

Welcome to East Bergholt



**The Historic Bellcage of the
The Church of St Mary the Virgin, East Bergholt**



This booklet comes to you with the compliments of St Mary's Church who have published it. It contains a variety of useful information, which we hope will help you settle in.

In addition to this booklet you will receive a free copy of the East Bergholt Parish Magazine every month, which is full of useful information and village news. Many local tradesmen and services advertise in this magazine.

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*(with thanks to Dudley Davies who retains the copyright of the map
and Joop van der Toorn who took the photograph of the bells)*

A BRIEF HISTORY OF EAST BERGHOLT

The early settlement of East Bergholt was based on agriculture. In the fifteenth century it was an important clothing town but with the decline of the wool trade in the sixteenth century, East Bergholt reverted to a village concerned with farming. Instead of rearing cattle and sheep, farmers began to produce cereal crops, especially barley for the maltings at Manningtree and Mistley. The BXL factory at Branham provided alternative work for the population when the need for agricultural labour declined at the end of the last century. This factory sadly closed in 2007.

Easy access to Ipswich and Colchester, and the close proximity of Manningtree station providing a rail link to London, made East Bergholt an attractive base for many people during the 1960s when South East Suffolk was encouraged to accept newcomers. The village expanded during this period.

Perhaps East Bergholt is best known as the birthplace of John Constable RA who was born in 1776. Flatford has special associations with him, as his father, a prosperous corn merchant, owned Flatford Mill. Several scenes from Constable's paintings can still be recognised today. The young Constable used Moss Cottage, near the Post Office, as a studio.

A more detailed account of the village can be found in 'East Bergholt – A Brief History' by Celia Jennings and 'Looking at East Bergholt, Suffolk' by Celia Jennings and Jack Elam, both published by the East Bergholt Society and available from the Church bookstall.

EDUCATION

EAST BERGHOLT HIGH SCHOOL

Heath Road
East Bergholt
Colchester
CO7 6RJ

Headteacher: Mr Colin Turner BA BEd
Telephone: 01206 298200
e-mail: enquiries@ebhigh.org.uk
Website: www.eastbergholthigh.suffolk.sch.uk

East Bergholt High School is a successful, popular, co-educational 11-16 comprehensive school. Our contributory primary schools are situated in Bentley, Brantham, Capel St Mary, Copdock, East Bergholt and Stratford St Mary. A significant number of young people from outside our designated catchment area also attend the School. The School caters for a population of around 910 students. Over 95% of our students continue in education when they leave school, with the vast majority progressing onto sixth form Colleges in either Colchester or Ipswich

Learning is at the heart of everything we do. As society continues to change, we believe it is important that schools provide a safe and stable environment where all young people feel valued and can learn. A child's education is not a dress rehearsal; they only get one chance. This means, making continual improvements in teaching and learning is a key focus of our work, so that all students enjoy school and achieve. Within our happy and caring environment, where the needs of the individual and traditional values are fundamental, we offer a wide range of exciting and challenging educational opportunities. The School is a lively and purposeful community with high standards and expectations.

Having become a Specialist Science College in 2004, we were proud and delighted to add Applied Learning as our second specialism when we were designated a High Performing Specialist School in 2009. In August 2011 the School converted to an Academy. We are committed to working in partnership with other educational organisations and the local community to enhance the opportunities available to our students.

The School is situated on the northern edge of the village of East Bergholt on a 20 acre site, surrounded by fields and greenery. We have three main teaching blocks that incorporate specialist accommodation for Art, Design and Technology, Drama, Information Technology, Mathematics, Music and Science. We have extensive playing fields, and a Community Sports and Leisure Centre, which provide excellent facilities for sport and PE.

Please see our website at www.eastbergholthigh.suffolk.sch.uk for further information and the latest School news. The website also includes our prospectus and details of our regular open mornings. Visitors to the School are always very welcome.

ADULT EDUCATION

For details of the Adult Community Education Service, tel: 01473 712645. This includes educational guidance for adults and advice on options for retraining, return to study or work, change of career or developing new skills. Appointments can be arranged locally.

EAST BERGHOLT VC PRIMARY SCHOOL

School Lane

Headteacher: Mrs Gillian Mitchell
Telephone: 01206 298202
Website: <http://www.eastbergholt-pri.suffolk.sch.uk/>

The school has a fascinating history dating back to 1594. It was then the Lambe School that was established to provide elementary education for boys. Girls were later enrolled in 1701. In 1831 a new Church of England School was built at Burnt Oak Corner and was then an all age school. In 1966 the building began to crumble and was demolished when the present new School was built. It is a voluntary controlled Primary School that means although originally founded by the Church, it is now fully funded by the Local Education Authority. It is a very popular school with a good reputation and academic record.

EAST BERGHOLT YOUNG EXPLORERS

(Part of Constable Country Childcare)
Group Manager: Hayley Aherne BA (Hons) EYPS

Telephone: 01206 298442 (within office hours)
07561 504913 (after hours)

e-mail: hayleyaherne@hotmail.co.uk

East Bergholt Young Explorers Childcare Provision is a registered charity caring for children aged 2-11 years old. The nursery is situated at the Cherry Blossom Children's Centre, although it is a completely separate organisation. East Bergholt Young Explorers is managed by Hayley Aherne who has Early Years Professional Status and is a level 7 practitioner. The day-to-day curriculum leader is Joanne Gwillim, a graduate, who is a highly experienced practitioner and has worked with children from the age of 0-11.

