

THE HEDINGHAMS

PARISH MAGAZINE

JUNE 2024

Castle Hedingham & Sible Hedingham



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Welcome



June sees families of fledgling birds around the garden. Baby blackbirds and blue tits are harassing their parents for another caterpillar, little spotty robin chicks are begging ceaselessly. Please don't forget that fledgling birds might look as if they've been abandoned, but they're just waiting for mum or dad to feed them; they will be somewhere nearby, even if you can't see them. Unless a healthy fledgling is in obvious danger, leave it alone. If it should be in an obviously risky place, you can move it to somewhere safer, but within hearing distance. The parents will locate it by its begging calls, and won't mind at all that it's been handled.

June is a fabulous month for insect-spotting too. The herbaceous border is in full flower, and the cranesbills and *Cistus* attract masses of different bumble bees, solitary bees and hoverflies. Butterflies active this month include garden favourites such as red admirals and small tortoiseshells.

The smaller, less noticeable insects are important too. They provide the masses of food required by swallows, martins and swifts, as well as all those warblers and flycatchers who come to Britain to breed every year. They are also invaluable as pollinators, pest controllers and recyclers.

Church Services



This information will always be available on the church website at

<https://www.hedingham.info/>
(look at the tab 'Services and Events')



| Date | St Nicholas's, | St Peter's, |
|--------------------------------|--|---|
| | Castle Hedingham | Sible Hedingham |
| Sunday 2 nd Jun | No service | 11am Family Service 6pm-7.30pm Youth Meet-up |
| Sunday 9 th Jun | 9.30am Holy Communion | 11am Holy Communion |
| Sunday 16 th Jun | 9.30am Morning Prayer | 11am Morning Prayer |
| Sunday 23 rd Jun | 5pm Evening Prayer | 11am Holy Communion |
| Sunday 30 th Jun | 11am Benefice Service St Nicholas's, Castle Hedingham | |

ST PETER'S COFFEE MORNINGS



Saturday 22nd June
SUMMER CRAFT FAIR
10am - 2pm

Saturday 20th July
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 Peter's Church Activities



WORKING GROUP 1ST JUNE 10am - 12pm

Come and give a hand in the church or churchyard.



YOUTH GROUP 2ND JUNE 6 - 7.30PM

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

St Nicholas's Church



...and there was Light!

Thanks to Moira for taking this photo of the new lighting in its glory at St Nicholas's.

Further ancillary work will take place in July.

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**
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Baptist Church



'Through him all things were made; without him nothing was made that has been made.' John 1:3

I trained and worked as a microbiologist and biochemist, and I am obviously a complete nerd because I have a favourite protein! This protein, an enzyme in fact, is called ATP synthetase, and it is found in virtually every cell in your body in vast quantity. It sits in the inner membrane of the mitochondria – organelles which help to release all the energy that we need to survive from the food that we eat – and is perfectly designed to carry out the task it has in the cell. When scientists were first able to study the structure of ATP synthetase, they found it had a hollow core with a head unit which spins around on the core on tiny molecular bearings, just like a bicycle wheel! This specific shape and movement allow it to function as it should.

People often ask me; how can I believe in a God who created life when I'm a scientist. I always tell them about ATP synthetase, because, when I think about how perfect this protein is and the sheer complexity of this minute machine which plays such a vital role in providing energy in our cells, I cannot believe anything else but in a creator God who made everything! Man has tried to recreate similar proteins with their intricate twists and folds, and we haven't come close.

The psalmist in Psalm 139 says 'For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful'. And that is entirely the point. God created everything and we can only marvel at how amazing everything is. Being a scientist, I would argue, only strengthens my belief in God; I can see his hand at work in the furthest galaxy and in the tiniest virus and my only response is to praise him! Next time you take a breath, just realise that deep inside every cell in your body are little molecular machines helping to turn that breath into the energy you need to survive – we are indeed wonderfully made by God!

