyed by numerous families. Watch out for the winner and how much money was raised on social media.

West Bergholt Surgery

We would like to thank all our patients for their support and understanding while West Bergholt Surgery is closed for renovation. Hopefully by the time you are reading this, the surgery will have be close to re-opening, if not reopened.

A reminder to all of our patients that we now have one number for all of our patients to contact the Surgery, 01206 570371. This applies to all Creffield, West Bergholt and Nayland patients. Please listen carefully to the messages when you dial as the options have changed.

West Bergholt Concert Band: Family Friendly Fun

The band recently performed a hugely well received concert at Clacton's West Cliff Theatre, with highlights including the overture from Orpheus In The Underworld, Big Bands in Concert, Oklahoma, The A-Team, and The Locomotion. The concert also showcased some of the many families who play in the band, including all of our conductor's family, and a pair of siblings from another family who performed a Dixieland duet. Our same-family members are a great example of the "all ages & abilities" approach for which we are renowned, and shows how a group like ours can bring parents & children together to share in the fun of playing great music in wonderful venues.

To help maintain this balance of all ages, especially having lost a swathe of young players to University in the last few years, we've already arranged some musical "Play days" with local schools, and will be embarking on a summer tour of primary & junior schools to bring the

fun and excitement of brass & woodwind instruments to the next generation. We'll also be encouraging as many young musicians as possible to come and join us, especially as we have a wonderfully electic mix of Great British Music lined up for our summer concert on Saturday July 16th in Coggeshall.

Anyone is welcome to join either our Training Band (Grades 1-4) or our Concert Band (Grade 4+). Both bands are fun and friendly and support new members taking their first steps in bandplaying, so please get in touch (Conductor@wbcb.org) or visit the band's website (www.wbcb.org) if you'd like more information on the band or how to join us.



St Mary's Church



We're looking forward to taking part in the Village Celebrations to mark the Queen's Platinum Jubilee. On Saturday 4th June, we'll have two stalls at the Jubilee Festival on the Lorkin Daniell Field. One will have Jubilee themed crafts for all ages to try out, and the other will be a books, games and toys stall run by our 5T's Group (a group that meets each Thursday afternoon to share a cup of tea & a chat - all are welcome). Plans are also progressing to have the church bell fixed in time for the Jubilee.

On Sunday 5th June, we look forward to welcoming you to a special Jubilee Songs of Praise Service at the Old Church, either walking from St Mary's at 5.30pm or joining us at the Old Church at 6.00pm. Revd Heather Wilcox will be leading the service and would love to include some of your favourite hymns, so if you have one that is special to you, please let us know by contacting the church office on 01206 243683 or lwb.wb.gh.parishes@gmail.com.

Following on from the success of the prayer spaces in church during Lent, we are planning to have some more during the period from Ascension on Thursday 26th May to Pentecost on Sunday 5th June. The prayer spaces will focus on the Lord's Prayer and will link to prayer spaces in Revd Heather's other parishes of Great and Little Horkesley, Boxted and Wormingford Langham, and Mount Bures, so that people can visit all the churches in a sort of mini pilgrimage.

Plans to replace our current church hall are progressing and it is hoped that we will be able to submit an outline proposal to the Diocesan Advisory Committee (The Church planning authority) soon. Once the plans are approved, they will be displayed in the church.

As some of you will know, the existing heating system in the church is no longer functional. We are in the process of investigating an eco-friendlier replacement system and hope this will be in place before the winter!

DISTRIBUTORS NEEDED

Could you help to deliver the Village Bulletin? We're currently in need of more volunteers to distribute the quarterly magazine around the village.

If you feel you could help, please contact
Victoria Beckwith-Cole
07434 949631
hall-admin@westbergholt.net

West Bergholt Gardeners

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By the time this article appears, the Gardeners will have finished their monthly meetings until we resume in September, as Summer will be upon us and most people will be busy working and enjoying their own gardens as long as the sun shines for us.

The long delayed Open Gardens Event will be taking place on Sunday 11th June (11am - 5pm), when eleven gardens in the Village, large, small, formal and informal will be welcoming visitors to view and help raise funds for our chosen charities: The Tom Bowdidge Youth Cancer Foundation and Essex and Herts Air Ambulance. We have our fingers crossed for a warm, sunny day to bring out lots of people for another successful occasion. Programmes and maps (£5, children free) will be on sale beforehand in the Pharmacy and Scissorhands, but on the day they will be sold only at the Orpen Hall, where there will be a plant stall and the details of a garden quiz trail for children, plus parking and toilets for visitors.

We have arranged a coach trip to East Ruston Gardens in Norfolk on the 14th July and there maybe some spaces left for anyone who would like to come along. Contact Shirley Noakes, 01206 240588 or email shirleynoakes@hotmail.com for information.

Finally, the programme for 2022/2023 has already been drawn up and we will be starting our talks in September with our AGM and a presentation on the Life of Beth Chatto by the senior production manager from her garden in Elmstead Market.

For further information, please contact Terry Claydon on 07707580822 or email wbgardeners@gmail.com



Women's Institute

At the March meeting, Clare Heyes gave a most enlightening talk entitled 'Alms Houses in the 21st Century'. Members thought the properties were for the elderly, but were amazed to hear many residents are young men.

Sheila Boxshall ran a quiz about the 'Toilet Twinning' project for Nigeria. Many facts came to light about this problem for girls and women there. It costs £60 for one toilet and we now hope to raise donations for two as our speaker donated her fee to the project.