East Bergholt Young Explorers offers an excellent, purpose-built nursery provision for children from the age of 2, from 07:45 to 18:30, opening all year round (only closing on bank holidays). We also offer a wrap-around care provision comprising of a breakfast club (07:45-09:00) and an afterschool club (15:30-18:30) for school-aged children. Further still we offer a holiday club for all school-aged children during the holidays, with flexible hours and sessions.

If any of the above is of interest to you, then our highly-qualified team cannot wait to hear from you and will be able to give you further information and discuss how we can best suit your needs.

LAVENDER HALL KINDERGARTEN

The Gattinetts, Hadleigh Road, East Bergholt, CO7 6QT

For children aged six weeks to eight years
Free 3 hour sessions for over 3 year olds in conjunction with the Early Years Funding Grant
Open Monday to Friday 08:00-18:00.
Please call for a prospectus or to arrange a visit

Tel : 01206 299511
www.lavenderhall.com

HEALTH

THE CONSTABLE COUNTRY MEDICAL PRACTICE

The Medical Centre
Heath Road
East Bergholt
CO7 6RT

Practice Manager: Mr Pete Keeble

Telephone: 01206 298272,
Fax: 01206 299010

The Medical Centre has six GP consulting rooms, a nursing suite, conference room and four rooms privately rented for allied medical professions. Services currently available are:

NHS

- Counselling
- Smoking clinic
- Minor Illness clinic
- Minor surgery
- Travel Vaccinations
- Baby Clinic

PRIVATE

- Counselling
- Osteopathy
- Homeopathy
- Acupuncture

The surgery is open from 08:00-18:30 Monday to Friday inclusive.

Registration

Patients moving into the area should register with the practice as soon as possible. Please call at the Health Centre to collect the appropriate forms and to make an appointment to see the nurse for a New Patient Check.

Appointments

Appointments with doctors are available from 08:30 and 15:30-17:50 with some afternoon surgeries from 14:00. Many appointments may be booked in advance with specified doctors.

We also have a team of female nurses, who run their own daily clinics. Nurses appointments can be booked in advance and if available, on the day. We would encourage you to make use of the services provided by the practice nurses. They are trained to deal with many minor ailments and injuries.

Telephone appointments are available on request and the receptionist will give you an approximate time when the doctor or nurse will call you back.

Out of Hours

Between the hours of 18:30-08:00 weekdays, as well as weekends and bank holidays, the care of patients is the responsibility of the Primary Care Trust. This service is managed by a company called Care UK. If you require urgent medical attention phone the surgery number and your call will automatically be transferred to Care UK.

You can also call NHS Direct on 0845 4647 for advice or go online at www.nhsdirect.uk. In addition, the NHS Direct self-help guide is printed at the back of your Thompson Local directory.

Patient Representative Group

The practice has set up a Patient Representative Group to help aid communication between the practice and its patients. If you wish to pass on any views and comments to your local representative, their names and contact details are displayed in the waiting room. The contacts for East Bergholt are:

John Jeffreys (Chairman): 01206 298737
email: j.jeffreys.eb@btinternet.com

Lynda Beck: 01206 298328
Email: Lynda.beck540@mod.uk

CHEMIST

The Pharmacy
Gaston Street

Telephone: 01206 298267

There are also pharmacies at Tesco Highwoods, Colchester; Tesco Copdock, Ipswich; in Manningtree adjacent to Co-op Fiveways Supermarket and in the adjacent village of Dedham.

HOSPITALS

Ipswich Hospital NHS Trust Heath Road Ipswich

Telephone: 01473 712233
Web: www.ipswichhospital.nhs.uk

This is a general hospital with full accident and emergency facilities.

Colchester District General Hospital Turner Road Colchester

Telephone: 01206 747474
Web: www.colchesterhospital.nhs.uk

This is a general hospital with full accident and emergency facilities.

The Suffolk Nuffield Hospital Foxhall Road Ipswich

Telephone: 01473 279100
Web: www.nuffieldhealth.com/ipswichHospital

This is a private hospital with full In-Patient, Out-Patient and Day Care facilities.

**The Oaks Hospital
Oaks Place
Mile End Road
Colchester**

Telephone: 01206 752121
Web: www.oakshospital.co.uk

This is a private hospital with full In-Patient, Out-Patient and Day Care facilities.