Sunday Morning Services including Sunday School for children of all ages: 10.30am followed by refreshments – everybody is welcome

Cygnets (Parents/Carers and Toddlers): every Monday in school term, 9.30-11.30am, £2 per family

Hotspot Thursdays 10.00am-2.00pm, free of charge

Nick Vosper (01787 460265) nick@hedinghambaptist.org

Dave Wright dave@hedinghambaptist.org

Carole Rainbird carole@hedinghambaptist.org

www.hedinghambaptist.org www.facebook.com/hedinghambaptist

For all events see details on Facebook or Website

My Recycling Calendar

MONDAY ROUTE 6

APRIL 2024



MAY 2024



JUNE 2024



TUESDAY ROUTE 7

APRIL 2024



MAY 2024



JUNE 2024



TUESDAY ROUTE 2

APRIL 2024




MAY 2024



JUNE 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>

Sible Heddingham Library

What's On

Mondays

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)*

Thursdays



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

Saturdays

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

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**Next Filling Station is on
20th June.**

This will be a thoughtful,
meditative evening giving
space for people to come
before Jesus, bringing
their needs and concerns.
*Time to pray for each
other too.*



**Castle Hedingham Village Hall
7.00 for food - 7.30 start
The evening is free**

*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.*

Memorial Hall

7.00 for food - 7.30 start

Free event

There is no meeting in August



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**ART & CRAFT
EXHIBITION**

Pebmarsh Village Hall

Sat 22nd June 12 - 5pm Sun 23rd June 11 - 5pm



Free Entry

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and more**

**Refreshments
Tea
Coffee
Cakes**

Raffle

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Force) 1946-2006

CH Women's Group

On **Wednesday 19th June** we have our annual **Cream Tea at the Moot House**, Castle Hedingham 2pm for 2.30pm. This event is for members only please. Once again we can enjoy a social afternoon together, mixing with old friends and making new ones, in beautiful, historic surroundings. I am sure the scones will be as delicious as last year. Something to look forward to!
Please call Sylvia if you would like to join the group or for any information about it.
01787 469129

COACH TRIPS

To enquire, for more information or to book any trip, including the weekend break, 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 Anthony Gormley and Magdalene Odundo exhibitions. Cost for coach and entrance to the Hall, gardens and exhibitions is £50, payable by 4th July please.



NOT TO BE MISSED – SUPER VALUE

Weekend Break 4th – 6th October going to the South Downs and New Forest, including visiting the Weald and Downland Living Museum (where 'The Repair Shop' is filmed), spending a day in the New Forest and time in Portsmouth.

At amazing value, the cost is £289 pp, single supplement £77 including coach travel 2 nights dinner, bed and breakfast and entrance to the Museum.

Please contact Ann or Hilda as above for full details of this exciting break away.

Castle Hedingham Bowls Club



Castle Hedingham Bowls Club hosted a memorable match against the Chelsea Pensioners Bowls Club on the 24th April, as part of their centenary celebrations. The visitors, dressed in their distinctive scarlet coats, were greeted by a large crowd of club members and villagers, who cheered them on throughout the game.

The match was a friendly but competitive affair, with both teams showing their skills and enthusiasm and in the same theme the captains, on adding the scores, agreed to an honourable draw. After the game, the bowlers enjoyed a meal together, and the Castle Hedingham Bowls Club presented the Chelsea Pensioners with a donation of £200 for their charity, which supports the welfare of UK veterans.

The Castle Hedingham Bowls Club was founded in 1924, and originally played in the grounds of Hedingham Castle. The club moved to its current location in Sheepcot Road in 1994, where it has a six-rink green and a clubhouse. The club has around 70 players and 20 social members, and welcomes players of all ages and abilities. The club is holding several events this year to mark its 100th anniversary, including matches against a VIBE (Visually Impaired Bowls England) on Saturday 1st June and an away match at the Royal Household Bowls Club in the grounds of Windsor Castle. Castle Hedingham Bowls Club chair Garry Southgate said: "It was wonderful to welcome the Chelsea Pensioners, our members and the village community to the club for the first event of our centenary celebrations. We are looking forward to a great year ahead".

