

# THE HEDINGHAMS

PARISH MAGAZINE

JULY & AUGUST 2024

Castle Hedingham & Sible Hedingham



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Sible & Castle Hedingham*

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*Harvey Darke*

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# Welcome

Summer is associated in many people's minds with butterflies, those beautiful insects that flutter lazily around the garden and the surrounding countryside. Some of the smaller butterflies, such as the skippers, are easily overlooked, but when you do see them they are delightful flashes of gold. The adults prefer open grassland where there is a mixture of long grass and wild flowers to provide them with nectar, although they do occasionally appear in gardens.



Not all of the butterflies that we see are permanent residents of the UK. The Painted Lady is found in North Africa during the winter, but each spring it migrates northwards to colonise Europe before eventually arriving in England. This is the most spectacular butterfly migration seen in this country. The numbers reaching here varies from year to year, with sometimes just a few seen in dry areas whereas in a good year large numbers can be seen almost everywhere. The adults are frequently



seen in flower-rich gardens, particularly on Buddleia, whilst the larvae feed mostly on thistles and nettles.

**The Big Butterfly Count** is a UK-wide survey aimed at helping the charity 'Butterfly Conservation' assess the health of our environment simply by counting the amount and type of butterflies (and some day-flying moths) we see.

The Big Butterfly Count begins on Friday 12th July 2024 and will run until Sunday 4th August.

Visit <https://bigbutterflycount.butterfly-conservation.org/> to see how you can take part.

# Church Services



This information will always be available on the church website at  
<https://www.heddingham.info/>  
 (look at the tab 'Services and Events')



Date	St Nicholas's,	St Peter's,
	Castle Heddingham	Sible Heddingham
Sunday 7 <sup>th</sup> Jul	9.30am Morning Prayer	11am Family Service
Sunday 14 <sup>th</sup> Jul	9.30am Holy Communion	11am Holy Communion
Sunday 21 <sup>st</sup> Jul	9.30am Morning Prayer	11am Morning Prayer
Sunday 28 <sup>th</sup> Jul	5pm Evening Prayer	11am Holy Communion
Sunday 4 <sup>th</sup> Aug	9.30am Holy Communion	11am Family Service 6pm-7.30pm Youth Meet-up
Sunday 11 <sup>th</sup> Aug	9.30am Holy Communion	11am Holy Communion
Sunday 18 <sup>th</sup> Aug	9.30am Morning Prayer	11am Morning Prayer
Sunday 25 <sup>th</sup> Aug	5pm Evening Prayer	11am Holy Communion

## WORKING GROUP

**6th JULY & 3RD AUGUST 10am - 12pm**

Come and give a hand in the church or churchyard.



## YOUTH GROUP

**7TH JULY & 4TH AUGUST 6 - 7.30PM**

**For young people 10 - 17** Come and join us and learn about the Christian faith!

# Church Activities

## ST PETER'S COFFEE MORNINGS



**Saturday 20th July &  
Saturday 17th August**  
10am - 12 noon

**Come along for coffee,  
cake and chat**  
**All welcome**



## ST. NICHOLAS'S CHURCH

Weekly Coffee Mornings take place on Mondays, so do join us for coffee/tea and a delicious cake or scone

**10.30 — 12 noon for £2**  
*In aid of church funds*

# St Nicholas's Church

ST NICHOLAS'S CHURCH PRESENT A

## QUIZ NIGHT

*In aid of general church funds*

**AT THE VILLAGE HALL CASTLE HEDINGHAM**



**7pm for 7.30pm FRIDAY 26th JULY**

**£5.00 PER PERSON**

**\*TEAMS OF SIX\* PRIZES & RAFFLE**

*Please bring your own refreshments -  
Castle Heddingham Club will be open*

**Call Rosemary on 07561 152986 or email  
roseking1877@hotmail.co.uk  
to book a table**

# Friends of St Nicholas's Church



## EARLY NOTICE

### The Friends of St Nicholas's Church are holding a GRAND BONANZA

at the Memorial Hall Church Lane Castle Hedingham on 12<sup>th</sup> & 13<sup>th</sup> October 2024

Has Granny left you a painting in her will, or have you been given a present which will never see the light of day? Or perhaps you are moving or downsizing? Whatever the circumstances we all have stuff we no longer need and for which we have no space.

So please start collecting now and please donate.

**We will be accepting items from 9<sup>th</sup> September to 6<sup>th</sup> October**

**or by arrangement with the contacts below if you need to donate earlier.**

*All proceeds from this event will go towards maintaining the fabric of the church building.*

**For further information email**

**Moira Fraser Steele** moira.fsteele@gmail.com

**Linda Barrow** lindabarrow54@gmail.com

**Chris Applebee** christina88bee@gmail.com



Essex County Council

## Sible Hedingham Library

**Opening hours** Monday 9am-1pm  
Thursday 2pm-7pm Saturday 9am-5pm

### What's On

**MONDAY - Baby and Toddler Rhymetime** 9.30 – 10.00am

**Knit and Natter** 10.00am – 12.00noon *(bring your own knitting and have a chat)*

**360 Walking Group** 10.00am – 12.00noon *(Meet at the library for a 3-4 mile walk. Wear appropriate attire, refreshments provided afterwards)*



**THURSDAY - Book Group Meetings** 2.00 – 3.00pm *Contact library for details*

**Pokemon Card Swap** 3.30 – 4.30pm **Family Story time** 3.30 – 4.30pm



**SATURDAY - Lego Coding** 9.30 – 10.30am *Please book via the Essex Library website*

**Baby and Toddler Rhymetime** 10.00 – 10.30am **Crafts for all** 11.00am – 1.00pm

**Lego Coding** 2.00 – 3.00pm *Please book via the Essex library website*

**Lego Blockbuilders** 2.30 – 3.30pm



**Every 4th Saturday of the month – Litter Picking Group** Join us for our monthly litter pick to try and keep our local environment free from litter

***Litter picking Equipment available***

# Catholic Church



**The Catholic Parish of St Francis of Assisi Halstead**  
**Father Felix Adiele**  
**90 Colchester Road,**  
**Halstead CO9 2EW Tel: 01787 472477**

You are warmly welcomed to join us in our religious, pastoral and social activities.

**A Catholic Mass is celebrated at St Peter's Church, Sible Hedingham, every Sunday at 9.00am.**

Details of the Mass times at St Francis of Assisi Parish Church are published on our Facebook page and can also be found on Enjoy Halstead and Streetlife Halstead pages.

