

Welcome to 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.

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 Brantham 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.

CHURCHES

St Mary the Virgin, Church of England

Benefice Website: www.constablecountrychurches.co.uk

Follow us on Twitter  @constablechurch

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. From September 2017, we are planning a Family Friendly Service in the afternoon of the first Sunday of the month. 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. 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 between Christmas Day and 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). If you are housebound we are happy to bring you communion at home.

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 at the Church door. 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 there are several Bible Studies in the benefice, some meet weekly, others once a month or seasonally. The Alpha Course is run regularly. 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.

For further information contact:

The Rector: *Stephne van der Toorn (Rev Canon)*

Telephone: *01206 392646*

e-mail: *revstephvd@googlemail.com*

East Bergholt Congregational Church

This chapel has served the village since the mid-17th century, the present building is 160 years old this year and has been fully renovated to offer a warm and comfortable place to meet. 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 contact:

Contact: Maralyn Bambridge, Pastor

Telephone: 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:

Contact: Rev Andrew Sankey

Telephone: 01473 311178.

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:

Contact: Fr Christopher Smith

Address: St Mark's Roman Catholic Church, Ipswich

Telephone: 01473 684693

e-mail: 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 Ipswich Mosque

Address: 32 36 Bond Street, Ipswich

Telephone: 01473 226879.

The Shah Jalal Mosque

Address: St Helen's Street, Ipswich

Telephone 01473 412983.

Ministry of Welcome and Fundraising

Fundraising is hard work! During the tourist season from Easter to the end of October, refreshments are currently served in the West End from 10:00-12:00 on Tuesdays, Wednesdays and Thursdays. Helpers always needed! For many years, we have had Bank Holiday Markets on the second holiday weekend in May to coincide with the Pram Race and at the end of August with a variety of stalls. 10% of the takings are donated to different charities, the remainder going to St Mary's Church. Because of demographic changes the future of the above are currently under discussion. We have a variety of functions throughout the year including lunches and concerts.

For further information, contact:

The Rector: Stephne van der Toorn (Rev Canon)
Telephone: 01206 392646
e-mail: revstephvd@googlemail.com

St Mary's Senior Choir

Our robed choir help lead worship at communion services and periodically do special presentations. They are also available to sing at weddings. Rehearsals take place in the West End of the Church on Friday evenings. New members are most welcome - well-presented music by a thriving and active choir enhances and enriches the services and the work of the church.

For more information:

Contact: Martin Huggett, Director of Music
Telephone: 01206 395927

Contact : Courteney Willett
Telephone: 01206 298718

Contact : Pam Robinson
Telephone: 01206 392003

Bellringers, St Mary's Church

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

We always welcome new ringers. If you would like to find out more about learning to ring, do come along to one of our summer Wednesday evening practices (20:00-21:00), or on a Sunday morning when we ring between 09:30 and 10:00.

Contact: Paul Ireland, Captain of the Bells
Telephone: 01206 298736

EDUCATION

East Bergholt High School

East Bergholt High School is a successful, popular, co-educational 11-16 comprehensive school, with a student roll of around 940. Our contributory primary schools are situated in Bentley, Brantham, Capel St Mary, Copdock, East Bergholt and Stratford St Mary, however a significant number of young people from outside our designated catchment area also attend the School. In 2014 and 2015, 100% of our students continued in education when they left school, with the clear majority progressing onto sixth form Colleges in either Colchester or Ipswich.

At East Bergholt High School, we aim to provide a happy, caring and secure environment where young people can develop and work as members of a learning community. Learning is at the heart of our work and we are committed to celebrating the achievements of students and fostering a positive ethos based on equality of opportunity, self-discipline and consideration for others. High expectations underpin all aspects of the life and work of the School. We encourage all our students to take full advantage of the many opportunities open to them at East Bergholt and to see themselves as valued members of our School and the wider community.

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. With well over 400 computers in the school students have easy access to ICT. Our sporting facilities are superb. We are fortunate to have extensive playing fields, a 3G floodlit football pitch, all weather cricket wickets, a large sports hall, gymnasium and excellent fitness suite.

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.

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

East Bergholt Church of England Voluntary Controlled (CEVC) Primary School

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.