DENTISTS

C Clamp and Partners
17a High Street
Manningtree

Tel: 01206 393744

R S Hems and P Wilson
17 High Street
Hadleigh

Tel: 01206 823092

Capel Dental Practice
63 Thorney Road
Capel St Mary

Tel: 01473 311130

Dr Lawrence Werber
62 High Street
Hadleigh

Tel: 01473 823003

Country Park Dental Practice
Highwoods Square
Colchester

Tel: 01206 751175

CHURCHES

ST MARY THE VIRGIN, CHURCH OF ENGLAND :

Benefice Website: www.constablecountrychurches.co.uk

St Mary's welcomes you to East Bergholt. Our aim is to glorify God and enjoy Him together, to be challenged by his Word and to help wherever there is need. The church is open during daylight hours and the Lady Chapel is always available for a moment of quiet. The main Sunday Service is at 10:00 and all the family are always welcome though some services are more child friendly than others. We have a children's area with puzzles, books and crayons if little ones get wriggly, and we don't mind a bit of noise (nor does God!) If the happy noises are louder than the sound system amplification you might prefer to investigate the box of toys in the choir vestry. We have Messy Church as the main service on some Sundays. On the first Sunday of the month our 10:00 service alternates with the 11:00 service at St Michael's Brantham and during August we follow a holiday rota which also alternates main services with Brantham. Refreshments are served after the main Sunday service, for those who wish to meet and chat. Every Sunday morning, except Christmas Day/New Year's Day, there is a BCP service of Holy Communion at 08:00 and Choral Matins is on the fourth Sunday of most months. We have a midweek BCP communion service at 09:30 on the first Wednesday of the month (anyone welcome).

Details of all services can be found both on our website, in the monthly edition of the Parish Magazine and on the notice board located by the church gate. Baptisms usually take place during our main Sunday service. Parents will be expected to undergo a short preparation session. Healing services are a regular part of our life together and Quiet Days take place occasionally. We also offer a Deanery Wedding Preparation Day (led by local clergy) at the beginning of each year. The PCC has agreed that remarriage of divorcees may take place in St Mary's provided that the Bishop's guidelines are met. Please contact the Rector to discuss your needs. Church life is rich and varied and there is plenty for you to be involved in if you would like to be. The Church produces the village magazine which is published each month. Closing date for entries is usually the fifth of the month.

The Church has very close contact with East Bergholt Primary School. The Rector and others from the church take assembly regularly and we run an Open the Book scheme where Bible stories are told in a fun way to the children. We work closely with other denominations in East Bergholt and Brantham.

TODDLERS GROUP AND MESSY CHURCH

The Toddler and Carers Group meets twice a month on a Friday morning from 09:30-11:30. Games, songs, a snack and time to socialise. And that goes for the toddlers too! Mums and Dads, Granny and Grandpa also welcome. Contact Liz Digby 01473 312281

Watch the website or pew sheet for details of Messy Church.

TIME AND TALENTS AND MINISTRY OF WELCOME

Fundraising is hard work! During the tourist season from Easter to the end of October, refreshments are served in the West End from 10:00-12:00 on Mondays, Tuesdays, Wednesdays and Thursdays. Helpers always needed! Bank Holiday Markets are held in May and August with a variety of stalls. 10% of the takings are donated to different charities, the remainder going to St Mary's Church. We have a variety of functions throughout the year.

For further information contact the Rector:

*Stephne van der Toorn (Rev Canon) 01206 392646.
revstephvd@googlemail.com*

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ST MARY'S JUNIOR CHOIR

The Junior Choir was started, in its present form, in October 2008. It draws on children from East Bergholt and Brantham. The children are mostly aged from 7 – 11 years and they meet on Sunday nights during term-time at 17:00 in St Mary's church East Bergholt. The session lasts for 45 minutes.

We sing a mixture of rounds and songs - both secular and sacred - and about twice a term the choir sings at a special service in either Brantham or East Bergholt church. At Christmas time the choir practises some special carols to perform in the two church carol services.

For more information please telephone Carole Wheatley on 01206 298102

ST MARY'S SENIOR CHOIR

Susie Hyman our Director of Music has a special talent for building up choirs. Our robed choir help lead worship at communion services and periodically do special presentations. They are also available to sing at weddings. Rehearsals are fun and take place in the West End of the Church from 19:15 on a Friday night in term times. Some of the Junior Choir sing in this choir too. New members are very welcome.

For more information please contact Susie Hyman 01206 391335

MOTHERS' UNION

Meetings are held on the second Thursday of the month in the West End meeting room of St Mary's Church at 14:30. The meetings commence with a short service of worship. We then welcome various visitors who have been invited to give a talk, discussion or demonstration.

We are always pleased to welcome new members.

A Communion Service is held at 09:30 on the first Wednesday of each month, to which all are welcome.

Further information is available from Chris Jacob telephone 01206 298552.

ST MARY'S CHURCH, EAST BERGHOLT, PRESERVATION SOCIETY

The present building dates from about 1350 and is built of brick, flint and stone probably from an earlier building. This Church, famous for its Bell Cage and unfinished tower has been maintained and cared for over many centuries by the people of East Bergholt. The purpose of the Society is to raise funds to preserve this vital part of the heritage of our village for the benefit of future generations. All monies raised will be solely used for the preservation of the Church and Bell Cage. New members most welcome.

Further information from Valerie Ayton, telephone 01206 298692.

BELLRINGERS, ST MARY'S CHURCH

An enthusiastic group who traditionally ring our famous bells prior to church services, and on special occasions.

For information contact Paul Ireland, Captain of the Bells, telephone 01206 298736.