**halstead@dioceseofbrentwood.org or stewardofthegospel592@gmail.com**  
**www.facebook.com/stfrancishalsteadparish**

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**WASH FARM, QUEEN ST, SIBLE HEDINGHAM CO9 9RH**

# Baptist Church



As you read this, I sincerely hope that you are enjoying long awaited summer weather. At the time of writing this message we are experiencing a very cold and wet start to summer. We are also in the midst of a General Election campaign, so we are living in a period of uncertainty. However, those who believe in Jesus Christ can enjoy a great certainty in their lives, the certainty of Salvation.

*“Truly, truly, I say to you, he who hears My word, and believes Him who sent Me, has eternal life, and does not come into judgment, but has passed out of death into life.”* John 5:24

*“I give them eternal life, and they will never perish, and no one will snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father’s hand.”* John 10:28-29

I do hope that you have that certainty in Jesus Christ.

## Church Diary

**Sunday Services** 10.30 am

**Cygnets** Mondays in term time 9.30-11.30 am £2 per family

**Food Bank** Tuesday 2-4pm A good time to bring a donation.

**HotSpot** Thursdays 10 -2.00 Come along for a chat and a bite to eat. Free

**Holiday Club** - Bible Super Heroes August 5<sup>th</sup>-9<sup>th</sup> mornings for Years 1-6  
£2 per session Please see the church website for booking details.

**Nick Vosper** (01787 460265) [nick@hedinghambaptist.org](mailto:nick@hedinghambaptist.org)

**Dave Wright** [dave@hedinghambaptist.org](mailto:dave@hedinghambaptist.org)

**Carole Rainbird** [carole@hedinghambaptist.org](mailto:carole@hedinghambaptist.org)

[www.hedinghambaptist.org](http://www.hedinghambaptist.org) [www.facebook.com/hedinghambaptist](https://www.facebook.com/hedinghambaptist)

*For all events see details on Facebook or Website*



# My Recycling Calendar

## MONDAY ROUTE 6

JULY 2024



AUGUST 2024



SEPTEMBER 2024



## TUESDAY ROUTE 7

JULY 2024



AUGUST 2024



SEPTEMBER 2024



## TUESDAY ROUTE 2

JULY 2024




AUGUST 2024




SEPTEMBER 2024



 Grey bin and food bin

 Different collection day

 Clear sacks and food bin only

 Different collection day

 Green bin, clear sacks and food bin

 Different collection day

 Green bin (SUBSCRIBERS ONLY), clear sacks and food bin

 Different collection day

### Grey Bin

We will only collect waste that is in the bin with the lid shut.

We will not collect additional bags on top or near the bin.

You should only put your bin out by 7am on the day of your collection.

### Green Bin

Garden waste collections are a subscription-based service.

Go to: <https://www.braintree.gov.uk/bins-waste-recycling>

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YOUR OWN HOME.



Lin Button from the London School of Healing is coming on 18th July. She has a powerful prayer ministry and has seen God move in amazing ways.

All are welcome... especially the curious and people who are seeking to know God.

Castle Heddingham Memorial Hall.  
7.00 for food.7.30 start.

**Free event.**

There is no meeting in August.



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**PLEASE CONTACT FOR FURTHER INFO  
OR TO PLACE AN ORDER**

**Let's get ready for Summer  
at the Colne Valley Railway!**

During July we are open every Sunday, August we are open every Saturday, Wednesday and Thursday as well. Our website will tell you what is running and when.

**Don't forget the Residents Pass is great value as £22.00, giving the holder free admission and up to 3 others half price.**

For more info email  
[info@colnevalleyrailway.co.uk](mailto:info@colnevalleyrailway.co.uk)

or call in.

*The coffee shop is open Tues-Thurs every week 09.30-16.00 so please call in!*

# CH Women's Group

Our next meeting is on Wednesday 17th July at 2pm at the Memorial Hall, Castle Hedingham. We are fortunate to welcome back the popular speaker, Steve Lester. This time Steve's talk is entitled "Titanic – from Launch to Loss". Steve has had a varied and interesting career, from being a trained jeweller to running provincial auction rooms and being a member of the Titanic Historical Society. He has been approached by several TV production companies as a 'go-to' Titanic expert so his talk should be interesting and informative, including display memorabilia. This shouldn't be missed!!

We have a short summer break and do not meet in August so the following meeting will be on 18th September. More information about the meeting and the speaker will be in the September magazine. This is the start of the Women's Group year and it will be time to renew our memberships for the following 12 months.

Please call Sylvia if you would like to join the group or for any information about it. 01787 469129.

## COACH TRIPS

The trips are open to everyone, you do not have to be a member of the Women's Group to join us. To enquire, for more information or to book any trip, please call Ann on 01787 469719 or 07442 180237 or Hilda on 01787 461729 or 07513 886288. Cheques made payable to CHWG.

**Wednesday 7th August – Houghton Hall and gardens**, Norfolk, including highlights of the visit, an opportunity to view Anthony Gormley sculptures (100 life size bodies) and Magdalene Odundo (ceramic sculptures), exhibitions. Houghton was built by Sir Robert Walpole, Great Britain's first Prime Minister, in 1722 and it is a fine example of Palladian architecture. The State Rooms were lavishly decorated by William Kent and were created to impress visitors. The 5-acre walled garden is one of Houghton's most popular attractions. A Model Soldier Museum, St Mary's Church, The Stables Café and Gift Shop complete the visit. It should be noted that the Hall is accessible for wheelchairs and a lift is available on request. Cost for coach and entrance to the Hall, gardens and exhibitions is £50, payment by 4th July please.



We are busy planning our Autumn and Christmas coach trips and more information will be available in the September magazine. Please phone Ann or Hilda if you would like details prior to that.