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

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 Young Explorers

(Part of Constable Country Childcare)

East Bergholt Young Explorers Childcare Provision is a registered charity caring for children aged 6 months-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 4 months, from 07:30 to 18:00, opening all year round (only closing on bank holidays, and for a week in the summer and at Christmas). We also offer a wrap-around care provision comprising of a breakfast club (07:30-09:00) 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.

Contact: Group Manager, Hayley Aherne BA (Hons) EYPS
Telephone: 01206 298442 (within office hours), 07561 504913 (after hours)
e-mail: hayleyaherne@hotmail.co.uk

St Mary's Toddlers and Carers Group

The St Mary's 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. Watch the website or pew sheet for details of special events.

Contact: Liz Digby
Telephone: 01473 312281

Lavender Hall Kindergarten

For children aged 0-11 years. We offer free three hour sessions for over three year olds in conjunction with the Early Years Funding Grant and are open Monday to Friday 08:00-18:00.

Please call for a prospectus or to arrange a visit.

Address: The Gattinetts, Hadleigh Road, East Bergholt, CO7 6QT
Telephone: 01206 299511
e-mail: hello@lavenderhall.com

HEALTH

Constable Country Medical Practice

Registration

Patients moving into the area should register with the practice as soon as possible. Please call at the Practice to collect the Registration Forms and book an appointment with a nurse for a new patient check. Patients on repeat medication should also book an appointment with a GP.

Appointments

Our receptionists are on duty Monday to Friday from 08.00 to 18.30 and can take appointment bookings throughout the day. Appointments can be booked up to four weeks in advance (subject to availability).

The phones can be very busy early the morning, but you do not need to ring at 08:00.

- For non-urgent needs or to see a doctor of choice, patients may pre-book an appointment (subject to availability).
- For patients who medically need to be seen on the day the practice aims to offer an appointment for all requests received before 11:00, but these may not be with your doctor of choice.
- Patients contacting the surgery after 11:00 with a medical problem will be added to a triage list. A doctor or nurse practitioner will ring the patient within two hours to either resolve the problem over the phone or book the patient into see a doctor or nurse that afternoon. On busy days patients may be added to the triage list before 11:00.

Telephone Consultations

Telephone Consultations are available to all patients who are unable or feel it unnecessary to attend the surgery but require simple advice without examination.

Please request a telephone appointment on the day. The GP or nurse will phone you back within a given time scale.

Out of Surgery Hours Emergencies

Between the hours of 18:30 and 08:00 weekdays, as well as weekends and bank holidays, the care of patients is the responsibility of the Ipswich and East Suffolk CCG. This service is provided by Care UK. If you require urgent medical attention phone 111 and your call will be assessed by a team of clinicians. If you then need to speak to a doctor the call will be transferred to Care UK Team.

Address: Heath Road, East Bergholt, CO7 6RT
Opening: 08:00-18:30 Monday to Friday
Website: www.constablecountrymedicalpractice.co.uk
Manager: Pete Keeble
Telephone: 01206 298272
Fax: 01206 299010

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 members their names and contact details are displayed in the waiting room and on the practice website.

Website: constablecountryppg@gmail.com

East Bergholt Heartwatch

East Bergholt Heartwatch is a charity run by small group of Responder and Supporter Volunteers. All Community First Responders have been trained by the East of England NHS Ambulance Trust to respond to situations where an ambulance is called. Heartwatch tries to provide 24-hour service to the community in and around East Bergholt.

Any medical emergency calls from the village, including those which involve children from two years of age, are automatically relayed to Heartwatch as well as to the Ambulance Service. This means that within approximately five minutes a person needing emergency first aid will have a trained first responder with them, while they wait for an ambulance. The group is trained to use, and always carries, a defibrillator.

Heartwatch is always looking for additional volunteers for training – all volunteers are well supported and can be on call at times which suit them.

For further information:

Contact: Carol Moss, Coordinator, East Bergholt Heartwatch Community First Responders
Telephone: 01206 298483.

