

EASTWICK AND GILSTON PARISH MAGAZINE

Terlings Park History Talk



Saturday 10th February

1.45pm – arrive for coffee

2.00pm – talk starts

3.00pm – opportunity to share information/stories/memories

Have you ever wondered what Terlings Park was like before the houses were built? What it looked like or who lived here perhaps? Come along to a talk at Gilston Village Hall to find out a bit more. The talk will share historic maps and photos as well as stories of the residents including the 19th century operatic diva Madame Caradori and the fantastic Mrs Calverley OBE and her motor launch!

Address: Gilston Village Hall, CM20 2RB

With support from Gilston & Eastwick Parish Council and Village Hall
Committee

Register to attend at:

<https://www.eventbrite.co.uk/e/terlings-park-history-talk-tickets-789140579717>

FEBRUARY 2024

Join us for our annual **PANCAKE PARTY**

TUES 13TH FEB 2024 3.30 PM - 5.00PM
VILLAGE HALL, GILSTON (CM20 2RB)

**PANCAKE RACES, OUR PANCAKE FLIPPING
CONTEST AND PLENTY OF PANCAKES &
REFRESHMENTS TO ENJOY**

**A FREE VILLAGE EVENT - COME AND SEE IF YOU
CAN BEAT LAST YEAR'S CHAMP TO WIN THE
GOLDEN FRYING PANS
ALL WELCOME FOR PANCAKE FUN.**



FOR MORE INFORMATION:

**EMAIL: revajacksonhwge@outlook.com
MOB: 07833667707 TEL: 01279790145**

**EASTWICK AND GILSTON VILLAGE
HALL MANAGEMENT COMMITTEE**

ANNUAL GENERAL MEETING

**WEDNESDAY 28TH FEBRUARY 2024
7.00PM**

VILLAGE HALL, PYE CORNER

**ALL RESIDENTS ARE MOST
WELCOME**

**THIS IS YOUR VILLAGE HALL COME AND SEE WHAT
GOES ON AND WHAT YOU MIGHT BE ABLE TO DO TO
HELP IT.**

GILSTON AND EASTWICK VILLAGE HALL MANAGEMENT COMMITTEE



See below a calendar of all clubs and classes that take place at our hall.
For more information about booking the hall go to www.eastwickgilston.org.uk

MONDAY	Sculpt Fit with Sam	Sam Tucker – samtucker76@gmail.com (trampoline based exercise class)	9.15am – 10.15am
	Parish Council	Parish Clerk – Christine Law 01279 411646 Meet on the 2 nd Monday of January, March, May, July, September & November	8.00pm – 10.00pm
TUESDAY	Puppy Training	Sam – Dog Coach sam@samthedogcoach.co.uk	6.15pm – 7.45pm
WEDNESDAY	Clear Yoga	Clare- 07854 773680 Hatha yoga class for all abilities	6.45pm – 7.45pm
	Mother & Baby Group	ONE YMCA Herts family Services Visit: www.hertsfamilycentre.org Drop in mother and baby classes	10.00am – 11.00am Drop In
THURSDAY			
FRIDAY			
SUNDAY	Harlow Church of God	Contact: Church Minister: Pr Shijau Thankachen - 07597630450	Sunday School 9.15am – 10.00am Sunday Service 10.00am – 12.30pm

Vice Chair: Janine Bryant
Treasurer: Linda Harvey
Bookings Officer: Erin Reilly 07710271611
Holding Trustee: Keith Harvey & Mary Jackson

Booking enquiries: gevillagehall@gmail.com For any bookings and queries about the Village Hall please contact: gevillagehall@gmail.com. Or go to www.eastwickgilston.org.uk, then village hall to use the calendar to view when the hall is available to book and use the booking form facility to book your event and to read the terms and conditions required.

+++++

Gilston & Eastwick Village Hall Management Committee (VHMC) Wednesday 7th June 2023 Business Meeting Minutes DRAFT

Meeting opened: 19:05 Meeting closed 20:04

A. Present: Trevor Brown TB (residents' representative), Janine Bryant, JB (Vice Chair & note taker), Yolande Clark, YC (residents' representative), Linda Harvey, LH (Treasurer & Parish Council representative), Christine Law, CL (PCC representative), Claire Reilly, CR (residents' representative), Erin Reilly, ER (Bookings Officer)

Members of public – none

1. Apologies: Keith Masek, KM (Chair)
Action: TB acting chair

2. Review Minutes of previous meetings
AGM, February 2023
BM, February 2023

approved
approved

Matters arising – **action tables updated, see below (Tables 1 & 2 below)**

no further items not on the agenda

Action: Approved AGM & BM minutes, February 2023, to be uploaded to Parish websiteCL

3.Treasurer's Report

See Table 3 **March, April, May 2023** below

Contingency / Roof fund. Monies held in Barclays Business Account have been moved to CCLA to receive higher interest. Surplus raised at the Coronation Race Night deposited into this account.