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# Hedingham History Group

## ROYAL VISITS TO HEDINGHAM: THE TUDORS



An illustrated talk by Jan Cole

**Friday 26 July 2024 at 7.30pm**

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## A TALE OF TWO CITIES: THE FATE OF WARSAW AND PARIS

(Part of DD-80 Commemorations)



An illustrated talk by HHG member Wanda Sellar

**Friday 30 August 2024 at 7.30pm**

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**Both talks at Hedingham Baptist Church, 177 Swan Street, Sible Hedingham, CO9 3PX (next to The Sugar Loaves)**

Members of Hedingham History Group FREE / non-members £5/ under-25s FREE

Annual membership £12.50 – you can join at any meeting

Tea / coffee & cake / biscuits £2 - **ALL WELCOME**

For further information, phone 01787 829317 or e-mail [jan.cole\\_hedingham@gmail.com](mailto:jan.cole_hedingham@gmail.com)

# Heddingham United FC



## THE HEDDINGHAM UNITED FC SMILE OF ARRAN TRUST FAMILY FUNDAY

WITH YOUR KIND DONATIONS AND SUPPORT  
WE HAVE RAISED AN AMAZING

# £3751.73

This will be split between The Smile of Arran Trust and The Heddingham United FC

# THANK YOU

We were overwhelmed to see so many of you attend our event.  
Thank you to everyone who came along, we really appreciate your support.

125th Meadow, 51st Ave Heddingham, COE 3D.



# Castle Hedingham Bowls Club

## Visually Impaired Bowlers Join Centenary Celebration

Castle Hedingham Bowls Club welcomed players from Visually Impaired Bowls England (VIBE) on Saturday 1st June, as part of Castle Hedingham's centenary celebrations. VIBE is an organisation that promotes the sport of lawn bowls for people who have a visual impairment, from complete novices to players of international standard.



The VIBE players travelled from far and wide, from Manchester, Hastings, Somerset, the Welsh/Hereford border and Norfolk, to join the local club for a friendly match. The game was played in a noisy atmosphere, with the skips shouting out instructions to their teams using the numbers on a clock to indicate where to play their woods. It was a very close match, with both teams winning on three rinks each.

After the game, the players sat down to a well-earned meal provided by the club, where presentations were made, and thanks were exchanged. The club also raised £340 for VIBE through fundraising activities during the day. Club President Garry



Southgate said: "It was a great privilege for our club that they agreed to celebrate our centenary year by playing against us in a friendly match. It was a fantastic experience for members to play against such formidable people who overcome their adversity and played some amazing bowls."

The club, which was founded in 1924, has been marking its 100th anniversary with various events throughout the year. The club also hosted the Chelsea Pensioners in April and will be playing an away match at the Royal Household Bowls Club in the grounds of Windsor Castle. Anyone who wishes to find out more about the club can email [garry.southgate@icloud.com](mailto:garry.southgate@icloud.com) or phone **07905 628117**

# First Hedingham Guides

'Guides is the most adventurous thing... it gives you the opportunity to meet people and see things you wouldn't normally see, and it's just an amazing experience'

Bryony



## Guides



### Girls laugh, learn and expand their horizons

for ages 10 to 14

At Guides, all girls are welcome to enjoy our fun-filled space, where she'll make good friends, learn to be herself, explore what she loves and do stuff she's never done before!



Girlguiding

Registered charity number: 388016

Join a local Guides group [hedingham.guides@btinternet.com](mailto:hedingham.guides@btinternet.com)





### Did you see our D-Day Commemorative signs?

These signs were made by Veterans at the Royal British Legion for display during the commemoration. However, we at the Parish Council felt they were just too nice to condemn to landfill, so we present to you:

### THE D-DAY 80<sup>th</sup> ANNIVERSARY CLOCK

Powered by one AA battery (supplied) this Limited Edition clock is available from the Parish Council whilst stocks last. Call Lesley on 01787 462568 or call in at the Parish Office during opening hours. We cannot stress enough how limited these are, so please move fast if you would like one.

### Suggested Donation £10 (all monies donated to the RBL)

Please be aware that these are repurposed signs and bear the fixing holes top and bottom, although this is fairly minor. They have also spent a week outside so may be slightly dirty in places. The clock mechanism is brand new

ONLY AVAILABLE WHILE STOCK LASTS



# ST JAMES FAIR REVIVAL

Saturday 27th July 2024 2-5pm  
Castle Heddingham Village Park

- Bar & BBQ
- Food & Ice Cream Stands
- Plant & Produce Sale
- Hells Bells Morris Dancers
- Face Painting
- Treasure Trail

Enquiries please contact Claire  
[castleheddinghamparishclerk@gmail.com](mailto:castleheddinghamparishclerk@gmail.com)



# Parish Council Meeting Minutes



**Minutes of Sible Hedingham Parish Council Annual Parish Council Meeting Held in the Village Hall** on Monday 10 June 2024 at 7.30 p.m.

**In the chair** – Cllr Beavis

**Present** – Cllrs Adam, Calver, Cole, Luxon, Ranson & Young  
Cllr Schwier - present from 8:05pm Mrs L Slade – Clerk Apologies: Cllrs Lee, Metson, Taylor & 12 Members of the Public

**Public Comment** - Comment was made concerning the absence of a beacon in the village. Cllr Beavis informed the D-Day 80 plaques that were displayed throughout the village are to be fitted with clock mechanisms and sold for a recommended donation of £10 – proceeds to be sent to the RBLI.

Cars do not stop at the zebra crossing in Station Road. School children use this crossing to get to and from school. Highways to be informed.

The bin at Bloor Park is overflowing again.

The footpath from Hedingham School towards Memories is still very overgrown. The Clerk informed she has contacted Braintree District Council and Essex County Council and is attempting to ascertain ownership.

Overgrown brambles at the corner of Station Road and the pathway at the top of Brook Meadow – Clerk to ascertain ownership.

Many Public Rights of Way are overgrown; re-establishment of a footpath committee would be welcome.

Complications with the development at St.Peter's View – Cllr Beavis to liaise with residents.

The three vacancies on the Parish Council were filled by the three applicants – John Fennelly, Stephen Hendry & Lisa Heywood - they all addressed the meeting and duly signed the Acceptance of Office for Councillor.

**County Councillor's Report** - Highway Highlights - Micro-surfacing is taking place to reduce the pot holes and congestion of pot holes. There will be the possibility of some road closures when completing repairs. Residents are advised to use the Report It tool on the Essex Highways website.

The Property Flood Resilience Grant is being delivered to upgrade properties so they resist the problems of flooding. Residents can check eligibility online.

Essex County Council is funding 60 new bleed control kits across Essex.

Residents can comment on the annual Community Safety Survey; this helps inform planning and strategies used.

There is a further opportunity to respond to the Minerals Local Plan; all responses will be assessed and adjustments made. It is expected to be out for consultation again later this year.