The club would like to invite anyone who is interested in trying out bowls to contact garry.southgate@icloud.com or phone 07905 628117



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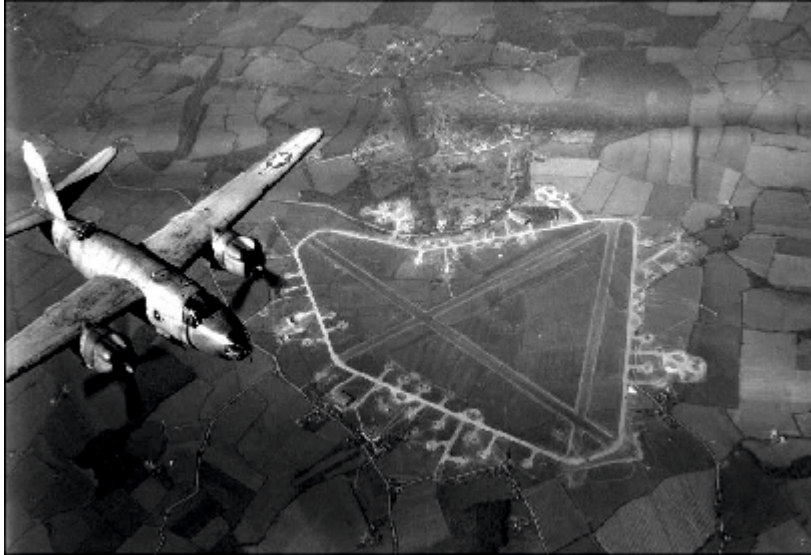
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Heddingham History Group

EARLS COLNE AND WORLD WAR II:

The Secret HQ, the Railway & the Airfield



Part of DDay-80 commemorations

An illustrated talk by **Gordon Brown** (Earls Colne Heritage Museum)

Friday 28 June 2024 at 7.30pm

**at Heddingham Baptist Church, 177 Swan Street, Sible Heddingham,
CO9 3PX (next to 'The Sugar Loaves')**

members of Heddingham History Group FREE / non-members £5/
school/students/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.heddingham@gmail.com



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First Hedingham Guides



MEET ON MONDAY EVENINGS DURING TERM TIME IN CASTLE HEDINGHAM AND WOULD WELCOME GIRLS BETWEEN THE AGES OF 10 TO 15 FROM BOTH SIBLE AND CASTLE HEDINGHAM AND THE SURROUNDING VILLAGES.

**The current term finishes on 22 July 2024
THE PROGRAMME INCLUDES THE FOLLOWING ACTIVITIES**



**THE VILLAGE CHALLENGE * SCAVENGE HUNT
FIRE LIGHTING * OUT DOOR COOKING
DOG BISCUITS
COMPASS CHALLENGES * SUMMER SPORTS
ICE CREAM MAKING * TREASURE HUNT
SUMMER PARTY**

**FOR FURTHER INFORMATION EMAIL KATHIE
hedingham.guides@btinternet.com**

Parish Council Meeting Minutes



Minutes of Sible Hedingham Parish Council Annual Parish Council Meeting Held in the Village Hall

on Monday 13 May 2024 at 7.30 p.m.

Present – Cllr Adam, Cllr Beavis, Cllr Calver, Cllr Cole, Cllr Lee, Cllr Luxon, Cllr Metson, Cllr Ranson, Cllr Taylor, Cllr Young
Cllr Schwier – attended between 7:45pm and 8:20pm

Mrs L Slade – Clerk Mrs K Hoye – Relief Clerk and 11 Members of the Public

Public Comment

Concerns were raised about

Parking at the junction of School Road and Alexandra Road at school times by parents of children at St. Peter's School – Cllr Schwier later advised the Clerk to contact him for support for an LHP submission.

The condition of footpath 90 when the adjoining stables are cleaned out and horse waste ends up on the footpath.

The unfinished site at St. Peters View and safety concerns over non access to pavements, lack of street lighting and trees that are overgrown. Cllr Beavis, in her role as District Councillor, to work with the Parish Council to address the issues concerned.

The overgrown trees along by the Bank Building and overgrown conifers between Cambridge Avenue and Jubilee Court. Cllr Schwier informed Essex Highways have sent out an email requesting people cut their hedges back.

Grass verges are left and not cut, which is a safety issue. Cllr Schwier informed Braintree District Council are trialling a two cuts to one scheme. If safety issues come to light and the trial is not successful, Braintree District Council will revert to previous practice.

Pot holes reported – Clerk to send a list to Cllr Schwier.

The working order of the CCTV at the Recreation Ground and whether it has been made use of. The response was yes on both counts.