Action: LH to transfer into direct account with higher interest

Future / on-going commitments:

- Folding chairs and trolley(ies)
- Hedge trimming – agreed to share cost of significant trimming of hedge on eastern boundary with neighbour. Cost to Village Hall £1,236
- Booking Officers charges outstanding
- Grounds maintenance – concern that current arrangement (£55 per mth for 3hrs) is not keeping the grounds as neat as we want. Explore possibility of new contract but need to ensure appropriate licences and liability insurance of any future contractor.
- Land Registry lawyers advice – unknown cost to meet additional Land Registry requirements

4 Bookings Office update

Since the last meeting:

- We have had about 10 parties and private events at the Hall since Feb 2023 meeting
- We have continued interest for regular bookings – Children's music playgroup, Yoga class (5 sessions booked), Sam's dog training re-booked.
- Polling station hire
- Adam Howard (see Table 4 for AH project proposal) – potential new activities in the Hall. We sent a survey round to residents about the Hall.
 - Feedback from survey:
 - Most requested were evening classes over any other time
 - Most requested were exercise and creative classes
- About 60% of casual hall hires have been from Harlow and surrounding areas
- Overall bookings (including parish council meetings, community events, free events), 65% are residents and 35% are from Harlow.

Upcoming event:

- Lockdales' Valuation Day Roadshow – Monday 26th June 11am-3pm

Other points:

- The front door has become very stiff and hard to open
- Website
- Facebook page
- Flyer Hand-out
- Potentially adding Erin's contact information on the Parish website

5. Actions: ER to publish poster promoting Village Hall for Children's Parties, etc on the various village WhatsApp groups

ER to investigate use of Facebook to promote the Village Hall

ER to ask Lockdales for valuation of the "vintage" chairs with view to selling

6. Land Registry Update

The Land Registry has finally reviewed the papers submitted March 2022. Unfortunately, they have requested further information; 2nd termination letter from ME resigning as a Holding Trustee, utility bill, clarity of address (confusion due to lack of letter box).

6.Hall improvements? Progress
on projects **Table 2** below

7. New business / hire opportunities – Table 4

LH, JB & ER met, 2nd time, with Adam Howard, Sports Events and Project Manager, Active in the Community CIC (Tel: 07538 70656, email adam.howard@aitc.org.uk)

Action: ER, LH & JB to pursue with Adam

8. Improve & promote hall presence

Action: Further exploration of independent website, facebook, etc needed

ER & ALL

9. Future meetings, all to start at 7:00pm

Wednesday 4th October 2023

Wednesday 28th February 2024

Business Meeting (date confirmed)

AGM & Business Meeting

10. Any Other Business

gevillagehall@gmail.com generic email address monitored by Booking Officer

Table 1 – Outstanding Actions, including carried forward from 22nd February 2023

	Action	Who	Status
	Repair render damaged when bees removed	TB	
	Further exploration of independent website, etc needed	ER & ALL	
2	Approved Feb 23 AGM & Business minutes to be uploaded to Parish website	JB & CL	
3	CCLA deposit to be transferred into direct account with higher interest	LH	
5	Land Registry – continue to chase	JB	On going
6	Various hall improvements agreed	ALL	
	See Table 2 Hall Improvements		
*	New hire opportunities with Active in the Community (Adam Howard)	ER, LH & JB	
8	Improve & promote hall presence	ALL	
	Booking Officer monitors generic email address, gevillagehall@gmail.com		
9	Future meetings , all to start at 7:00pm Wednesday 4 th October 2023 Wednesday 28 th February 2024		Business Meeting AGM & Business Meeting

Table 4 New Activities project (Adam Howard proposal), Tel: 07538 706560

	One off costs	Weekly costs				
Activity	Equipment cost	Instructor cost	Refreshments @ £1.25per head	No. weeks	Total cost	Anticipated unique participants
Forever Cycling	£200	£35	£0.00	18	£830	12
Zumba Gold	£50	£35	£0.00	42	£1,520	16
Seated Yoga	£50	£35	£0.00	24	£890	12
Group Walk	£75	£25	£0.00	30	£825	14
Coffee Morning	£75	Volunteer led	£450	18	£525	20
				132		74
Marketing					£700	
M&E					£500	
PM Cost (tbc based on no. activities decided)					£1,500	
Total project cost for all activities					£7,290	

Table 2 Hall Improvements, status June 20230

The following improvements were approved by the whole committee

	Approved & in progress		
1	Solar panels and battery storage, including necessary planning permission	JB	
2	Replacement folding chairs and trolley(s) 2 * 24 £2,838.60 (inc VAT)	JB & LH	
3	Drinking glasses (tumblers) for kitchen	TB	
4	Hall floor & skirting boards - sanding and resealing. Booked w/c 14 th August 2023 (Colin, Flooring Solutions) £2,440 (no VAT)	JB ER	
5	Projector wifi, requires additional electric socket (Steve Millar)	JB / LH	
	Completed		
6	Kitchen Hatch shutter & screens	LH	
7 & 8	Car park improvements – widening entrance and painting parking space markers	LH	
	Projects not yet agreed June 2023		
9	New website		
10	Additional folding tables		
11	CCTV for car park & inside the hall deferred – fortunately little damage occurred and no vandalism, GDPR requires significant administration		
12	Outside storage unit deferred – currently able to store reasonably well within small store cupboard and entry lobby		
13	Electric car charging points. EHC conducting tender exercise to source supplier(s), once tender in place we will be able to use (Linda Mehan is our EHC contact)		
14	Refurbish toilets on hold. Replacement taps and motion sensitive lighting recently completed		
15	Redesign loft access to enable easier and safer access		
16	Roof tiles will probably need replacing sometime in future – agreed to setup a contingency fund and organise fund raising activities	LH	