EAST BERGHOLT CONGREGATIONAL CHURCH

This chapel has served the village since the mid 17th century, the present building just over 150 years old and being gradually brought up to date with modern facilities. We are an independent part of the Congregational Federation, evangelical in theology, and sharing a joint heritage with Baptist Churches in the way we order ourselves. We meet for worship every Sunday at 10:30 for about an hour. Our services

are informal and inclusive, trying to blend the best of the old and the new. We gather around the Lord's table on the second Sunday in each month during morning worship.

A friendship club gathers every third Thursday afternoon for a variety of activities, and we hold a coffee morning every Thursday.

For information about our other activities, to discuss weddings, funerals, etc, please phone Pastor Maralyn Bambridge 01206 393022

METHODIST CHURCH

There are Methodist Churches at Capel St Mary (near the shops) and at Gravel Pit Lane, Brantham under the pastoral care of Rev Andrew Sankey, 8 Roundridge, Capel St Mary, telephone 01473 311178.

There are also Methodist Churches in Stutton (Rev Peggy Heim, 4 Westwood Ave, Ipswich, telephone 01473 254206) and Holbrook and Chelmondiston.

CATHOLIC CHURCHES

The local Catholic communities are part of the Roman Catholic parish of St Mark's, 180 Hawthorn Drive, Ipswich, and worship locally at the Church of the Holy Family, Brantham Hill, Brantham; Sunday Mass 09:00.

Further information from Fr Christopher Smith, St Marks Roman Catholic Church, Ipswich (01473 684693) office@stmarksparish.org.uk.

COLCHESTER & DISTRICT JEWISH COMMUNITY

The nearest synagogue is in Fennings Close, off Priory Street, Colchester, telephone 01206 866553.

IPSWICH & DISTRICT ISLAMIC COMMUNITIES

The nearest mosques are both located in central Ipswich. The Ipswich Mosque is located at 32-36 Bond Street, telephone 01473 226879. The Shah Jalal Mosque is to be found in St Helen's Street, telephone 01473 412983.

LOCAL REPRESENTATIVES

East Bergholt Parish Council Members
All Parish Council positions are voluntary.

The next election is due to take place during May 2015.

Cllr Paul Ireland, Chair.....	298736
Cllr Rodney Moss, Vice Chair	298897
Cllr Bob Elmer, Chairman Finance & Policy Cttee	298547
Cllr Paul Hart, Chairman Roads, Footpaths & Flatford Cttee	299058
Cllr Nick Wood, Chairman Burial Grounds Cttee	298150
Cllr Rob Steele, Chairman Playing Fields Cttee	298451
Cllr Clive Totman, Playing Fields	298935
Cllr Diane Knights, Playing Fields	299581
Cllr Rupert Eley, Burial Grounds	298385
Cllr Greta Abbs, Burial Grounds	299822
Cllr Robin Lansdell, Roads, Footpaths & Flatford	298390
Cllr Mike Theeman	299923

The Council meets on the second Thursday of each month in the Lambe School at 19:30 to consider planning applications that are available for viewing at 19:00 or by arrangement with the Clerk. Every other month, starting in January each year, the planning meeting is followed by a Statutory Meeting.

Notices of meetings/agendas are posted on the Council's two notice boards. Parishioners are welcome to attend Parish Council meetings and may be invited to speak at Council's discretion. The Annual Parish Meeting is held in April each year at which parishioners may raise questions or issues relevant to the village.

The Parish Council is responsible for the upkeep and maintenance of footpaths, burial grounds, playing fields and control of litter. It reports to Babergh District Council and Suffolk County Council on local matters and obtains legal advice from the Suffolk Association of Local Councils when necessary. In addition, it may support village projects which it considers are in the interest of the village and is represented on many village organisations and Suffolk associations that serve the Parish. Above all, the Parish Council endeavours to maintain East Bergholt as a rural village and pleasant place in which to live.

The Parish Clerk is Valerie Ayton and can be contacted on 298692 or v.ayton@sky.com

BABERGH DISTRICT COUNCIL

Babergh District Council
Corks Lane
Hadleigh
Ipswich
IP7 6SJ

Telephone: 01473 822801 (all departments)
Website: www.babergh-south-suffolk.gov.uk

Open to the public Monday to Friday 09:00 to 17:00 (16:30 on Fridays).

The District Council consists of the following departments:

Legal and Administration, Finance and Performance Review, Planning, Environmental Services and Housing.

When telephoning, state the nature of your enquiry and you will be put through to the appropriate department.

SUFFOLK COUNTY COUNCIL

Suffolk County Council
Endeavour House
8 Russell Road
Ipswich
IP1 2BX

Telephone: 01473 583000 or 0845 606 6067

MEMBER OF PARLIAMENT

Tim Yeo MP
House of Commons
London
SW1A 0AA

Tim Yeo is standing down in 2015

Telephone: 020 7219 3000
E-mail: timyeomp@parliament.uk
Hadleigh office: telephone 01473 833435

Regular monthly surgeries are usually held on Saturdays and constituents can see Mr Yeo without prior appointment. They are at either the Conservative Club, Sudbury; the Drop-In Centre, Great Cornard; the Library, Hadleigh; the Stevenson Centre, Great Cornard or the Parish Rooms, Capel St Mary.