**County Councillor's report** - Cllr Schwier reported the bridge at Station Road will be repaired as soon as possible. The traffic lights are for the safety of pedestrians due to the failure of the arches under the bridge. As the bridge is listed it requires specialist work and Essex County Council are awaiting availability of these specialists. Cllr Schwier will request an update.

# Parish Council Meeting Minutes

The Clerk to raise the issue of overgrown vegetation with Essex Highways, although landowners are responsible for the maintenance of their land in many cases.

BDC adopted a policy of two cuts to one; this is the third and final year of the trial.

Dirty signs and the overgrowth of vegetation around the signs - Cllr Schwier to raise the question.

Foxborough Hills is flooding again; Clerk to follow this up.

**District Councillor report** - Cllr Beavis referred to the sub-committees and decisions made for the benefit of new members.

BDC's current Local Plan review to build 1400 new homes ends in 2033. Sites will be considered and will go out to consultation; there will be a later update.

BDC finances have a deficit year on year. Services will be looked at so they are 'fit for the future'; later updates to follow.

The Hedingham Medical Centre is going out to tender, this will serve a 10,000 population.

Questions have been raised concerning the Section 106 agreement and timeline. This encompasses the Riverside Walk, Nat West Bank Building, Poppy Park and other areas. We are now getting close to the deadlines. The completion of the footpath at the Riverside Walk is out to tender with possible completion at the end of the year.

**Chairman's report** - Cllr Beavis thanked the clerk for arranging the successful Annual Parish meeting which was attended by businesses, services and speakers.

Sible Hedingham is a sustainable village economically and culturally and benefits from tourism. The request for a Neighbourhood Plan will be on the next agenda of the Planning Sub-Committee.

Replacement of two CCTV cameras - agreed. Renewal of subscription with the BALC - agreed

Cllr Beavis and Clerk to look at sub-committees for vacancies for new Councillors.

The Clerk reported that work will begin on the re-surfacing of the pot holes on both sides of the boundary of the Co-op and Council carparks and the legal documentation will be sought retrospectively.

Cllr Schwier has given his support for an LHP application to assist with the parking issues at the junction of School Road and Alexander Road and for a 40 mph speed limit along Braintree Road before Braintree Corner. All Councillors agreed; Clerk to action both these applications.

Recreation Ground Facilities after ROSPA Report - replacement of Trim Trail. Clerk to acquire quotations to replace.

Repairs to damaged part of Skate Park - advice and quotations should be sought to repair or replace the damaged equipment.

**Planning applications:-** 24/00510/VAR - Plots 5 & 6 Rectory Meadow Rectory Road Sible Hedingham - No comments

24/01070/LBC 3 - 5 Church Street Sible Hedingham CO9 3NS - No comments

24/01122/TPO 19 Spring Way Sible Hedingham Essex CO9 3SB - No comments

**Clerks report** - taken as read.

Agenda items for next meeting and exchange of ideas only

Environmental hazard at St. Peter's View

Meeting Closed: 9:45 pm Next Meeting: 8 July 2024

# Parish Council Meetings



*Some snaps from the Annual Parish Meetings held last month*



# Parish Council Meeting Minutes

## ABRIDGED MINUTES OF A MEETING OF CASTLE HEDINGHAM PARISH COUNCIL, HELD ON MONDAY 10th JUNE 2024, 7.30PM AT CASTLE HEDINGHAM CLUB

**Present:** Cllrs Allen, Deeks, Doe, Dover, Foulkes, Smith, Southgate, Westrop

**In the Chair:** Cllr Southgate

**Clerk:** Absent. Notes taken by Cllr Allen

### **POLICIES & PROCEDURES REVIEW**

The LGA Model Code of Conduct for Councillors was adopted.

The NALC Model Financial Regulations 2024 were adopted.

The new 2024 NALC 'The Good Councillor's Guide' has been sent to Councillors. A link to the guide has been added to the website at

<https://www.castlehedingham.org/parish-council-meetings/>

The Parish Council is now eligible for EALC Councillor training bursaries for 75% of training cost.

### **PROGRESS CHECK**

**RCCE Essex Village of the Year:** Entry submitted. Awards will be presented at the RCCE AGM on Wed 3rd July. All Councillors noted the input of the clerk with thanks.

**St James Fair at the Village Park: Saturday 27th July 2pm-5pm.** Bar and BBQ will be provided by the Social Club, with a food truck and ice cream van also booked. Hells Bells Morris Dancers will perform at 2pm, and stalls and fun activities for families are being organised. The plan is to keep the Fair simple for this year and build on this for future years as an annual event.

### **HIGHWAYS & PUBLIC RIGHTS OF WAY**

**20's Plenty for Essex:** The report of responses to the Castle Hedingham 20s Plenty survey was reviewed. The survey report is on the website at

[www.castlehedingham.org](http://www.castlehedingham.org)

Cllr Smith will represent the Parish Council at future Essex 20s Plenty group meetings.

Survey results will be forwarded to Essex County Council with a request for 20mph options to be considered as part of their Speed Management Strategy review later in 2024.

**Highway repairs:** It was noted that priority potholes reported to Cllr Schwier have been repaired at New Park. The pothole at Nunnery Street bridge has been reported to Cllr Schwier as the repair has failed.

# Parish Council Meeting Minutes

**Verge & Hedge Cutting:** This is needed at Sheepcot Road, Rosemary Lane junction with Sudbury Road and the junction at Memories onto the A1017 and will be reported to Essex Highways & BDC.

A vehicle blocking the footpath at New Park will be reported to BDC.

## REPORTS

**Police & Neighbourhood Watch.** Monthly Rural Essex police reports & weekly Neighbourhood Watch newsletters are on the website

<https://www.castlehedingham.org/community/neighbourhood-watch/>

**Graffiti at Village Park:** Police report that a suspect is due to be interviewed. If anyone has information, please report it to Essex Police under crime ref. **42/61810/24**

## FINANCE

**AGAR:** The Notice of Public Rights to view the accounts has been posted on the website & noticeboard in accordance with Annual Governance and Accounting Return requirements. All audit documents are at <https://www.castlehedingham.org/parish-council-meetings/audit-governance/>

## CASTLE HEDINGHAM CLUB & VILLAGE HALL

**RESOLVED:** To accept the quote from James Clark for the roof repair. He will be asked to book in the work as soon as possible.