Table 3 Finances March, April, May 2023

Table 1

Outgoings	March	April	May				Agreed costs	Added costs
Cleaner	£308 - for 3 months						The extra agreed costs to come this year are the floor and the chairs. Chairs - £1782 -84 with trolley , Floor-£2450	Maintenance of the bank and associated hedges bordering 34, after sharing cost with neighbour-£1236
Gardener								
Windows & gutters	£30.00		30					
Electricity	242.70	301.37	274.64					
Wi-Fi	35.05	41.66	41.66					
Water	18.26	18.26	18.26					
Race night								
Booking officer								
Car park maintenance	£3204.00							
Solicitors re land registry	£720.00							
Bins								
Bills towards solar panels		480	100 & 298			Total cost £878		
.Discount plans Ltd. .www.planning								
Mug for Amy	11.48							
Total extra outgoings to come							£5468.00	
Total outgoings	£4715.95	841.29	762.556					
Income	1798.77	823.50	1153.5			£210 received for heating costs from Parish council/ March - extra income from late payments- all now received.		
CCLA. .76.9 units held @ £19.012			£1462.02					
Business premium account	Closed & CCLA units purchased.							
Race night			437			To be transferred to CCLA as future fund for roof etc.		
Alford Storage			61					
Held in Account	23,619.14	23601.25	24,490.29			Previous £28634.63		
Total assets								

KNOW YOUR COUNCILLORS

EASTWICK AND GILSTON PARISH COUNCILLORS



CHAIRMAN
MARK ORSON
 01279 453257
Mark.orson@outlook.com



VICE CHAIR
JANINE BRYANT
piers.bryant@yahoo.co.uk



JAMES JONES
jamesjones3@btinternet.com



ROBERT WIGHTWICK
robbojtw@gmail.com



LINDA HARVEY
 01279 410435
lindamaryharvey@icloud.com



PARISH CLERK
CHRISTINE LAW
 01279 411646
Christine.law2@btinternet.com
 Write to: 9 Church Cottages
 Gilston, Herts CM20 2RH



JOHN DUNLOP
EAST HERTS DISTRICT
COUNCILLOR
john.dunlop@eastherts.gov.uk



ERIC BUCKMASTER
07578 170303
HERTFORDSHIRE COUNTY
COUNCILLOR
eric.buckmaster@hertfordshire.gov.uk

COUNCILLORS RESPONSIBILITIES

- Cllr Orson – Neighbourhood Planning Group
- Cllr Bryant – Neighbourhood Planning Group & Village Hall Management Committee
- Cllr Jones – Parish Paths
- Cllr Harvey – Highways

EASTWICK AND GILSTON PARISH COUNCIL

**NEXT MEETING WILL BE ON
MONDAY 11th March 2024 – 8.00PM
ANNUAL PARISH MEETING**

**(this is a meeting of the electorate and not a Parish Council meeting)
FOLLOWED BY THE PARISH COUNCIL BUSINESS MEETING**

VILLAGE HALL, PYE CORNER

All residents are most welcome to attend the council meeting.

CHRISTINE LAW - PARISH CLERK

01279 411646

christine.law2@btinternet.com

EASTWICK AND GILSTON PARISH COUNCIL PARISH COUNCILLOR VACANCIES

After the May Parish Council elections we now have two vacancies for Parish Councillors within the Parish Council. Parish Councillors and the Parish Council have the responsibility of representing the views of local residents on matters such as planning applications, management of local services and the local environment. In addition to the routine, we also face a number of challenges with the continuing issue of proposed house building in our villages that will impact our Parish as a whole.

To qualify to be a Parish Councillor the rules say:

Subject therefore to the rules on disqualification a person is qualified if they are a Commonwealth citizen (which includes a British subject), are over 18 and are an elector. In addition, they will be qualified if they have either during the whole of the twelve months before the day on which they are nominated as a candidate, or the day of the election, resided in the locality or within three miles if it or occupied as owner or tenant any land or premises in the locality or had their principal or only place of work there. Such work need not be paid, but must be substantial; it may even include duties which the candidate was elected to perform before the election by the very same council as that to which they are now seeking election.

We are able to co-opt two residents for the vacant Parish Council seats and if you are interested in finding out about the role of Parish Councillor please contact Christine Law, Parish Clerk on 01279 411646 or email: Christine.law2@btinternet.com for an informal discussion.

USEFUL WEB SITES:

EASTWICK & GILSTON PARISH COMMUNITY WEB SITE: eastwickandgilston.org.uk

HUNSDON EASTWICK & GILSTON NEIGHBOURHOOD PLAN GROUP WEBSITE:
hegnp.org.uk - For all regular updates and information from the group you can subscribe to the mailing list at this link: <https://tinyletter.com/gilston>.