Details of times and venues are published in the East Anglian Daily Times and are available at www.cornard.info/diary/tim_yeo_surgery.htm.

SPORTS CLUBS

EAST BERGHOLT SPORTS CENTRE

East Bergholt High School
Heath Road

Telephone: 01206 299340

The centre is within the grounds of the High School on Heath Road. It is open to all ages and abilities during weekday evenings and weekend mornings. The centre's facilities include sports hall, gymnasium, multi purpose hard court sports area and outdoor pitches.

There is a Fitness studio, which is open during all Sports Centre opening hours plus Mon, Thu and Friday mornings. The Fitness studio is accredited for its engagement with disabled people, there is a referral scheme with the Ipswich hospital and some GPs; it also caters for people of average or elite fitness.

There are fitness classes for 50+, Pilates and Circuit training. Courses run for children include Gymnastics, Trampoline and Football skills. There are a number of community clubs open for people to join e.g. Badminton, Power lifting (disabled people) and Martial Arts.

Badminton, Table Tennis and Tennis courts can be hired by the hour and equipment can be provided if you just want to give it a try.

The Centre organises activities for children in the holidays and has equipment to host children's birthday parties from age 2 ½ years.

You don't have to join the Sports Centre; it is a "pay as you go" centre. To find out more look on the website www.eastbergholtsportscentre.co.uk, phone or pop in to see what is offered and pick up a leaflet.

EAST BERGHOLT BOWLS CLUB

The Club exists to provide facilities for both Carpet and Outdoor bowling.

Carpet bowls is played indoors on 30ft by 6ft mats in the Constable Hall each Monday from 19:30. Tea or coffee and a biscuit are available at a nominal cost. Players enter internal competitions as well as County League, Cup, Singles, Pairs and Fours competitions.

Outdoor bowls is played on the Club's own green on the far side of the cricket field, and the green opened in 1993. Leagues, Cups and Individual competitions are entered. Social bowling takes place on Sunday mornings from 10:00 and Tuesday afternoon from 14:00. New members are always welcome to come along and try the game out.

For more information, contact the Secretary, Melvyn Powell, telephone 01206 298522.

EAST BERGHOLT CRICKET CLUB

The club has two adult teams and three junior teams and plays throughout the season on the Gandish Road playing field that has excellent clubhouse facilities. We also have an Academy team of six under-15s and 5 men which plays on a Sunday. One of our highlights is the East Bergholt Cricket Festival in August every other year.

New members are warmly welcomed.

For further information please contact Alec Munson, telephone 01206 298156

EAST BERGHOLT UNITED FOOTBALL CLUB

Established in 1895, the Senior Club runs three adult teams in the Suffolk and Ipswich League. They play matches at Gandish Road playing fields and at Chelmondiston.

East Bergholt United Junior FC runs various teams for 10-16 year olds for both boys and girls. They play at Flatford Lane and Gandish Road playing fields, and at East Bergholt High School. New players and supporters for all teams are always welcome.

For further details about the club, please contact Steve Butcher (Secretary) stevebutcher55@btinternet.com

SNOOKER CLUB

East Bergholt United Services Club
New Victory Hall
White Horse Road

We have two full sized snooker tables, a pool table, and a darts board. Club nights are Tuesdays and Fridays from 19:00 until 23:00 when a licensed bar is open for members. New members over 18 years (or 16 year olds accompanied by a member) are always welcome to join our relaxed, friendly and sociable club.

Further information from Ron Barfoot, telephone 01206 298040.

EAST BERGHOLT TENNIS CLUB

Playing Fields
Gandish Road

The club plays on three courts, all floodlit. We have a current membership of 47 adults and approximately 26 juniors, and run a full programme throughout the year of inter club friendlies, men's, ladies', and mixed league teams and competitions within the club. There is also a club night every Tuesday evening from 19:30-22:00. Subscriptions that allow free tennis until 22:00 every day are: Adults £60, Husband and Wife £100, juniors under 18 years £15, students £25 (subject to change).

During the summer we run a Summer Special for juniors. This means they can play anytime from May until the end of August for £10.00 providing the courts are not booked. But, for another £5.00 juniors can play all year round. We also run coaching sessions for juniors during this time.

Further information from Joan Kellner 01206 298132

EBM BADMINTON CLUB

The Sports Centre
East Bergholt
High School
Heath Road

Monday evenings.

The club is an adult club with the minimum age of 14 years and has a mix of men and women members, with the normal games being doubles. The play is social rather than competitive league but with enough competitive and skill content to give a reasonable mental and physical exercise. We meet on Monday evenings 20:00 to 22:00. Due to the high summer temperatures in the hall plus holidays, there is a gap in the year's play from mid June to the end of August. Fees are payable by the term, with students at half fee.

For further information contact Alan Cross: telephone 01206 298133.

ESKRIMA

(Sometimes called Kali or Arnis), is a Filipino martial art.

The Guba Doce Pares Eskrima system is a fun, yet comprehensive self defence system and study allows students to enhance their natural attributes to improve their fitness, sense of timing, speed, awareness, reactions, balance, agility and confidence.

The local instructor, Gordon Rainbird is a current European Champion, who is taught directly by Filipino Grand Master Danny Guba. The class is based at the Constable Memorial Hall, Gandish Road, East Bergholt, Suffolk and is every Thursday 18:30 until 19:30.