Chemist

The Pharmacy

Address: Gaston Street
Telephone: 01206 298267

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

Hospitals

Ipswich Hospital NHS Trust

Address: Heath Road, Ipswich
Telephone: 01473 712233
Website: www.ipswichhospital.nhs.uk

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

Colchester District General Hospital

Address: Turner Road, Colchester
Telephone: 01206 747474
Website: www.colchesterhospital.nhs.uk

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

The Suffolk Nuffield Hospital

Address: Foxhall Road, Ipswich
Telephone: 01473 279100
Website: www.nuffieldhealth.com/ipswichHospital

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

The Oaks Hospital

Address: Oaks Place, Mile End Road, Colchester
Telephone: 01206 752121
Website: www.oakshospital.co.uk

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

Dentists

C Clamp and Partners

Address: 17a High Street, Manningtree
Telephone: 01206 393744

R S Hems and P Wilson

Address: 17 High Street, Hadleigh
Telephone: 01206 823092

Capel Dental Practice

Address: 63 Thorney Road, Capel St Mary

Telephone: 01473 311130

Country Park Dental Practice

Address: Highwoods Square, Colchester

Telephone: 01206 751175

LOCAL REPRESENTATIVES

Parish Council

All Parish Council positions are voluntary
East Bergholt Parish Council Members
The next election is due to take place during May 2019

Cllr Paul Ireland, Chair	298736
Cllr Rodney Moss, Burial Grounds Cttee	298897
Cllr Bob Elmer, Chairman Finance & Policy Cttee & Playing Fields Cttee	298547
Cllr Clive Totman, Roads, Footpaths & Flatford Cttee	298395
Cllr Rob Steele, Playing Fields Cttee	298451
Cllr Nick Wood, Burial Grounds Cttee	298150
Cllr Rupert Eley, Burial Grounds Cttee	298385
Cllr Greta Abbs, Burial Grounds Cttee	299822
Cllr Robin Lansdell, Roads, Footpaths & Flatford Cttee	298390
Cllr Joan Miller, Playing Fields Cttee	298517
Cllr Stephen Williams, Playing Fields Cttee	298877
Cllr Peter McGain, Roads, Footpaths & Flatford Cttee	299235
Cllr Graeme Woodcock, Roads, Footpaths & Flatford Cttee	395752

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.

Notices of meetings/agendas are posted on the Council's two notice boards. Parishioners are welcome to attend Parish Council meetings and can speak at the start. The Annual Parish Meeting is held in April each year at which parishioners may raise questions or issues relevant to the village. The Parish Annual Meeting is held in May each year when internal elections to committees & office take place.

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.

Contact: Valerie Ayton, The Parish Clerk

Telephone: 01206 298692

e-mail east.bergholtpc@btconnect.com

Babergh District Council

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.

Address: Babergh District Council, Corks Lane, Hadleigh, Ipswich, IP7 6SJ (soon to move to Endeavour House)
Telephone: 01473 822801 (all departments)
Website: www.babergh-south-suffolk.gov.uk

Suffolk County Council

Address: Endeavour House, 8 Russell Road, Ipswich, IP1 2BX
Telephone: 01473 583000 or 0845 606 6067

Member of Parliament for South Suffolk

Name: James Cartlidge MP
Address: House of Commons
London
SW1A 0AA
Telephone: 020 7219 4875.
e-mail: jamescartlidge.mp@parliament.uk
Website: www.jamescartlidge.com

If you would like to book an appointment at his local surgery:

Contact: Helen Harris
Telephone: 020 7219 4875
e-mail: helen.harris@parliament.uk

CLUBS AND SOCIETIES

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 at Holton St. Mary village hall on a Monday evening from 19:00. 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: Melvyn Powell, the Secretary
Telephone: 01206 298522

East Bergholt Cricket Club

The Club runs two adult teams on a Saturday in the Two Counties Cricket Championship, the 1st X1 currently in Division 2 and the 2nd X1 in Division 7. The Academy X1 plays in the Hunts County Bats Suffolk Cricket League with matches being played on Sundays. The Club runs a thriving junior section with coaching provided for girls and boys from Under 9's to Under 15's. Junior training is conducted most Saturday mornings during the playing season. Matches for the various age groups are arranged through the Suffolk Junior Cricket League. There is winter training available for adults and the old age group juniors.

New members are warmly welcomed.

Contact: Alan Rogers
Telephone: 07751 572064
e-mail: rogers9bh@btinternet.com

East Bergholt United Football Club

Established in 1895, the Men's Senior Club runs three adult teams in the Suffolk and Ipswich League.