In April, Sarah Knights, chocolatier, gave a demonstration on the preparation of various types of chocolate, which members were

able to sample.

Sheila announced that our WI had raised enough money for 2 toilets in Nigeria, for which we had received personalised certificates.

A group of members went to First Site in Colchester to see the "Benton End" exhibition, as well as the Essex one. It was enjoyed by everyone and as we had chosen to go on what seemed to be the hottest day of the year, we took advantage and stayed for lunch there, too, on the outside balcony.





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WEST BERGHOLT PARISH COUNCIL



Contacts:

Chair:	Chris Stevenson chair@westbergholt.net						
Vice Chairs:	Harry Stone	Brian Butcher					
RFO:	Andrew Savage						
Councillors:	Manya Barrow	Joel Fayers	John Gili-Ross	Vacancy			
	James Owers	David Short	Bob Tyrrell				

Parish Council meetings are held at the Orpen Hall Complex every fourth Wednesday of each month except August and December, at 7.30pm unless otherwise advised (see notice boards). During the meeting the public are invited to raise any issue for consideration by the Parish Council during the "Questions from registered electors" item.

For general enquiries, email the Parish Council using westbergholtpc@gmail.com or telephone the Clerk on 01206 240772. Contact made in this way will be dealt with by the Clerk or forwarded to relevant Parish Councillors. For specific enquiries about matters dealt with committees, email the contacts provided below, although please also copy to the Clerk.

Finance, Policy & Personnel Advisory Committee	Environment & Highways Committee	Planning & Development Committee
finance@westbergholt.net	environment@westbergholt.net	planning@westbergholt.net
Andrew Savage (Chair) Chris Stevenson (Vice Chair) Brian Butcher John Gili-Ross Harry Stone Bob Tyrrell	John Gili-Ross (Chair & Footpath Officer) Harry Stone David Short Manya Barrow James Owers	Bob Tyrrell (Chair) Brian Butcher (Vice Chair) Andrew Savage Joel Fayers

Other Useful Contacts:

Clerk to the Parish Council: Laura Walkingshaw 01206 240772

westbergholtpc@gmail.com

Village Hall Administrator: Victoria Beckwith-Cole 07434 949631

hall-admin@westbergholt.net

Webmaster: Dave Kingaby dave@kingserv.org

Borough Councillors: CIIr Lewis Barber cIIr.lewis.barber@colchester.gov.uk

CIIr Martin Leatherdale cIIr.martin.leatherdale@colchester.gov.uk

Cllr Dennis Willetts Dennis.Willetts@colchester.gov.uk

Essex County Councillor: CIIr Lewis Barber cIIr.lewis.barber@essex.gov.uk

MP Harwich & North Essex: Bernard Jenkin Bernard.jenkin.mp@parliament.uk

A daily diary of village events can be found on the home page of our village web site at westbergholt.org

Village Notice Board

Sunday

Service of Worship, St Mary's Church 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. St Mary's Church Hall.

Kelly's HIIT, 9.30am, Scout Hut.

Contact Kelly 07453 859583

WB Cubs, 6.30pm-8pm Scout Hut.

Contact Kevin Sturdy 01206 240549

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

Pilates, 9.30am-10.30am, Scout Hut.

Contact Mrs Smith 01206 564348

Pilates, 6pm, John Lampon Hall.

Contact fleur.parks@gmail.com

Kelly's HIIT, 6.30pm & 7.30pm, Scout Hut.

Contact Kelly 07453 859583

((BOUNCE)) 6.30pm -7.30pm, Orpen Hall.

Contact Kerry King 0788 636 9450

Vocal Zones Choir, 7pm, St Mary's Chuch Hall.

Contact Ann 07596 071636 or Linda 07545 572157

Badminton Club, 8pm-10pm Orpen Hall.

Contact Ian Hersey 01206 243378/07754140707

Wednesday

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

Contact Jackie Leach 01206 241677

Ladies Afternoon Badminton, 2.30pm - 4pm

Orpen Hall.

Contact Carol Felton 01206 240126

WB Beavers, 5pm - 6.15pm, Scout Hut.

Contact Kevin Sturdy 01206 240549

Slimming World, 5.30pm and 7.30pm, Heathlands

Primary School.

Contact Nicky 07957 656 939

Women's Institute, 1st Wednesday, 7.15pm,

Orpen Hall.

Contact Jacqui Hunns 01206 240712

WB Scouts, 7.30pm - 9.30pm, Scout Hut.

Contact Kevin Sturdy 01206 240549

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

History Group, 2nd Wednesday, 7.30pm,

Orpen Hall, (visits between April & 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

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.

Kelly's HIIT, 6.30pm, Heathlands School.

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

Friday

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

Contact Jackie Leach 01206 241677

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.

Jamie Bowden 07581 202960

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

Contact Mark Partridge 01206 241617

Orpen Players, 8pm Orpen Hall.

Debbie Hornigold 01206 242111

Saturday

NEEGOG Model Railway Club, 2nd Saturday, 2pm, St Mary's Church Hall.

Contact Martin Long 01206 240443

((BOUNCE)) 8am - 9am & 9.15 - 10am, Orpen Hall.

Contact Kerry King 07886369450

Kelly's HIIT, 9am, Daniel Lorkin Field.

Contact Kelly 07453 859583

Sunday

((BOUNCE)) 9.30 - 10.30am, Orpen Hall.

Contact Kerry King 07886369450