Children: £3.00
Adults: £5.00 per lesson.

See our website for more information www.docepare-ipswich.co.uk.

Or contact Gordon Rainbird on 0787 386 9191

EAST BERGHOLT HORSE RACING CLUB

The racing club is established to give local people the opportunity to be involved with “the sport of kings” through either club membership or low-cost syndicate ownership of racehorses.

The club’s racehorses are trained at Newmarket, and race throughout the year across the country, and members have the opportunity for either free or much-reduced admission prices to the racecourses where they run.

In addition the club has a number of social events during the year, including visits to the trainers’ stables and gallops, stud visits, lunches, racing trips to special events such as Royal Ascot, Chester races and the Prix de l’Arc de Triomphe in Paris, and an annual dinner with celebrity.

The club is part of Essex Racing Club, which has its’ own website www.essexracingclub.co.uk and Membership is £195 per year. A reduced sum is payable for a second family member. Costs of shares in the syndicates can be obtained upon request.

More information can be obtained by speaking to the Club Manager, Barry Root on 01206 298539.

PLAYING FIELDS

Gandish Road

Play equipment including swings, a slide, seesaw, tennis courts, cricket pitch and football pitch.

YOUNG PEOPLE'S ACTIVITIES

1ST STOUR VALLEY SCOUT GROUP

SCOUTS

For information about the East Bergholt troop please contact: Jenny Mullan c/o Suffolk Scouts County Office, 143 Cauldwell Hall Road, Ipswich, IP4 5BS. Tele: 01473 711678
– e-mail suffolkscouts@btconnect.com

GUIDES

There are currently no Guide groups in the village, local groups are held at Capel St Mary or Brantham. For more information look up “join us” on www.girlguiding.org.uk.

BROWNIES and RAINBOWS

1st East Bergholt Brownies – For girls aged 7 to 11 years. We meet on Thursdays at the Community Centre, East Bergholt High School, from 18:00 to 19:30.

Leader, Sarah Waterfield: e.b.brownies@gmail.com or look up “join us” on www.girlguiding.org.uk
The Rainbows group has closed.

OTHER CLUBS AND ORGANISATIONS

EAST BERGHOLT COMMUNITY COUNCIL

The EBCC starts from the principle that it aims to facilitate and encourage the sense of community in East Bergholt, through activities involving meeting and getting to know the residents. These actions can be those of organising or assisting with activities for a whole range of different groups within the village and funding or fundraising activities, which encourage this.

Our membership is at about the 500 level and the annual membership fee of £5.00 supports the organisation of events such as: coach trips to places of interest, the Victorian Street Fayre, car boot sale, free pensioners' supper, annual auction, Burns Night, pensioners' summer outing, bingo and fundraising for local causes. Activities are advertised in the Post Office noticeboard, outside Griers.

The activities are organised by a main committee for which members' ideas and help is always appreciated.

Membership gives free entry into a draw held every three months with five cash prizes, the top being £100. It also allows free hire of cups, saucers, plates and cutlery etc, for parties or events up to the 60 off level and also access to a range of gazebos and support equipment.

For more information contact Sandra Toyne: telephone 01206 298445.

EAST BERGHOLT HORTICULTURAL SOCIETY

The East Bergholt Horticultural Society welcomes new members. The Society has been in existence since 1895, which makes it one of the oldest Horticultural Societies in the country. We currently have over 400 members, and the Society is thriving. Various events take place throughout the year – these include Speaker's Evenings, a Spring Supper, a Plant Sale, trips to places of interest, our Annual Show in September, and our AGM in November. Events take place in the Constable Hall unless otherwise stated.

The Society's Store is open to members from 09:30 to 10:30 on Sunday mornings from mid-February to mid-September for the sale of a range of gardening products, all at very keen prices. The Store is situated at the allotments to the rear of Robertson's Alms Houses, adjacent to St Mary's Church.

Membership is only £2 per person.

For more information contact James Bolton on 01206 299081, or visit our website <http://eastbergholthorticulturalsociety.onesuffolk.net>

EAST BERGHOLT DRAMATIC SOCIETY

We put on two major productions each year – usually at the end of March and November. We also participate in the local drama festivals and the odd murder – murder mystery – that is !!! If you would to join us either as an actor or in any of our many other backstage roles you will be most welcome. We meet on Tuesday and Thursday evenings at the Constable. We can guarantee you a lot of fun and friendship so come along and join us.

Further information from Val Eldridge: telephone 01473 311553, or Alma Bowen: telephone 01206 299055.

EAST BERGHOLT SOCIETY

The Society was founded in 1972 to stimulate interest in the architecture, history and natural history of the village. Its aim is to preserve the best and improve the rest for the benefit of present and future generations. We maintain a photographic archive, publish booklets and a newsletter, and organise occasional lectures and visits.

Further information from Patricia Wright: telephone 01206 298258.

EAST BERGHOLT THEATRE CLUB

The Club was formed to give the opportunity to people in the village and locality to visit live professional theatre locally and in London. We cover a wide variety of productions so that members can choose those that appeal to them. They range from straight plays to musicals, opera and ballet. We travel by coach from the village approximately once a month.