East Bergholt United Junior & Women's FC runs various teams for 9-16 year olds for both boys and girls. They also have two women's teams for 16+ age group. The boys play in the Suffolk Youth League, whilst the girls and women play in the Suffolk Girls and Women's Football League.

All teams play at either Flatford Lane and Gandish Road playing fields.

New players and supporters for all teams are always welcome.

Men's club:

Contact: *Steve Butcher, Secretary*
e-mail: *stevebutcher55@btinternet.com*

Junior or women's club:

Contact: *Andy Parton, Chairman*
e-mail: *aparton231268@gmail.com*

East Bergholt Tennis Club

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.

Contact: *Joan Kellner*
Telephone: *01206 298132*

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:

Contact: *Dianne Willett*
Telephone: *01206 298718*

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 nearby Ardleigh, and race throughout the year, including at Newmarket and the new racecourse at Great Leighs, Chelmsford 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, the Prix de l'Arc de Triomphe in Paris or Deauville, and an annual dinner, often with a racing celebrity.

The club is part of Essex Racing Club, which has its' own website www.essexracingclub.co.uk and Membership is £225 per year. A reduced sum is payable for a second family member. Costs of shares in the club syndicates can be obtained upon request.

More information:

Contact: *Barry Root on, Club Manager*
Telephone: *01206 298539*

Snooker Club

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:

Address: East Bergholt United Services Club, New Victory Hall, White Horse Road, East Bergholt
Telephone: 01206 298040
Website: www.ebusc.org.uk

Eskrima

Eskrima, (sometimes called Kali or Arnis), is a Filipino martial art, which until recently was shrouded in secrecy.

Eskrima contains a comprehensive empty hand system as well as various weapons. Techniques are taught in a fluid, non-restrictive manner allowing students to enhance their natural attributes and improve their sense of timing, speed, awareness, reactions, balance, agility and confidence.

The Philippines is what can only be described as a 'bladed culture' and the required practicality of Eskrima has led to the art becoming famous throughout the world as one of the most effective martial arts in existence.

In the early to mid 20th Century, some of the greatest Eskrima Masters of their generation decided to meet and exchange ideas and techniques, in order to promote their art.

Doce Pares was founded on the 11th January 1932 by these Eskrima Masters.

The name Doce Pares was adopted in reference to the famous twelve bodyguards of Emperor Charlemagne of France. These twelve swordsmen fought and killed hundreds of enemies in battle. Doce Pares means twelve pairs in Spanish. It was also meant to honour the people who originally planned and formed the organisation.

All Doce Pares Schools can be readily identified through the seal and logo which bear the original sign of Doce Pares.

The instructor for the Ipswich area, Gordon Rainbird, is a Black Belt 2nd Dan and former European Champion in Competition Eskrima. He is taught directly by Filipino 12th Dan, Supreme Grandmaster Danny Guba.

Classes are held on a Thursday evening at:

Constable Memorial Hall, Gandish Road, East Bergholt, Suffolk: 18:30-19:30.

Contact: Gordon Rainbird
Telephone: 07873 869191
Website: www.qubadocepare.com
<http://www.docepare-ipswich.co.uk>

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:

Contact: Valerie Ayton
Telephone: 01206 298692

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 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.

Contact: Louise Kemp
Telephone: 01206 298122
e-mail: ebhs@btinternet.com
Website: or visit our website <http://eastbergholthorticulturalsociety.onesuffolk.net>

Allotments 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.

Telephone: Valerie Ayton
Telephone: 01206 298692

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

Telephone: Julie Nash
Telephone: 01206 298602

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, except August & December, 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 £12.00 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.

Contact: Membership Secretary Val Pretty
Website: <https://u3asites.org.uk/stourvalley/home>
See also our notice board by the Red Lion Public House

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.

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.

Contact: Margaret Burridge
Telephone: 01206 298971

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.

Contact: Chris Jacob
Telephone: 01206 298552
Website: www.musuffolk.org.uk

SPORTS CLUBS

East Bergholt Sports Centre

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, multipurpose 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 many 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 2½ years.

You don't have to join the Sports Centre; it is a "pay as you go" centre.