**Social Club:** It was noted that an extended Sunday opening time will be trialled from Sunday 16th June, closing at 8pm with last orders at 7pm.

## VILLAGE PARK & COMMUNITY ALLOTMENT

**Play area:** The annual ROSPA Play inspection report was noted. Actions will be attended to by Village Maintenance, including pegging down of grass matting and servicing basket swing mechanism.

**RESOLVED:** Hire of tower approved in principle for access to basket swing mechanism.

**Community Allotment** Cllr Deeks reported that all is going well, with volunteers meeting weekly on a Thursday morning at 9.30am. Anyone is welcome to pop down for a chat or to join the volunteers. A more robust donation box is being sourced for the Village Shop, this will be painted to match the produce trays.

## CORRESPONDENCE TO NOTE:

**EALC:** digital switchover update – the end of analogue phone lines may now be delayed until 2027. Essex County Council is raising public awareness of what this involves, their latest update is available at <https://www.castlehedingham.org/latest-news/>

# Parish Council Meeting Minutes

**Rural Services Network:** BT and RSN joint event for Local Authority Councillors - Understanding the Digital Telephone Line Switchover. 10th July and 13th November 2024

**Essex County Council:** Residents urged to share views on Pylon Plans. National Grid is consulting on installing hundreds of pylons through Norfolk, Suffolk and Essex. Essex County Council, alongside Norfolk and Suffolk County Councils, remains opposed to National Grid's plans. The consultation can be accessed here:

<https://www.nationalgrid.com/electricity-transmission/network-and-infrastructure/infrastructure-projects/norwich-to-tilbury/public-consultation-and-programme>

## NEXT MEETING

**Monday 8th July 7.30pm Ordinary Parish Council Castle Hedingham Club**

**The meeting closed at 8.25pm.**

Full minutes of meetings including planning applications and financial information are published at [www.castlehedingham.org](http://www.castlehedingham.org)

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Halstead, CO9 2AF  
01787 478789

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Anne of Cleves House,  
Haverhill Road,  
Haverhill, CO9 8EE  
01440 705656



[www.lanephysioold.co.uk](http://www.lanephysioold.co.uk)





## Castle Hedingham Cricket Club

Home games are played at our beautiful ground in Castle Hedingham - so come along and join the team or bring along a picnic and enjoy the idyllic surroundings.

Sunday	07-Jul	Sampford	1400	Away
Sunday	14-Jul	Gestingthorpe	1330	Away
Sunday	21-Jul	Nowton	1330	Away
Sunday	28-Jul	Woolpit	1330	Away
Sunday	04-Aug	Woolpit	1330	Home
Sunday	25-Aug	Copdock & Old Ipswichian	1330	Home

Full details can be found at our website:-

[www.castlehedingham.play-cricket.com](http://www.castlehedingham.play-cricket.com)



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### SUDBURY AREA CANCER SUPPORT GROUP

Find events on Facebook

For more information, contact Ruth Worsley  
[ruth-SACSG@outlook.com](mailto:ruth-SACSG@outlook.com)



### CASTLE HEDINGHAM TENNIS CLUB WELCOMES NEW MEMBERS

FOLLOWING A FULL REFURBISHMENT OF OUR COURTS, NOW IS A GREAT TIME TO JOIN!

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- ENTRY INTO THE LTA WIMBLEDON TICKET BALLOT
- COMPETITIVE MATCH PLAY
- FUN SOCIAL CLUB SESSIONS THROUGHOUT THE WEEK
- SELECTION OF SOCIAL EVENTS THROUGHOUT THE YEAR
- CLUB TOURNAMENTS
- STRONG JUNIOR SECTION
- EXCELLENT COACHING VIA OUR PARTNERS AT TL4U
- A COMPREHENSIVE WEEKLY TIMETABLE

FOR MORE INFORMATION TO AND JOIN PLEASE SCAN



# Community Allotment



**Our Community Allotment at the Village Park was created to benefit everyone in the village and we are very grateful to Braintree District Council for Levelling Up fund Community Gardens grants to help us make it a beautiful productive space which is restful to visit. Our harvest has had a slow start due to the weather but we are hoping to have produce in the Village Shop before too long – we all need some sunshine! We will also have a stall at St James Fair at the Village Park on Saturday 27th July, 2-5pm. Hope to see you there!**

## **OUR VOLUNTEERS MEET WEEKLY ON THURSDAY 9.30-11.30– Come and visit us!**

- You can volunteer at our weekly sessions. No experience necessary, just come along to enjoy being outdoors and part of a friendly group.
- Or just drop by for a visit and a chat at a weekly Thursday morning session, our volunteers will be pleased to see you and there might be some fresh produce available.
- Enjoy our freshly harvested seasonal produce which can be collected from the Village Shop at St James Street. We want our fresh vegetables and fruit to be available to everyone, an optional donation will, of course, be welcome
- Watch out for further Community Allotment events over the summer season. We welcome any feedback and new ideas too!



**For further information, contact Charlie at [charlieallotmentch@gmail.com](mailto:charlieallotmentch@gmail.com) or call the Parish Clerk on 07845 056597**

# CH Gardening Club

Hello everyone! My goodness what is happening with our weather? One day it's warm and sunny and the next chilly and wet! It doesn't seem to be able to make up its mind - of course the gardens are flourishing so lets hope things will settle down and we will be able to enjoy them.

We are so pleased to say that our Annual Plant Sale was a great success. Our thanks go to those of you who came and supported us; to the members who brought along some wonderful plants; the Castle Ladies Group who provided the delicious refreshments; and last but not least Michael and Brenda East for selling the raffle tickets and staying to help the committee clear the hall. It was much appreciated. On July 11th we will be visiting The Gibberd Room and Gardens of Sir Frederick Gibberd in Harlow. The cost will be £15 per head which covers entrance and a sandwich lunch. If you wish to book the visit, please ring Maureen on the number below.

We will be resuming our afternoon meetings on Thursday September 12th, our speaker will be Caroline Holmes who will give a talk entitled "Landscaping England - Mr Brown and his Capabilities."

Our meetings are held on the second Thursday of the month 2pm at the Memorial Hall, Castle Hedingham. We are a very friendly group, so please come along and join us.

The committee wish you all a wonderful Summer and look forward to seeing you in the Autumn.