EAST HERTS DISTRICT COUNCIL: <https://www.eastherts.gov.uk>. Telephone 01279 655261

HERTFORDSHIRE COUNTY COUNCIL: <https://www.hertfordshire.gov.uk>. Telephone 030012234040

FLY TIPPING

Report all Fly Tipping to East Herts Council on 01279 655261 or enquiries@eastherts.gov.uk, eastherts.gov.uk/flytipping. In an emergency situation contact the Police on 999.

HIGH WYCH POST OFFICE

Located at the rear of High Wych Memorial Hall. Open **Mondays** 9.30am – 12.30pm .

Wednesdays 1.00pm – 3.15pm. **Thursdays** 9.30am – 12.30pm.

Benefice of High Wych and Gilston with Eastwick

Church website: stjameshighwych.org.uk

Facebook: Gilston & Eastwick church's

For all recorded church services go to the Facebook page above.

The services in all our churches are all back in person, they are also livestreamed on the **Gilston & Eastwick Churches Facebook page**.

Benefice churches will be open for private prayer. St James, open every day 9.00am to 4.00pm. An information notice is displayed outside the church. For advice on opening St Mary's and St. Botolph's for private prayer, please contact Rev. Alison Jackson.

PRIEST IN CHARGE: Rev'd Alison Jackson **01279 790145**
revajacksonhwge@outlook.com **07833 667707**
1 Dovedale, High Wych, Sawbridgeworth CM21 0DT

READER: Judith Denton, Path Cottage, High Wych Lane, CM21 0JP 01279 723714

SAFEGUARDING OFFICER: Cath Sharples 01279 600996
Diocesan Safeguarding Advisor (DSA) 01727 818107

HIGH WYCH PARISH

LAY LEADER OF WORSHIP: Jan Bellingham 01279 724247

CHURCH WARDENS:

Janet Bellingham 01279 724247
Sam Clark 07717542524

GILSTON WITH EASTWICK PARISH

CHURCH WARDENS:

Michael Shaw 01279 726792
We have a vacancy for a Church Warden

LAY LEADER OF WORSHIP:

Rosemary Davis 01279 419763

MISSION ENABLER:

Rosemary Davis 01279 419763

PCC SECRETARY:

Mrs Christine Law 01279 411646

PCC TREASURER:

Mrs Judith Denton 01279 723714

SERVICES FOR FEBRUARY

4th February	2 nd Sunday before Lent	8.00am	BCP Holy Communion	St James, High Wych
		9.30am	Family Service	St James, High Wych
11 th February	Sunday next before Lent	9.30am	Holy Communion	St James, High Wych
		11.15am	Holy Communion	St Mary's, Gilston
14 th February	ASH WEDNESDAY	7.30pm	Ash Wednesday Service	St James, High Wych
18 th February	1 st Sunday of Lent	9.30am	Holy Communion	St James, High Wych
25 th February	2 nd Sunday of Lent	9.30am	Holy Communion	St James, High Wych
		11.15am	Holy Communion	St Botolph's, Eastwick

FEBRUARY LETTER



Countdown to Easter

I don't know about you, but I am still remembering Christmas and all that it meant to us this year. The amazing Christmas services, the opportunities to meet and share life together and the fantastic amounts of money raised for the 2 charities we agreed to support this year. All the Outdoor services supported The Winter Night Shelter in Bishop Stortford and we have been able to give them over £600 and we also supported the Children's Society with the collections from our Christingles to the tune of over £600 as well. How generous are you all, thank you so much.

And now, already, we are on the countdown to Easter..., we left the story of Jesus on Christmas Eve/Christmas Day being born in a manger and now we move to remembering Jesus not as a baby but as a grown man who was killed savagely, (which we remember on Good Friday), and rose again (which we celebrate with joy on Easter Sunday). You see Jesus is not just for Christmas. He is for our everyday – our Monday to Friday, our weekend, our everyday life. He promises to be with us in the joy of our life but also through those difficult times when we really don't know what to do, how to cope, or what to do next. This is why we offer the Alpha course, to help you get your head round what Jesus really did for us and what we believe as Christians. The Alpha Course, which starts on 15th January for 6 weeks is to help you think this through for yourself, so if you are curious about the Christian faith and want to know more, just join us online. (again see flyer for more information).

This year Shrove Tuesday happens on 13th February and we are inviting you with your children to our annual pancake party taking place in the Gilston and Eastwick Village Hall, see the flyer in the magazine for more info. We are also having a Quiz Night at Gilston and Eastwick Village Hall on 24th February, I love a Quiz Night – I am not particularly good at them, but they are great fun. (again see the flyer for more information).

Our Ash Wednesday service will happen at St James on Wednesday 14th February in the evening at 7.30 pm – all are welcome. We will also be starting our Lent Bible Study sessions on 21st February for 8 weeks at 7.30 pm at the Rectory, where we will be demystifying the Bible and getting straight in our heads how it all fits together. Good Friday will be 29th March (look out for our Messy Church invite on that day) with Easter Sunday taking place on 31st March.

As always in the countdown to Easter we are offering you friendship and hope, times to come together and share food and fun to be a community filled with care for each other as we share this time and space together.