Telephone: 01206 299340
Website: www.eastbergholtsportscentre.co.uk
Address: East Bergholt High School
Heath Road

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.

Contact: Sandra Toyne
Telephone: 01206 298445.

Constable Singers

We welcome new singers especially sopranos to join us – no audition, words provided, first session free, we just sing to enjoy ourselves.

We meet at the Lambe School, East Bergholt each Thursday of the month starting at 19:00, apart from the second Thursday, when we meet at the Congregational Hall, East Bergholt.

We sing music from the musicals and various popular songs. We currently have members from sixteen to eighty.

Contact: Mel
Telephone: 01206 298628
Contact: Yvonne
Telephone: 01206 298428

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 Hall. We can guarantee you a lot of fun and friendship so come along and join us.

Contact: Val Eldridge
Telephone: 01473 311553
Contact: Alma Bowen
Telephone: 01206 299055
e-mail: contact-us@ebds.org
Website: www.ebds.org.uk

Stour Valley Arts and Music

We present four or five concerts each season and one lecture. Events are either in the Constable Hall or in St Mary's Church in the village (usually 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 the arts. 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.

Contact: Birte Kelly
Telephone: 01206 298954
Contact: Doreen Weatherall
Telephone: 01206 298426
e-mail: www.svam.org.uk or from or

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.

Contact: 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.

Contact: Caroline Lavelle
Telephone: 01206 298644
e-mail: Carolinelavelle@freeola.net.

Women's Institute

The East Bergholt WI meet on the second Wednesday of each month at the Constable Hall in Gandish Road.

New members are always welcome so please come and join us, we look forward to seeing you.

Contact: Tina Hurley

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.

Contact: Sandra Toyne

Telephone: 01206 298445

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.

Contact: Patricia Wright

Telephone: 01206 298258.

PLAYING FIELDS

Gandish Road

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

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.

Contact: Adrian James

Telephone: 01206 298638

e-mail: constablehallbookings@hotmail.co.uk

Website: www.constablehall.co.uk

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.

Contact: Emma Chinnery, Booking Secretary

Telephone: 01206 298078

YOUNG PEOPLE'S ACTIVITIES

Scouts - 1st Stour Valley Scout Group

Has closed down.

Contact: Jenny Mullan

Address: c/o Suffolk Scouts County Office
143 Cauldwell Hall Road
Ipswich, IP4 5BS

Telephone: 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

The Rainbows group has closed.

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.

Contact: Sarah Waterfield, Leader
Website: www.girlguiding.org.uk (look up "join us")
e-mail: e.b.brownies@gmail.com

SHOPS AND SERVICES

The Coop General Store and Post Office

Address: The Street, East Bergholt
Telephone: 01206 298239

Groceries, fresh meat, newspapers and confectionery.
Cashpoint and lottery.

The Bakery

Address: The Street, East Bergholt
Telephone: 01206 298285

Fresh locally baked bread and cakes.

The Pharmacy

Address: The Street, East Bergholt
Telephone: 01206 298267

Cosmetics, toiletries, baby care, photographic and full Dispensing service.

East End Butchers

Address: 65 Broom Knoll, East End, East Bergholt
Telephone: 01206 392190
e-mail: eastendbutchers@gmail.com

Fresh meat, poultry and cooked meats.

Cook and Son

Address: The Garage, Heath Road, East Bergholt
Telephone: 01206 298245

Petrol, diesel, paraffin, accident repairs, MOT, servicing for cars and commercial vehicles.

The Bike Doctor

Address: The Garage, Heath Road, East Bergholt
Telephone: 01206 298646

Cycle repair, hire or sale.

Armour Engineering

Address: Cemetery Lane
Telephone: 01206 299899

All types of light engineering and fabrication.

Grier and Partners

Address: The Street, East Bergholt
Telephone: 01206 299222

Land and estate agents.