County Councillor's Report - Cllr Schwier congratulated Cllr Beavis and Cllr Ranson on their election to Chair and Vice Chair.

Essex County Highways have requested people take responsibility for their hedges and trees to protect the Public Rights of Way. Cllr Schwier also referred to his regular updates.

Cllr Schwier advised extra maintenance crews are being deployed to repair pot holes now the weather has improved.

The Locality Grant funding from now until February 2025 for any organisations looking for funding, details to follow.

The UK telephone network will be switching from analogue to digital, the Clerk to publicise on the notice boards and in the Parish Magazine.

Parish Council Meeting Minutes

The Planning and Climate Unit are working towards net zero through mutual training so we can Achieve Better Together.

The GB insulation schemes, for which the criteria are available on all websites, for grants to upgrade housing are available until May 2026.

Essex Housing that was delivered has won an award; eleven Essex firms received a Kings Award.

District Councillors Reports - Cllr Beavis advised the District Council has gone through the budget period, she is still campaigning for rural areas to receive more funding for improvements. An update on the S106 money and the Medical Centre will be given at the Annual Parish Meeting. Cllr Beavis is also awaiting a letter from Braintree District Council setting out when the Section 106 money needs to be completed.

Cllr Taylor informed that a Minister from the Home Office for the Wethersfield Asylum Centre will be attending the Annual Parish Meeting to answer any questions. Cllr Taylor attended an onsite visit and was driven around the entire 800 acres and reported the facilities are being used by 464 residents with the plan to increase to 580 by the end of July. There is bed capacity for 1245 if needed. There is an air of calmness with the gym being used and activities undertaken. The contamination report is to be finalised in three to four months.

Cllr Beavis reported the Riverside Walk work has gone to tender to be completed. The Climate and Environment Sub-Committee have discussed the trees that are down and the amount of dog and litter bins, which are sufficient.

Chair's Report - Cllr Beavis thanked Cllr Lee for his service as Chair and Councillor on the Parish Council and also congratulated Cllr Ranson for his acceptance of Vice Chair and said she is looking forward to working with him.

Cllr Ranson also thanked Cllr Metson who had previously served as Vice Chair for many years.

BALC Report – from the meeting held on Wednesday 17 April 2024

Cllr Lee will remain on the committee. Invites for the next meeting in July were mentioned.

Cllr Lee reported that the incinerator at Rivenhall is being built.

Members from BALC are on the Wethersfield Airbase Scrutiny Committee and Cllr Lee reported plans for a future prison are still on the table. Future financial assistance for plans to stop the prison should be considered if requested.

Repairs to the pot holes at the entrance to the Co-op delivery area and the speed bump at the entrance to the Car Park - the appointment of the recommended contractor was confirmed. Clerk to maintain contact with the Co-op Estates Surveyor to enable the pot holes to be repaired as soon as possible.

The decision made to cease the subscription payment to the National Allotment Society, to re-join if allotments are acquired.

Parish Council Meeting Minutes

Committees

Finance, Governance and Audit – to be held in June, date to be confirmed.

Climate and Environment – Meeting held on 25 April 2024, minutes previously circulated.

Cllr Beavis advised of her election as Chair and Cllr Cole as Vice Chair to this committee. D-Day 80 Commemoration Lamp Post Signs are to be ordered for display in the village, proposed wild flower planting on specified green spaces has been proposed and the acquisition of new planters for flower displays are in progress. Events, Community and Communication – Cllr Beavis reported the Parish Magazine has been well received.

Planning – No meeting Personnel – No meeting

Planning applications

24/00776/LBC 34 Swan Street Sible Hedingham CO9 3RE Internal works to provide insulation, new kitchen and bathroom and associated plumbing and electrical works.

– No comment

24/00789/HH 43 Abbey Meadow Sible Hedingham CO9 3QS Single storey rear extension. – No comment

24/00925/FUL 1 & 2 Barr Hall Cottage Morris Green Road Sible Hedingham CO9 3LR Erection of two single storey rear extensions. – No comment

For information only:-

24/00843/NMA Land Adjacent 29 To 31 Queen Street Sible Hedingham Non-Material Amendment to permission 22/02623/FUL granted (allowed on appeal) 20.11.23 for: Erection of two storey dwelling, landscaping and improvements to the vehicular access. Amendment would allow: - Alterations to lower roof design to dining room on rear elevation & door to be changed to a window to side elevation.