Further information from Dianne Willett: telephone 01206 298718.

THE ROYAL BRITISH LEGION

The East Bergholt Branch of the RBL meets on the third Thursday of every even month throughout the year. Meetings are held in the Sports Pavilion at the Constable Fields at 19:30, where a large proportion of the Branch's 50+ members congregate for a friendly drink, a chat and to execute the business of the Legion in helping forces personnel past and present. All serving and past members of all HM Forces are welcome plus any other individuals who are interested in the work and comradeship of The Royal British Legion.

For more details contact Steven Newman, telephone 01206 299435.

ROYAL BRITISH LEGION WOMEN'S SECTION

We are very friendly group, which has been running for over 50 years. We meet in the Benneworth Lounge on the first Tuesday of each month at 14:30, except during January and August. We welcome new members.

Further information contact Margaret Burridge: telephone 01206 298971.

STOUR VALLEY ARTS AND MUSIC

We present four or five concerts each season and one lecture. Events are either in the Constable Hall (Friday evenings) or in St Mary's Church in the village (Sunday afternoons). We offer a varied programme of chamber music of all periods played by professionals ranging from the internationally known and established quartet to the young soloist at the start of a successful career. The lecture usually covers a topic related to art. We also have one or two social events each year for members and friends and usually there are refreshments after the concerts in the Constable Hall, which provide a friendly and lively end to our events. We look forward to seeing you at one of our events.

Further information on www.svam.org.uk or from Alicia Herbert: telephone 01206 298375 or Birte Kelly 01206 298954

HEARTWATCH

"HEARTWATCH" is a Charity run by a group of around 20 village Responder Volunteers. They have been trained as LIFESAVERS plus under the auspices of the NHS AMBULANCE Service, and are trying to give 24 hours service to the community.

Any emergency calls from the village, which do not involve children, are automatically relayed to Heartwatch in addition to emergency services. This means that within 4-5 minutes a person needing emergency first aid will have a trained first aider with them, whilst they wait for an ambulance. The group have been trained to use and carry with them a defibrillator.

The group is always looking for additional volunteers for training or to help with fundraising activities to buy equipment.

For further information contact Adrian James: telephone 01206 298638.

STOUR VALLEY MUSIC SCHOOL

The school provides a wide variety of instrumental instruction, both for beginners and the more experienced pupils. We meet at East Bergholt Primary School during term time on Thursdays from 16:30 to 20:30.

Further information from Carla Brown: telephone 01206 579516.

EAST BERGHOLT BALLET SCHOOL

Classes are held in the Constable Hall on Saturdays and are for children from 4-16 years. The syllabus we follow is the Royal Academy of Dance.

For more information, please contact Caroline Lavelle, telephone 298644 or email Carolinelavelle@freeola.net.

WOMEN'S INSTITUTE

The Institute meets on the second Wednesday of each month at the Constable Hall at 19:30. There are talks, demonstrations, social events, walking group, outings to the theatre and places of interest. It is an excellent opportunity to make new friends whatever your age. Come and enjoy a chat over a cup of coffee and learn more about the village. New members are most welcome.

Further information from Sarah Moore: telephone 01206 298939.

STOUR VALLEY UNIVERSITY OF THE THIRD AGE

Cultural and educational activities run by and for people aged over 55 who are no longer in full time employment. Monthly meetings are held in the Constable Memorial Hall, East Bergholt, on the second Wednesday of the month at 14:15.

In addition, a wide range of Study Groups now exist which include a Book Group; Churches, Cathedrals and Historic Buildings Group; Computer Classes; Country Walks (Suffolk and Essex); Discussion Groups; French, German and Italian Groups; Garden Visits; Jazz Appreciation; Mah Jong; Musical Appreciation; Science and the Community; Suffolk Churches; Theatre and Film Group and Bird Watching.

An annual subscription of £11.00 entitles members to attend lectures and join Study Groups of their choice. Visitors are very welcome and may attend individual monthly lectures for a small admission fee.

For further information please contact Membership Secretary Alma Bowen, telephone 01206 299253 or visit our website www.stourvalleyu3a.info. See also our notice board by the Red Lion Public House.

EAST BERGHOLT BARBIZON TWINNING ASSOCIATION

Established in 1978. Barbizon is an interesting and attractive village south of Paris, close to Fontainebleau. Members of both communities make regular exchange visits and the primary schools in the two villages have established links.

Further information from Sandra Toyne: telephone 01206 298445.

ALLOTMENTS AND ALMSHOUSES

There are nine Almshouses in the village administered by the East Bergholt United Charities. Elderly people who are in some way connected to the village usually occupy these.

Further information from Greta Abbs: telephone 01206 299822.

The Charity also owns allotments to the rear of the Hare and Hounds public house.

Further information from Julie Nash: telephone 01206 298602.

HALLS

CONSTABLE HALL AND BENNEWORTH LOUNGE

Gandish Road

These premises are suitable for a wide variety of functions including wedding receptions. The Benneworth Lounge has a bar manned by the Community Council on a voluntary basis and is available for all hall functions that require it.

For more information or to make a booking, contact Val James: telephone 01206 298638.