Fountain House Tea Room

Address: The Street, East Bergholt
Telephone: 01206 299955

MOBILE SERVICES

mobile services visit the village as follows:

Milk Delivery

Contact: East of England, Co-op Dairy
Telephone: 01473 240404

Contact: Dairy Crest Dairies
Telephone: 0845 6063606

Solid Fuel Delivery

Contact: CPL British Fuels
Telephone: 01473 827953

Take-away Food

Contact: Barry's mobile fish and chips
Hours: Tues 16:45-19:15
Telephone: 07710 338414

PUBLIC HOUSES

The Carriers Arms

Address: Heath Road, East Bergholt
Telephone: 01206 298392

The Hare and Hounds

Address: Heath Road, East Bergholt
Telephone: 01206 298438

The Red Lion

Address: The Street, East Bergholt
Telephone: 01206 298332

The Royal Oak

Address: East End, East Bergholt
Telephone: 01206 298221

USEFUL TELEPHONE NUMBERS AND INFORMATION

Police

Telephone: 101 or if life and limb are threatened dial 999

Local Police Station

Address: Capel St Mary

Opening hours: 09:00-14:00

Telephone: 01473 613500

Phone line manned at all times

Electricity

Emergency and loss of supply

Telephone: 0800 7838838

Gas

Emergency gas leaks

Telephone: 0800 111999

New supply

Telephone: 0845 9555510

Water

Anglian Water

Emergencies: 24 hours, 0845 7145145

Accounts 0845 7919155

Telephone

British Telecom Customer Services

Telephone: 0800 800150

Social Services, Hadleigh

Telephone: 01473 823948

Benefits Agency

Address: St Felix House, Silent Street, Ipswich

Telephone: 01473 267700

Citizens Advice Bureau

Telephone: 01206 765331 or 01473 219777

Disabled Advice Bureau

Telephone: 01473 217313

Disabled Shopmobility

Telephone: 01206 369099 or 01473 222225

Suffolk Domestic Violence

Telephone: 0800 7835121

Relate

Telephone: 01245 258 680 or 01473 254118

Ipswich & District Widows Advisory Centre

Telephone: 01473 254818

Samaritans

Telephone: 01206 561234/01473 211133

Cruse Bereavement Care

Telephone: 01473 230888/01206 363008

Youth Support

Free support for teenagers 13 – 19 years

website: www.thesource.me.uk
e-mail: thesource@suffolk.gov.uk
address: Drop in centre
Infobar, 37-43 Fore Street
Ipswich, IP4 1JL
Telephone: 0800 0854448

Veterinary Surgeons

Penrose and Partners

Address: Stratford St Mary
Telephone: 01206 323414

Barn Veterinary Practice

Address: Copdock
Telephone: 01473 730213

Highcliff Veterinary Practice

Address: Hadleigh
Telephone: 01473 822704

Highcliff Veterinary Practice

Address: Brantham
Telephone: 01206 391511

Library

(closed Mondays and Wednesday afternoons)

Address: High Street, Manningtree
Telephone: 01206 392747

Train Information

Enquiry service for advanced timetable and fares

Telephone: 0845 748 4950

Traveline - Nearest mainline station is Manningtree

Telephone: 0871 2002233

National Rail enquiries

Telephone: 0845 7484950

Cinemas

Odeon

Address: Colchester
Telephone: 0870 5050007

Cineworld

Address: Ipswich
Telephone: 0870 9070748

Ipswich Film Theatre

Address: Corn Exchange, Ipswich

Telephone: 01473 433100

There is a film shown in the Constable Hall once a month on a Friday night. For further information go to eastbergholtcinema.com