Bye for now Christine, Jean, Maureen, Mary, Barbara and Suzanne

**Chairman** Christine Lucock 01206 210872.

**Secretary** Jean Collings 01787 461663.

**Treasurer** Maureen Lofting 01787 463343.

## Gardening tips for July

1. Deadhead bedding plants and repeat-flowering perennials, to ensure continuous flowering
2. Care for houseplant while on holiday
3. Water tubs and new plants if dry, but be water-wise
4. Check clematis for signs of clematis wilt
5. Pick courgettes before they become marrows
6. Treat apple scab
7. Clear algae, blanket weeds and debris from ponds, and keep them topped up
8. Order catalogues for next year's spring-flowering bulbs
9. Give the lawn a quick-acting summer feed, especially if not given a spring feed
10. Harvest apricots, peaches and nectarines.



### Thursday Club – Sible Hedingham

For older people - meet 2nd Thursday  
(Feb - Dec) 2pm - 4pm  
Baptist Church 177 Swan St, Sible Hedingham.  
Different speaker each month plus  
refreshments & raffle. Admission £3.00.

### Crafty Nannas

Meeting once a month on 2nd Tuesday  
2pm – 4pm  
The Castle Club, Church Lane, Castle  
Hedingham with refreshments.

### T Club

Meeting on the last Wednesday each month  
at The Memorial Hall, Church Lane, Castle  
Hedingham 2pm – 4pm. A club where older  
people can enjoy a chat. Refreshments &  
raffle. Admission £2.50p.

Should you wish to know further details about  
any of these activities, please contact:  
Jayne Laken on 07458 300 903  
**We look forward to seeing you**

## GLENDA WOOD

Ad Dip Psych C, Cert Hyp CS  
**Counsellor & Hypnotherapist**

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[www.glendawood.co.uk](http://www.glendawood.co.uk)



### Braitree Area Foodbank July's 2024 Shopping List

#### Urgent items we need

- Tinned cold meat i.e. Spam
- Tinned hot meat i.e. Stews
- Tinned vegetables
- Tinned fish
- UHT Milk
- Cereal

#### Urgent Non-food items

- Female deodorant
- Female shampoo

#### Other stock items we really need

- |                        |                   |
|------------------------|-------------------|
| Jam                    | Tinned potatoes   |
| Sponge puddings        | Tinned spaghetti  |
| Rice (500g bags)       | Pasta (500g bags) |
| Pasta sauce            | Packet custard    |
| Tinned fruit           | Chocolate bars    |
| Tinned hot snacks      | Biscuits          |
| Rice pudding           |                   |
| Squash (small bottles) |                   |

\* Please note: We are financial partners with major supermarkets. We can only accept donations of a separate and undamaged goods that are still within their "use by" date and are not in expiry of use by date. Items which do not meet these requirements cannot be used and your donation may be refused.

We are always pleased to accept monetary donations if you prefer or Supermarket gift cards.

Please Note: We follow the standards set by the local District Agency. We can only accept donations of a separate and undamaged goods that are still within their "use by" date and are not in expiry of use by date. Items which do not meet these requirements cannot be used and your donation may be refused.

01376 330694  
E: [info@braitreearea.foodbank.org.uk](mailto:info@braitreearea.foodbank.org.uk)  
W: [www.braitreearea.foodbank.org.uk](http://www.braitreearea.foodbank.org.uk) or [www.baitree.org.uk](http://www.baitree.org.uk)



## Halstead Foodbank

St Andrew's Church  
Parsonage Street,  
Halstead CO9 2LD

**Mondays 10—12**

General Enquiries 01376 330694

Email: [info@braitreearea.foodbank.org.uk](mailto:info@braitreearea.foodbank.org.uk)

*All donations will be gratefully  
received. Also at: St Nicholas's Church  
& Hedingham Baptist Church*

## SIBLE HEDINGHAM VILLAGE HALL

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# AFTERNOON TEA DANCES AT THE VILLAGE HALL

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Castlehedinghamclub

### Five Tips to keep your elderly parents well at home



We've all heard the saying 'Prevention is better than cure'. As experts in elderly care we understand the importance of keeping loved ones safe and well in their own homes. We are often called in when a family is at crisis point due to a family member's health deteriorating. It's important not to view any deterioration in someone's general health as simply 'getting old'.

#### Doctor's orders

- Keep regular check-ups with the doctor, and don't forget hearing and eyesight checks.
- Plan ahead to keep these appointments.
- Have a system that ensures they are keeping up to date with medication.

#### Keep physically and mentally active

- Encourage activity – short walks and gardening are great for both body and soul, can help to maintain muscle and flexibility as well as releasing stress.

#### Maintain a healthy diet

- Encourage a balanced diet with plenty of fresh fruit and vegetables.
- Choose wholegrain options

- Include oily fish in your diet each week and cut down on sugary snacks

#### Keep hydrated

- Experts recommend around 1.2 litres daily which is 6-8 glasses.

#### Companionship

- It's good to talk and spend time with like-minded individuals.
- Encourage your loved one to take part in local activities – check out local clubs or have a cuppa with a neighbour.
- To make it easier, we created the 'What's on Where Guide' with recurring events and activities for elderly people in Braintree District. Get in touch to request your copy.

Knowing what to look out for can really help to avoid health issues. Our team is on hand to offer help and advice, including signposting to local organisations and groups. We'd love to hear from you if you would like to make a suggestion for a future topic.

Please write to me at [mike.sheehy@braintree.homeinstead.co.uk](mailto:mike.sheehy@braintree.homeinstead.co.uk) or by post to Home Instead, Unit 5/6 Ignite House, Braintree Enterprise Centre, 46 Springwood Drive, Braintree, CM7 2YN. Alternatively, you can also call me on 01376 319 100. Mike Sheehy.

# Hedingham Heritage Society

Due to the forthcoming General Election, the Heritage programme has had to change again, as the Memorial Hall will be a polling station on 4<sup>th</sup> July. Our July meeting will now be held in August - there will be no July meeting:

**Thursday 8<sup>th</sup> August**

**Sir John Hawkwood and the White Company**

**Jan Cole – Local historian and author**

**7.30pm Castle Hedingham Memorial Hall**



John Hawkwood was born in Sible Hedingham c 1320 and died in Florence, Italy, on March 16/17 1394. The large fresco of him on horseback, (shown above) in the Duomo, Florence, painted by Uccello, illustrates the importance and significance of this mercenary soldier who was Essex born and the son of a Hedingham tanner. Our August talk will look at how this local man rose to fame and fortune from such humble local beginnings.