I leave you with the following verse, which is our verse for this year, which encourages us to hold onto joy, peace and trust in God to sustain us through all the ups and downs of life:

Romans 15:13

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Your Priest
Alison

SHROVE TUESDAY AND SHROVETIDE

Once, twice, thrice, I give thee warning, Please to make pancakes 'Gin tomorrow morning.

Shrove Tuesday or Pancake day is the day before Lent begins. Eggs and fat were not eaten during Lent so they had to be used up and pancakes were the traditional way of doing this. It was often a time of great festivity before the fasting and penance during Lent.



A MODEL VILLAGE

THE GILSTON/EASTWICK ESTATE

In April 1851, *The Illustrated London News* reported the imminent sale of the manor of Gilston, known as New Place, shown in the picture below. It was purchased, unseen, by a dynamic and prosperous businessman who had made a fortune in the City and was looking for a new project to consume his energies and huge wealth. Being a single man, and possessed of a large fortune, it might be assumed that John Hodgson would be on the look out for a wife but John Hodgson never did marry. He lived out his bachelor life at Gilston, along with William, his older brother; the transformation of his estate still unfinished on his death in 1882.



Hodgson was appalled at the condition of the estate. New Place might have been new when it was built in the early 17th century, but by the mid 19th century it was old, decrepit and damp. And the estate was in no better condition. According to the late John Clarke, Gilston historian, the farms were “worn out and in a state of disrepair and the villagers’ houses were no more than peasants’ hovels; indescribably filthy, insanitary, cold and damp”. Hodgson resolved that everything must go.

The manor house was the first to be torn down. In its place there rose a vast baronial hall in the Scottish style, incorporating every exuberant feature associated with High Victorian Gothic architecture; turrets, gables, pointed arches, elaborate porches, bay windows, medieval gargoyles and stained glass. Even today the effect is quite startling. In this extravagant setting, Hodgson lived the life of a country gentleman, entertaining lavishly with hunting and shooting parties, boating and fishing on the lake, picnics and musical gatherings.

But Hodgson aspired to more than a life of personal comfort. He wanted to transform the lives of others by turning his estate into a model village which would be entirely self-sufficient. The concept was not new; later in the century it was developed on a much grander scale by the Cadbury and Rowntree families and by William Lever at Port Sunlight but it was a “first” for Hertfordshire.

Hodgson’s motives must remain a mystery; they may have been purely philanthropic. However, as an astute businessman, he knew that it made sense to provide his workers with good housing. In addition, a model village would mean substantial savings of time and energy for the estate workers as all their needs would be met through building a dairy, shop, laundry and school in the village. Whatever the reasons, there is no doubt that Hodgson spent a fortune on his project.

He took enormous pride in the quality of the work; everything was done in the best possible taste. Carved barge boarding, shown in the photo of the old School House, ran around the eaves of the buildings; diapered brickwork created a decorative effect and all the houses had diamond shaped lattice windows.



A broad front porch with decorated timbers provided a useful shelter and storage area for muddy boots. Hodgson's monogram was set into the brickwork, together with the date of the building in separate quatrefoil shapes.

The first houses were constructed of red brick with black used for diaper work. Then, in 1860, yellow/white brick was used. The reason for the change is unknown. They make an attractive contrast which may have appealed to Hodgson. Alternatively, he may have acquired a "job lot" of the paler coloured bricks at a keen price. He was certainly able to profit from the recent abolition of the brick tax. This had been in force since the American War of Independence and stood at 5s 10d per 1000 bricks.

The workers' houses were one-up-one-down – impossibly cramped to our modern eyes, but highly desirable by the standards of the day. They provided a solid, waterproof home and their tall chimneys were effective in drawing up the smoke from the fires. However, Hodgson was careful to observe the social hierarchy on the estate. Compared to the workers' dwellings, the farmhouses were positively grand. Interestingly, they lack the decorative effects of the smaller homes, as if the prettiness of the brickwork could compensate for the modesty of the living space within! Since Hodgson's day, the original houses have been knocked into multiple-roomed dwellings.

.... To be continued next month.

*Rosemary Davis, Gilston & Eastwick PCC
With acknowledgements to the writings of the late John Clark*

+++++

PANCAKES WITH LEMON AND SUGAR OR HONEY



8oz flour

4 eggs

1pt milk

A little butter and salt

Put the flour into a basin and make a well in the middle; gradually whisk or beat in the milk and eggs and when all the flour is mixed in, add the butter and salt. Leave to stand for ½ hour.

Use a little oil in frying pan (a brush is helpful) and thinly spread the batter over the hot pan. Turn or toss and when the pancake is ready you can either serve immediately with accompaniments or stack them and keep warm in the oven.



Nature Notes by the late Cynthia Howe, long-time nature lover and resident of Gilston

Thursday 4 February 2010
Corvid and Seagull

It is a dreary, grey, drizzly day. On the drive to Reading, we passed a stretch of road along which shrubs had been planted between trees, although leafless, this stretch was beautiful. Several trees were bedecked with hanging catkins in shades from pinkish to cream and yellow. There were bare stems of red and yellow and small trees covered in small fir cones.