Theatres

Regent

Address: Ipswich

Telephone: 01473 433100

Wolsey

Address Ipswich

Telephone: 01473 295900

Corn Exchange

Address Ipswich

Telephone: 01473 433100

Mercury

Address: Colchester

Telephone: 01206 573948

Leisure Centres

Leisure World

Address: Colchester

Telephone: 01206 282000

Crown Pools

Address: Ipswich

Telephone: 01473 433655

Buses

Traveline

Telephone: 0871 200 2233

Post Office Counters

Help line

Telephone: 0345 223344

Royal Mail

help line

Telephone: 0345 740740

Tourist Information

Address: Colchester

Telephone: 01206 292920

Address Ipswich

Telephone: 01473 258070

Inland Revenue

Address: Colchester

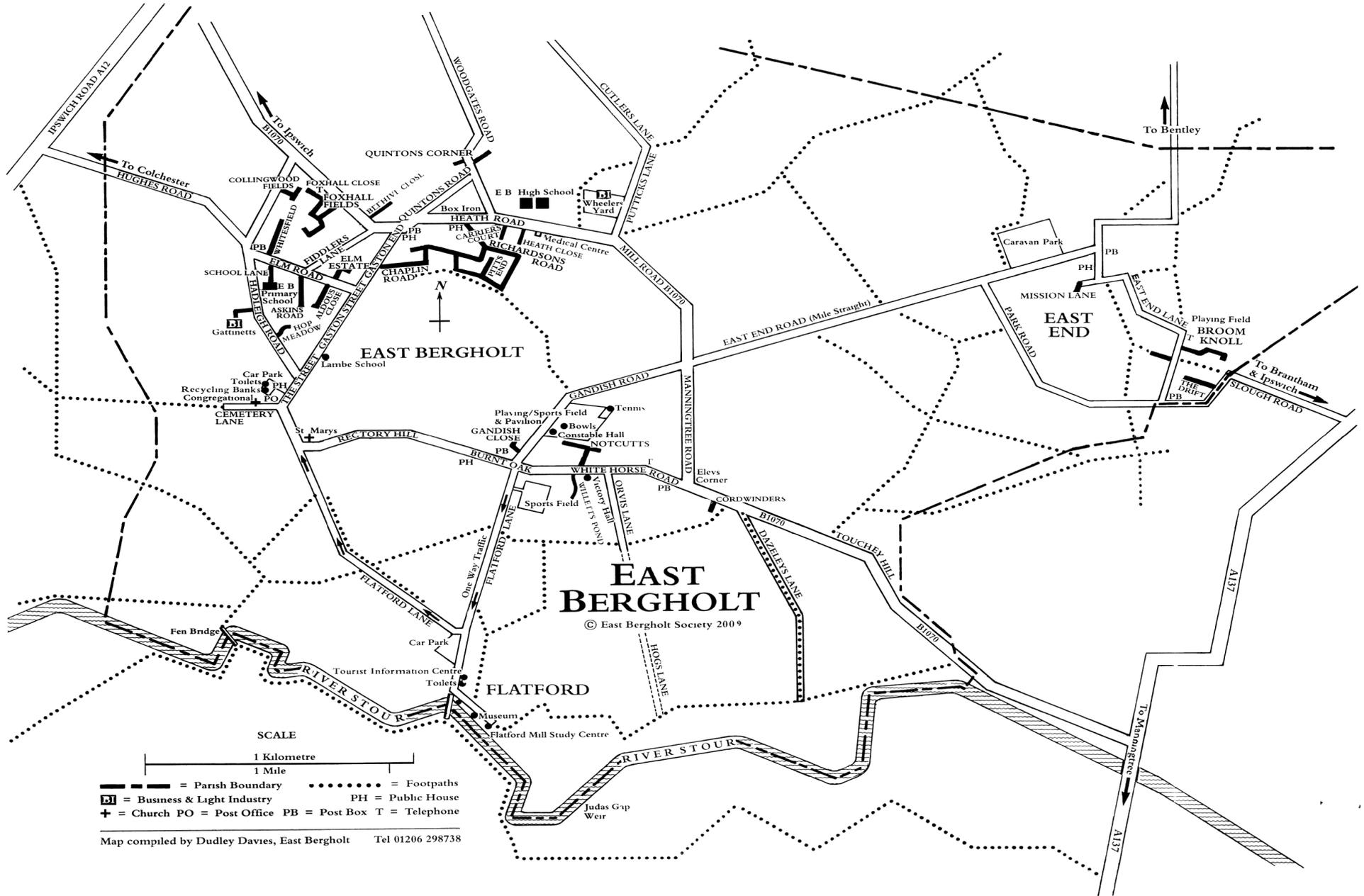
Telephone: 01206 737300

Address: Ipswich
Telephone: 01473 261400

Suffolk Health Authority

Telephone: 01473 323323

MAP OF EAST BERGHOLT



SCALE
 1 Kilometre
 1 Mile

BI = Business & Light Industry C = Church
 PO = Post Office PB = Post Box T = Telephone
 PH = Public House
 = Footpaths

Map compiled by Dudley Davies, East Bergholt Tel 01206 298738

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