**Saturday 10<sup>th</sup> August 2pm (meet outside the Memorial Hall Castle Hedingham)**

In August there will also be a walk and talk about the buildings of architectural and historical significance around the centre of Castle Hedingham, including St Nicholas' Church, with local historian **Charles Bird**. **Please book your place with either Rob or Trudi beforehand.**

**Thursday 5<sup>th</sup> September - David Simmons from the National Trust** returns to talk about our nearby Royal hunting forest, Hatfield Forest and its connections with the de Veres and Castle Hedingham.

**7.30 pm Castle Hedingham Memorial Hall**

***Please note** Our July, Battle of Britain meeting has been rescheduled to Thursday 3 October.*

**Members free for all walks and talks, non-members - £5 All Welcome**

**Rob: 01787460664 Trudi: 01787462889 Peter: 01787469953**

**[www.hedinghamheritage.org.uk](http://www.hedinghamheritage.org.uk)**

**[hedinghamheritage@gmail.com](mailto:hedinghamheritage@gmail.com)**

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## Castle Hedingham Post Office

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Tuesday, Wednesday and Friday

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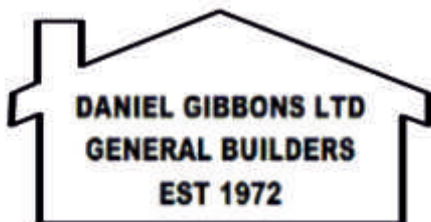
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So that cheeky Chihuahua thinks I've mellowed, does he? Ken should look in the mirror, he has a middle aged spread, grey whiskers and barks for no reason at all! My black coat is as sleek as ever and my waist is still trim. Admittedly I prefer to stay indoors when it's cold and wet nowadays but went outside to visit some of our animals awaiting new, loving homes.

Feline brothers Jack and Jacob were rather downcast. They are two stunningly pretty white and black cats, neutered, vaccinated, microchipped and ready to go. They are a little nervous, having been in a run far too long, nevertheless I find it unbelievable they have not yet been chosen.

Of course we have many dogs including Pebbles and Lola, two friendly, middle aged pugs in need of a new home together. They love their walks and plenty of cuddles. Please come along to meet any of the animals between 10am to 1pm, Thursday to Sunday.

We said farewell to longtime resident, Henry the peacock and his three wives last month. The beautiful boy displayed resplendently in his new quarters at Kentwell Hall whilst his demure peahens investigated their new surroundings. His plaintive call is much missed here but we know he and his harem will enjoy the grounds of that historic house, once they have settled in.

I dare say they would like a superior cat such as me but our volunteers would miss sharing their lunchtime sandwiches with me,

**Ollie (the Black) Cat.**

# SESAW



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Tel: 01787 210888, [www.sesaw.co.uk](http://www.sesaw.co.uk)





## HEDDINGHAM MEDICAL CENTRE

Dr Ruth Silcox Dr Caroline Davies Dr Steven Gresham  
Dr Annabel Bucher Dr Rebecca Bennett Dr Cathy Boon  
Dr Jessica Gell Dr Olivia Benson Dr Dita Fridrichova

10 Falcon Square,  
Castle Heddingham, CO9 3BY

77 Swan Street,  
Sible Heddingham, CO9 3HT

**Tel 01787 461 465**

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**Tel: 0300 303 9988**

**Email: [provide.essexwellbeing@nhs.net](mailto:provide.essexwellbeing@nhs.net)  
[www.essexwellbeingservice.co.uk](http://www.essexwellbeingservice.co.uk)**

**Essex Wellbeing Service Opening Hours:**

**Monday to Friday 8.00am - 7.00pm**

**Saturday 10.00am to 2.00pm**

*All enquiries, will be responded to during the  
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## CASTLE HEDDINGHAM PAROCHIAL CHARITIES

**A Trust Fund exists in Castle  
Heddingham for any resident 'in  
need, distress or suffering  
hardship'. Hospital transport\*\*  
can also be arranged depending  
on need and availability**

For more information please  
contact the secretary  
**Mrs Brenda Beadle 01787 460336**

\*\* We would be pleased to hear from  
anyone willing to join the rota of drivers

# CH Village Hall

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Classes and groups cover a range of activities from fitness to faith, amateur dramatics to heritage. An affiliate membership scheme provides cost reductions for regular users. So, if you're interested in starting an activity group or booking the hall for a memorable event, get in touch.

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Sun 30th June  
Fri 5th July  
Sat 20th July  
Sat 10th Aug  
Sun 8th Sept  
Sun 22nd Sept  
Sun 6th Oct

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To find out more and book online visit our events page at [www.tuffonhall.co.uk](http://www.tuffonhall.co.uk)

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# Advertising Rates

## The Hedinghams Parish Magazine

The magazine is an A5 size booklet delivered free of charge to over 2600 households in Sible and Castle Hedingham. There are 10 issues per year, with joint editions for July/August and December/January.

We would welcome more advertisements - rates as below for the remaining advertising year (7 issues).

Articles for the **September** edition should be submitted by **14th August** to **hedparmag@gmail.com**

Size of Advert	Annual Rate (6 issues)	Single Issue Rate
¼ page	£84	N/A
¼ page	£95	£20
½ page	£210	£42
Full Page	£408	£78
Advertorials	N/A	400 words & images £125

## Magazine Deliveries

Thank-you to all those who kindly deliver this magazine around the two villages. Your assistance is greatly appreciated. If others would like to help, please contact:

**Castle: Sue Southgate 461638     Sible: hedparmag@gmail.com**

***Please note that by submitting articles & advertisements containing personal information subject to GDPR you are consenting to the use of this information in the Hedinghams Magazine. This consent may be withdrawn at any time by contacting the editor at hedparmag@gmail.com***

***We are pleased that local tradesmen and service providers advertise with us, and we hope you support them. However, we do not check or endorse them in any way.***



# Church Officers



<b>Rector</b>	<b>Vacant</b>	
<b>Associate Priest</b>	Rev Justin Tomkins	01787 237211

## Saint Nicholas' Church, Castle Hedingham

<b>Churchwarden</b>	Sue Southgate	01787 461638
<b>Secretary</b>	Rosemary King	01787 469541
<b>Bell Ringing</b>	David Newton	07919 043544