I watched a large corvid and a seagull tussling with each other: chasing, wheeling, diving, swooping, swiftly turning on each other until eventually the seagull chased its large black aggressor away.

Sunday 7 February 2010
Tough Winter for the Birds

I recently read a report on the death of birds this very cold winter, especially mentioned were wrens and dunnocks, so I am very happy to note that it is rare that I don't see both of these each time I look out of a window. We are so lucky to have not lost these particular inhabitants of our garden.

Jean next door told me, on the telephone, that they have lost all the blue tits visiting their garden and maybe the robin as well.

Wednesday 10 February 2010
Fifty Goldfinches

The wind picked up the brown, crispy, dried winter leaves and danced across the lawn with them.

Yesterday the moorhen spent all day in our pond.

We are still experiencing days of cold with sudden snow flurries; today is no exception.

Each afternoon between 4 and 5 we are entertained by a charm of goldfinches flying to and fro, back and forth, around, over and through our garden briefly settling every few minutes, then up and off again. It is a large number – upward of fifty. How good to see so many.

Now we are in the middle of a snowstorm. It is settling so thick and fast you cannot even see beyond the end of the garden into the fields beyond.

Wednesday 17 February 2010
Finally Sunshine

Driving to Reading along the A414 we see flooded fields and deeper than we have seen for a long time. The view is stunning with the bright sun reflecting off the moving water in the flooded fields. Everywhere is bright and light – it seems ages since we have seen sunshine such as this.

There are so many catkins showing with the sunlight on them. Because the winter has been so cold and so wet the trunks and branches of the leafless trees shine moss green. On the grass verge, just before the big Tesco store at Hatfield, sat a big grey rabbit in the sunshine. He was just sitting, meditatively chewing and, I imagine, enjoying the sun's warmth.

On the edge of the M4, approaching Slough, I watched a crow or rook mobbing a red kite.

+++++

Newsletter from your Patients' Group – February 2024

Email: patientgroup4sawbosurgery@gmail.com



Reminder: Your Patients' Group Annual Meeting: will be on Thursday 9th May 2024 at 19:00 in the Memorial Hall. The Speakers and any activities will be announced before the meeting.

For those who are experiencing problems with the Menopause:

What is the Perimenopause/Menopause? The menopause is when an individual's periods stop due to lower levels of a hormone called oestrogen. The menopause typically occurs between the ages of 45 and 55, with the average age being 51 years old in the UK. However, 1 in 100 people will experience menopause before the age of 40 years. The menopause can happen naturally or for reasons such as surgery to remove the ovaries (oophorectomy) or the uterus (hysterectomy), cancer treatments like chemotherapy or a genetic reason. Sometimes the reason is unknown. The charity Wellbeing of Women estimates there are around 13 million women in the UK who are perimenopausal or menopausal. This equates to around a third of the UK female population. The perimenopause is when someone has symptoms of the menopause but their periods have not stopped. The perimenopause is caused by fluctuating oestrogen, which impacts women's menstrual cycle, shifting their regular period to a more erratic cycle. Perimenopause ends when someone has not had a period for 12 months. The length of the perimenopause also differs from woman to woman. Although some women will experience symptoms of the perimenopause for a couple of years, some women can experience this stage for over a decade. Some women can start the perimenopause as early as their twenties, but most women will start it in their mid-40s.

Now a report called '[Let's Talk about the Menopause](#)' has been commissioned by the Hertfordshire and West Essex Integrated Care Board (ICB) Primary Care Board. It is available, for you to read, by clicking on the following link: www.healthwatchhertfordshire.co.uk/news/2023-12-18/menopausal-women-call-improved-gp-training

560 women living in Hertfordshire, shared how they had been supported by primary care services during menopause or perimenopause and gave their suggestions about how the local NHS could best help them. Survey respondents said that they would like GPs to be better trained so they are more empathetic, listen to what women are saying and don't dismiss their concerns when they ask for help with the menopause or perimenopause.

What are Men's Sheds? Men's Sheds are community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. They help reduce loneliness and isolation, but most importantly, they're fun.

There is a Men's Shed in HarlowTown Park: <https://www.roundaboutharlow.co.uk/harlow-mens-shed/> and another in Bishops Stortford: <https://www.stortfordmensshed.org.uk/> as well as one at Hatfield Heath: Hatfield Heath Shed: Sessions Wednesdays 6.30-9pm, Fridays 10-3pm and the first Saturday in the month 10.30-1pm. Contact: Mike Allen - 07968 066015 or Email: mpa9054@outlook.com
All you men out there who think that there is nothing to do, go along and have fun with others!!

From our Patient Group emails:

Home Blood Pressure Machines: If you are using a Home Blood Pressure Monitor, please be sure to calibrate it regularly to ensure the most accurate reading. Instructions about how to do this will be found in the product booklet.

Home telephone calls from GPs: When your GP calls you at home please be assured that s/he uses headsets, will not be in a public area and confidentiality can be guaranteed at all times.