The Clerk's Report having been previously circulated to all Councillors and was taken as read.

Arrangements and refreshments for the Annual Parish Meeting were discussed.

Meeting Closed: 9:10 pm

Next Parish Council Meeting: 10 June 2024

Parish Council Meeting Minutes

ABRIDGED MINUTES OF A MEETING OF CASTLE HEDINGHAM PARISH COUNCIL, HELD ON MONDAY Monday 10th June 2024 7.30pm Ordinary Parish Council, Castle Hedingham Club

Present: Cllrs Allen, Deeks, Doe, Dover, Foulkes, Mowle, Smith, Southgate, Westrop
In the Chair: Cllr Southgate Clerk: Claire Waters Also present: Cllr P
Schwier ECC item 13-14

Cllr Southgate was elected as Chairman for 2024-2025

REVIEW OF POLICIES & PROCEDURES

Standing Orders, Financial Regulations, Representatives and Working Groups were reviewed with no changes. New Model NALC Financial Regulations have just been published and the new LGA Code of Conduct has been adopted by Braintree District Council. Both will be agenda items for the June meeting.

PROGRESS CHECK

St James's Fair Saturday July 27th 2024, 2-5pm at the Village Park: It was agreed that the event will remain as an informal picnic for the first year with maybe a few stalls but no formally booked entertainment. Anyone interested in taking part with a stall or game please contact the Parish Clerk.

Weeds at property boundaries: Areas of untidy appearance were raised, but clearing by Village Maintenance is not recommended due to use of public funds in maintaining private property and possible offence to the property owner. Village Maintenance continue to carry out weed removal in all public areas. Residents are encouraged to please keep the boundaries of their own property tidy, including tending to any overhanging shrubs and hedges which may restrict pedestrian access on footpaths and public rights of way.

HIGHWAYS & PUBLIC RIGHTS OF WAY

20's Plenty for Essex: A survey at www.castlehedingham.org had received 92 responses. A final report will be published and the survey closed from Tuesday 14th May. Thanks were expressed to everyone who responded and to De Vere Primary and Hedingham Schools for raising awareness among parents.

Highway Repairs: Priority potholes at Kirby Hall Road, Rosemary Lane and New Park have been notified to ECC Cllr Schwier for urgent repair. Surface dressing of Sudbury Rd, St James St, Queen Street and Station Rd is scheduled for 4 days from 13th May – it was noted this date may be delayed.

Highway Reports: An overgrown tree at Sudbury Rd and pavement damage at Queen St have been reported to Essex Highways at the request of residents. A spring verge cut at Station Road footpath has been requested to be carried out as soon as possible by the BDC verge cutting contractor. In the meantime Village Maintenance are strimming back nettles to keep the footpath clear for pedestrians.

Parish Council Meeting Minutes

Sheepcot Road A verge cut and tree work is needed for pedestrian and traffic safety.

Action: The clerk will report this to Essex Highways at

<https://www.essexhighways.org/tell-us>

REPORTS

Police/PCSO/Neighbourhood Watch. Monthly Rural Essex police reports & weekly Neighbourhood Watch newsletters are on the website www.castlehedingham.org/community/neighbourhood-watch/

Graffiti at Village Park: All graffiti has now been completely removed by Village Maintenance staff. If anyone has any information or witnessed this vandalism, please report it under crime ref. 42/61810/24. A police officer has been assigned to the investigation and has been sent all reported evidence with photos.

FINANCE

The asset register and annual insurance renewal with NFU and Hiscox were approved. The full report and recommendations from the internal audit on 24th April 2024 were noted, with actions taken to address all points raised. Cllr Doe proposed thanks to the clerk for an excellent job in meeting the audit and governance requirements with only minor improvements suggested.

The Financial and Reputational Risk Register for 2024-2025 was reviewed and adopted.

The AGAR Annual Governance Statement was approved and signed by the Chairman and clerk.

The AGAR Annual Accounting Statement was approved and signed by the Chairman and clerk.

PUBLIC TOILETS

Door replacement: Quotes for repair work to Public Toilets baby change door and maintenance cupboard door had been requested but not yet received. Action: A further contractor will be contacted by the clerk.