## Saint Peter's Church, Sible Hedingham

<b>Churchwarden</b>	Tracy Goodchild	07530 244799
<b>Secretary</b>	Glenys Young	01787 463848
<b>Bell Ringing</b>	Janice Watkins	01787 460900

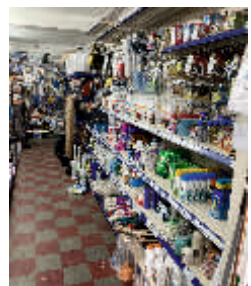
# DARKINS

## SUPPLY STORES

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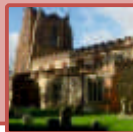
*Closed Sundays & Bank Holidays*

122 SWAN STREET SIBLE HEDINGHAM

**IF WE DON'T STOCK IT, WE CAN GET IT**



# Parish Contacts



1st Hedingham Guides	Kathie Hoye	01787 280200
Alderford Water Mill	Owen Hawkes	07939 372987
Art Group	Dawn Howard	07868 520617
Beavers, Cub Scouts & Scouts	Stuart Carter	01449 259046
Book Group	Alison Cantor	01787 462537
C/Hed Bowls Club (Sheepcot Rd)	Tony Haywood	axel54tony@gmail.com
C/Hed Club	Dave Applebee	01787 462172
C/Hed Gardening Club	Maureen Lofting	01787 463343
C/Hed Cricket Club	Terry Jackson	07870 566865
C/Hed Memorial Hall Bookings	Ann Edney	07736 239599
C/Hed Parish Council Clerk	Claire Waters	07845 056597
C/Hed Parish Council Chairman	Garry Southgate	01787 461638
C/Hed Parochial Charities	Brenda Beadle	01787 460336
C/Hed Tennis Club	Sam Stent	01787 463657
C/Hed Women's Group	Sylvia Anderson	01787 469129
Castle Players	Alan Rees	07964 024082
Explorer Scouts	Adam Hearn	07447 443390
Friends of St Nicholas' Church	Ros Stafford	01787 461921
Hed & District Royal British Legion	Malcolm Firman	01787 462398
Hedingham Baptist Church	Nick Vosper	07909 901466
Hedingham History Group	Jan Cole	01787 829317
Hedingham Singers	Bob Lilley	07790 573435
Hedingham United Football Club	Steve Parsons	07488 362530
Hedingham District Councillors	Jo Beavis	07771 984365
	Wendy Taylor	07950 708780
Heritage Society	Rob Worley	01787 460664
Library	169 Swan Street	0345 603 7628
Molly's Wood	Jane Postma	07759 944215
S/Hed Parish Council: Clerk	Lesley Slade	01787 462568
S/Hed Village Hall Bookings	Fiona Earey	07739 582028
T Club	)	
Crafty Nannas	)	Jayne Laken 07458 300903
Thursday Club	)	



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Thursday 5 <sup>th</sup> September Southend - EVENING PERFORMANCE	<b>"101 DALMATIANS" THE MUSICAL</b>	<b>£85.00</b>
Wednesday 2 <sup>nd</sup> October Southend - MATINEE PERFORMANCE	<b>"ONLY FOOLS &amp; HORSES"</b>	<b>£75.00</b>
Thursday 10 <sup>th</sup> October London - EVENING PERFORMANCE	<b>"SIX"</b>	<b>£89.00</b>
Sunday 13 <sup>th</sup> October Southend - MATINEE PERFORMANCE	<b>"LORD OF THE DANCE"</b> A LIFETIME OF STANDING OVATIONS	<b>£85.00</b>
Wednesday 6 <sup>th</sup> November Southend - MATINEE PERFORMANCE	<b>"GREASE"</b>	<b>£69.00</b>
Thursday 21 <sup>st</sup> November Southend - EVENING PERFORMANCE	<b>"SHOWMAN" ANTON DU BEKE"</b>	<b>£84.00</b>
Thursday 28 <sup>th</sup> November Southend - EVENING PERFORMANCE	<b>"THE HOLIDAY" IN CONCERT - FILM WITH LIVE ORCHESTRA</b>	<b>£85.00</b>
Saturday 30 <sup>th</sup> November Southend - EVENING PERFORMANCE	<b>"CHRISTMAS CROONERS"</b>	<b>£59.00</b>
Tuesday 3 <sup>rd</sup> December London - EVENING PERFORMANCE	<b>"MEAN GIRLS"</b>	<b>£105.00</b>
Friday 6 <sup>th</sup> December London - EVENING PERFORMANCE	<b>"THE DEVIL WEARS PRADA"</b>	<b>£79.00</b>
Saturday 21 <sup>st</sup> December Southend - DAY VISIT	<b>"ABBA CHRISTMAS LUNCH"</b> <small>NEW!</small>	<b>£69.00</b>
Monday 23 <sup>rd</sup> December London - MATINEE PERFORMANCE	<b>"THURSFORD SPECTACULAR"</b>	<b>£95.00</b>
Wednesday 30 <sup>th</sup> December Southend - 17.00H PERFORMANCE	<b>"JACK &amp; THE BEANSTALK PANTO"</b>	<b>£74.00</b>
Thursday 2 <sup>nd</sup> January London - MATINEE PERFORMANCE	<b>"STARLIGHT EXPRESS"</b> <small>WITH FREE TIME AT LONDON DESIGNER OUTLET</small>	<small>NEW!</small> <b>£99.00</b>
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Thursday 30 <sup>th</sup> January London - MATINEE PERFORMANCE	<b>"MJ THE MUSICAL"</b>	<small>NEW!</small> <b>£109.00</b>
Saturday 1 <sup>st</sup> February Southend - MATINEE PERFORMANCE	<b>"CALAMITY JANE"</b>	<small>NEW!</small> <b>£84.00</b>
Friday 14 <sup>th</sup> February Southend - EVENING PERFORMANCE	<b>"NOW THAT'S WHAT I CALL...A MUSICAL"</b>	<b>£75.00</b>
Thursday 8 <sup>th</sup> March Southend - EVENING PERFORMANCE	<b>"CHICAGO"</b>	<small>NEW!</small> <b>£79.00</b>
Saturday 22 <sup>nd</sup> March Southend - EVENING PERFORMANCE	<b>"THE LAST DANCE"</b> <small>GIOVANNI PERNICE</small>	<small>NEW!</small> <b>£89.00</b>

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