The Patient Group email is: patientgroup4sawbosurgery@gmail.com

As a Patient Group we aim to represent you but we cannot do that efficiently if we have no way of hearing your views. The Patient Group email address allows you to submit your compliments, comments and suggestions, for discussion at our monthly meeting with the Practice, in order to improve services and communication. These emails are monitored by a member of the Patient Group, and not by the Surgery. Please note that this is not a forum for complaints. Those should be addressed by the Complaints Procedure at the Surgery.

+++++

THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

Chilly conditions often greet us as we step outside in the early months of the year. The old saying - "When the wind is out of the East, tis never good for man nor beast" - certainly rings true. Before the advent of broadcast weather forecasts, people had to rely on checking nearby weathervanes for the wind direction. These were usually found on tall buildings such as church spires, while Audley End House has gilded weathervanes mounted on eight corner turrets. Today, a variety of designs can be seen.

Robert McFarlane's books of old words include about fifty that describe winds, storms or clouds. One Essex term he mentions is *aigrish*, used to describe a sharp cutting wind. The East Anglian word for a strong sudden gust is *gussock*, or *twitchy* for an unsteady wind.

Forecasting the weather for those who till the soil is helpful as weeks of westerly winds can bring relentless rain causing waterlogging of the ground, while cold easterly winds dry out the soil and retard growth.

Currently, the UK Meteorological Office operates over 200 official automated sites, each recording accurate measurements of temperature, wind speed and direction, and the amount of precipitation. These readings are processed by powerful computers and the results enable forecasters to make predictions about future weather conditions. Local recording sites include the Cambridge Botanic Gardens and Stansted Airport. By searching the Met Office website <https://www.metoffice.gov.uk> you can check the local weather forecast to help plan your day.

Many individuals or schools are interested in operating a personal weather station and the Met Office is keen to enhance the weather observations network; it asks those who have a personal weather station, manual or automatic, to send data to its Weather Observations Website, WOW, at <https://wow.metoffice.gov.uk>.

Tricia Moxey, Trustee

ADVERTISING

ARE YOU INTERESTED IN ADVERTISING YOUR
LOCAL BUSINESS IN
‘THE EASTWICK AND GILSTON PARISH
MAGAZINE’?

YOUR ADVERT WILL REACH 370 LOCAL
HOMES EVERY MONTH.

CHECK OUT OUR HIGHLY COMPETITIVE
RATES BELOW AND CONTACT US TODAY.
ALL EDITIONS OF THE MAGAZINE ARE
PRINTED IN A4

¼ page £90.00 per year – per month £30.00

½ page £110.00 per year – per month £40.00

Full page £220.00 per year – per month £50.00

DO YOU HAVE A SMALL ITEM THAT YOU
WOULD LIKE TO SALE?

DO YOU HAVE AN ARTICLE YOU THINK MAY
BE OF INTEREST TO THE
READERS

AN ACTIVITY THAT HAPPENS WITHIN OUR
TWO VILLAGES THAT YOU WOULD LIKE AD-
VERTISED OR SOME INFORMATION THAT YOU
WOULD LIKE TO GO ONTO THE
EASTWICK AND GILSTON PARISH
COMMUNITY WEB SITE?

CALL OR E-MAIL THE EDITOR:

CHRISTINE LAW

01279 411646

Christine.law2@btinternet.com

Published: 4/5/23

**Need to
CONTACT THE POLICE?**

HERTFORDSHIRE
CONSTABULARY

PreventionFirst

Which one
IS BEST FOR YOU?

**Follow the
5 STEPS**

1. RIGHT SERVICE?
Is it a police issue
or is another
service better
suited?

2. CHECK ONLINE?
Is the information
already on our
website?
Check online:
www.herts.police.uk

3. REPORT ONLINE?
Has a crime already
happened and you want
to report it?
Report online:
www.herts.police.uk

4. LIVE CHAT / CALL 101
Do you want to share
some information with
us or speak to someone
specific? Use live chat,
otherwise call 101.

5. CALL 999
Is it an emergency? Is a
crime happening right
now, or is a life or
property at risk? Call 999.

HELP US TO HELP YOU
SCAN THIS CODE TO GET ONLINE QUICKLY



Are you struggling with your energy bills?

If you live in Sawbridgeworth, High Wych, Gilston, Eastwick or Spellbrook
and your financial situation meets the criteria, you may be eligible for
assistance from **The Sawbridgeworth Charitable Trust**.

For more information, please contact our clerk:
Di Kitson on 01279 723212 or email: diana.kitson@btinternet.com



Jane's Small Pet Sitting



- Pets are always happier staying at home while you are away.
- Be assured that your home as well as your pet/s is being looked after.
- Call me on **07779 587076** or e-mail me at jgalp@yahoo.co.uk
- to arrange for a free visit to meet you and your pets.
- I am fully insured and Pet First Aid Trained.





*'Small enough to Care,
Large enough to Cope'*

Tel: 01279 792472

Mob: 07946 617060

Web site:

www.hamletbuilders.co.uk

- *New Builds
- *Extensions
- *Loft Conversions
- *Refurbishments
- *Conservatories
- *Brickwork
- *Driveways/Patios
- *Garage Conversions
- *Groundworks



Dogs Take The Lead...