LAMBE SCHOOL

Its benefactor, Edward Lambe, first opened this building over 400 years ago as a day school. Nowadays fully renovated and modernised it is available for booking on a regular basis, or for parties, receptions, meetings and events of all kinds. Fees are very reasonable with concessions for regular users.

For further information contact David Milner: telephone 01206 299343.

For bookings, please contact the Booking Secretary: telephone 01206 298078.

SHOPS AND SERVICES

Budgens General Store and Post Office, The Street	01206 298239	
Groceries, fresh meat, newspapers and confectionery. Cashpoint and lottery.		
De'Aths Bakery, The Street	01206 298285	
Fresh locally baked bread and cakes.		
The Pharmacy, The Street	01206 298267	
Cosmetics, toiletries, baby care, photographic and full Dispensing service.		
The Butchers, 65 Broom Knoll, East End	01206 392190	
Fresh meat, poultry and cooked meats.	e-mail eastendbutchers@gmail.com	
Cook and Son, The Garage, Heath Road	01206 298245	
Petrol, diesel, paraffin, accident repairs, MOT, servicing for cars and commercial vehicles.		
The Bike Doctor, The Garage, Heath Road	01206 298646	
Cycle repair, hire or sale.		
Armour Engineering, Cemetery Lane	01206 299899	
All types of light engineering and fabrication.		
Grier and Partners, The Street	01206 299222	
Land and estate agents.		
Fountain House Tea Room, The Street	01206 299955	
Haywain Restaurant, Burnt Oak Corner	01206 299194	
Dunthorne Cottage (Cards, Gifts and Hardware), The Street	01206 299111	
A variety of mobile services visit the village as follows:		
East of England, Co-op Dairy	milk delivery	01473 240404
Dairy Crest Dairies	milk delivery	0845 6063606
CPL British Fuels	solid fuel delivery	01473 827953
Barry's mobile fish and chips	Tues 16:45-19:15	0771 0338414
Public Houses		
The Carriers Arms, Heath Road		01206 298392
The Hare and Hounds, Heath Road		01206 298438
The Kings Head, Burnt Oak		01206 298190
The Red Lion, The Street		01206 298332
The Royal Oak, East End		01206 298221

USEFUL TELEPHONE NUMBERS AND INFORMATION

POLICE - 101 or if life and limb are threatened dial 999

Local Police Station at Capel St Mary, 09:00-14:00 01473 613500

Phone line manned at all times

ELECTRICITY

Emergency and loss of supply 0800 7838838

GAS

Emergency gas leaks 0800 111999

New supply 0845 9555510

WATER

Anglian Water - Emergencies 24 hours 0845 7145145

Accounts 0845 7919155

TELEPHONE

British Telecom, Customer Services 0800 800150

SOCIAL SERVICES

Hadleigh 01473 823948

BENEFITS AGENCY

St Felix House, Silent Street, Ipswich 01473 267700

CITIZENS ADVICE BUREAU 01206 765331 or 01473 219777

DISABLED ADVICE BUREAU 01473 217313

DISABLED SHOPMOBILITY 01206 369099 or 01473 222225

SUFFOLK DOMESTIC VIOLENCE 0800 7835121

RELATE 01245 258 680 or 01473 254118

IPSWICH & DISTRICT WIDOWS ADVISORY CENTRE 01473 254818

SAMARITANS 01206 561234 or 01473 211133

CRUSE BEREAVEMENT CARE 01473 230888/01206 363008

YOUTH SUPPORT

Free support for teenagers 13 – 19 years 0800 0854448

www.thesource.me.uk

Email: thesource@suffolk.gov.uk

Drop in centre: Infobar, 37-43 Fore Street, Ipswich, IP4 1JL

VETERINARY SURGEONS

Penrose and Partners, Stratford St Mary 01206 323414

Barn Veterinary Practice, Copdock 01473 730213

Highcliff Veterinary Practice, Hadleigh 01473 822704

Highcliff Veterinary Practice, Brantham 01206 391511

LIBRARY	
High Street, Manningtree	01206 392747
TRAIN INFORMATION	
Enquiry service for advanced timetable and fares	0845 748 4950
Traveline - Nearest mainline station is Manningtree	0871 2002233
National Rail enquiries	0845 7484950
CINEMAS	
Odeon, Colchester	0870 5050007
Cineworld, Ipswich	0870 9070748
Ipswich Film Theatre, Corn Exchange, Ipswich	01473 433100
THEATRES	
Regent, Ipswich	01473 433100
Wolsey, Ipswich	01473 295900
Corn Exchange, Ipswich	01473 433100
Mercury, Colchester	01206 573948
LEISURE CENTRES	
Leisure World, Colchester	01206 282000
Crown Pools, Ipswich	01473 433655
BUSES	
Traveline	0871 200 2233
POST OFFICE COUNTERS	
Help line	0345 223344
Royal Mail, help line	0345 740740
TOURIST INFORMATION	
Colchester	01206 292920
Ipswich	01473 258070
INLAND REVENUE	
Colchester	01206 737300
Ipswich	01473 261400
SUFFOLK HEALTH AUTHORITY	01473 323323

MAP OF EAST BERGHOLT