Dog Walking In Eastwick & Gilston

Group Walks, 1-2-1 Walks, Home Holiday Visits, Small
Animal Care, Cat Visits

First Aid Trained, Fully Insured

Tel: 07747 606818 www.dogstakethelead.co.uk



DANIEL ROBINSON & SONS

**Independent
Family Funeral Directors
Monumental Masons**

Est. 1892

**A personal caring service, day or night
Fully trained & qualified staff
Purpose built premises & Chapels of Rest
Pre-paid Funeral Planning**

**Arrangements may be made in the comfort
of your own home**

**3 Bullfields
Sawbridgeworth**

Tel: (01279) 722476

**Wych Elm
Harlow**

Tel: (01279) 426990

**Station Road
Old Harlow
(01279) 626238**



www.drobinson.co.uk

£12⁵⁰
PER BAG

LOGS & KINDLING WOOD

**KEEP YOUR HOUSE WARM
WITH OUR LOGS**

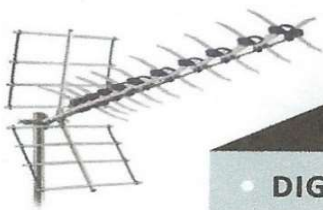
BARN STORED SEASON HARD WOOD

COLLECTION OR DELIVERY

THE WOOD YARD, 44 PYE CORNER
GILSTON, HARLOW CM202RB



07 831 185 952



Freeview

sky HD

freesat



MEMBER

HERTFORD TV SERVICE

Tel: 01992 552955 www.hertfordtvservice.co.uk

- DIGITAL FREEVIEW AERIAL INSTALLATIONS
- EXTRA TV POINTS & SKY PLAYBACK
- AERIAL REPAIRS & STORM DAMAGE
- DAB/FM AERIALS & COMMUNAL TV SYSTEMS
- FREESAT HD, SKYHD & SKY+
- HIDDEN DISH SPECIALISTS & FOREIGN SATELLITE
- PLASMA/LCD/LED TV, AUDIO & DVD REPAIRS
- TV WALL INSTALLATIONS & HIDDEN CABLES
- GOT SLOW BROADBAND? WE INSTALL TOOWAY SATELLITE BROADBAND WITH DOWNLOAD SPEEDS OF UP TO 20MBPS
- CCTV INSTALLATIONS IN HD – WATCH ON YOUR IPAD/PHONE ANYWHERE IN THE WORLD
- WIFI ACCESS POINTS & DATA NETWORK DISTRIBUTION
- SONOS HOME AUDIO SPECIALISTS

UNIT 1B, FOXHOLES AVENUE, HERTFORD SG13 7JG

LOCAL FAMILY BUSINESS ESTABLISHED FOR OVER 35 YEARS • ALL WORK FULLY GUARANTEED

CLOTHES BANK

VILLAGE HALL, PYE CORNER, GILSTON

TO ALL RESIDENTS



THE CLOTHES BANK CAN BE FOUND AT THE BACK OF THE VILLAGE HALL IN ITS CAR PARK.

WE NOW HAVE A CLOTHES BANK FOR YOU TO USE.

IT TAKES ONLY OLD CLOTHES, HANDBAGS, BELTS AND SHOES (PLEASE MAKE SURE ALL ITEMS ARE IN BAGS).

IT WILL NOT TAKE – SOILED RAGS, CARPET, RUGS, BLANKETS, TOWELS, SHEETS, GLASS, METAL, PAPER OR RUBBISH. THIS WILL BE EMPTIED ONCE A WEEK FOR US.

VILLAGE DEFIBRILLATORS

We have three defibrillators within our two villages and they can be found at:

Gilston & Eastwick Village Hall, Pye Corner

Can be found on the outside at the front of the building by the notice board.



The Lion Public House, Eastwick

Can be found in the covered area to the right of the pub courtyard.

St Mary's Church, Gilston Lane, Gilston

Can be found in the porch as you enter the church on the right-hand side.

The defibrillator is designed to be very easy to use and talks you through what you need to do step by step.

If you are in the unfortunate position of needing to use it you simply

Phone 999

You will be given the code to open the cabinet and then supported by the Emergency Services.

THE EASTWICK AND GILSTON PARISH MAGAZINE MONTHLY DEADLINE FOR ARTICLES IS THE 16TH OF EACH MONTH – TO BE SENT TO IN A WORD DOCUMENT:

christine.law2@btinternet.com

The Parish Magazine is printed for us by: Shogun Print, Shogun House, Unit 2 Wilems Works, Forest Road, Hainault, Essex IG6 3HJ 07956 301 169 – **[e.mail: neale@shogunprint.com](mailto:neale@shogunprint.com)** – **[web site www.shogun-print.com](http://www.shogun-print.com)**



Saturday 24th February

7:30pm - 10:30pm

Village Hall, Pye Corner, Gilston

£5.00 per person (teams of 6)

Bring your own alcohol

Nibbles provided

Tea, coffee and cake available at £2.00

Raffle £1.00 per strip

To book email:

christine.law2@btinternet.com

or rosemarydavis131@gmail.com

**All proceeds go towards the upkeep of St Mary's and St
Botolph's churches**