Plumbing maintenance: The sink plug in the ladies cubicle has been removed due to repeated flooding with taps left running. It was agreed to consider installing a single cold self-stopping tap at each cubicle handbasin when sink waste repairs are carried out during the coming year.

CASTLE HEDINGHAM CLUB & VILLAGE HALL

Roof repairs: RESOLVED: Due to the increasing urgency of the repair, a decision can be made by email rather than waiting for the next meeting. Quotes are still awaited from 3 contractors.

COMMUNITY ALLOTMENT

Two additional raised beds and increased height of two existing raised beds have now been completed, and a bike rack installed near the Public Toilets. The aim of the Community Allotment is to benefit everyone, whether as a volunteer or just

Parish Council Meeting Minutes

visiting and using the produce when available from the Village Shop.

REWILDING NEW PARK

Resident complaints regarding parking obstruction on footpath and damage to rewilding area had been forwarded to Councillors. Action: Wooden posts will be considered for the grass edge to prevent vehicle obstruction and damage to the footpath and grass. To be planned at next meeting of the rewilding group

NEXT MEETING

Monday 10th June 7.30pm Ordinary Parish Council Castle Heddingham Club
The meeting closed at 9.04pm

Full minutes of meetings including planning applications and financial information are published at www.castleheddingham.org

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Heddingham United FC

Heddinghams United



Football Club

Heddinghams United started the 23/24 season, with 11 teams. Ranging from u7s to u16s in our youth section and our adult section where we had 3 mens' teams and our first ever ladies team.

Our youth teams compete in the Blackwater and Dengie youth league, two of the men's teams play in the Essex and Suffolk border league. The Sunday men's team play in the Braintree and north Essex league and the ladies play in the Essex county women's league.

With this season now drawing to an end, it's been another successful season for us. With the youth teams doing very well, the u10s making the league cup semi-finals narrowly losing 3/2. U15 Eagles and u16s are both pushing for promotion into division one. As for the rest of the youth they've consistently performed very well all season, playing some lovely football. A big thank you to all the coaches and volunteers, without them the kids don't play. The adult section has seen our men's first team make the final of the Tommy Thompson cup, unfortunately losing 4/2 in a very competitive game.



The last game of the season saw an 8-3 win which will hopefully see the team promoted into division one. The Sunday team have had great success this season making the league cup final and winning 2/1 in extra time; and finishing 2nd in the league and gaining promotion into division one. The men's reserve team has seen a big influx of our youth team players turning 16, jump into adults football. And with a mixture of wiser heads and youth the team are developing nicely and look to push on next season.

The first season for the ladies has also gone very well, with big crowds in attendance throughout the season, in particular the game at Lawn Meadow against Colchester United women saw near on 200 spectators.

With one game remaining promotion is still a possibility into division one. If you'd like to be part of our great little club playing, volunteering or potential sponsorship of one of our teams.

Please contact us through our Facebook or Instagram pages or contact myself stephenparsons54@yahoo.com or 07488 362530.



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 | 2 nd Jun | Long Melford | 1330 | Away |
| Sunday | 16 th Jun | Copdock & Old Ipswichian | 1330 | Away |
| Sunday | 30 th Jun | Acton | 1330 | Home |

Full details can be found at our website:-

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



CASTLE HEDINGHAM TENNIS CLUB WELCOMES NEW MEMBERS

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

WE'RE OPEN TO PLAYERS OF ALL ABILITIES AND OFFER OUR MEMBERS THE FOLLOWING:

- ACCESS TO THE COURTS ALL YEAR ROUND
- LTA AFFILIATION
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- 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 two Levelling Up fund Community Gardens grants to help us make it a beautiful productive space which is restful to visit. The grants have enabled us to buy tools, a potting shed and rainwater harvesting, as well as folding chairs & table with a gazebo for rainy or sunny days. We now have more extra height raised beds to save bending, and have installed a bike rack for anyone who wants to cycle down for a visit

OUR NEW WEEKLY MORNING SESSION IS THURSDAY 10-12

Come and visit us!

You can volunteer at our weekly sessions, Thursdays 10am to 12 noon. No experience necessary, just come along to enjoy being outdoors and part of a friendly group of volunteers.

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 our Community Allotment events over the summer season, we have plans and hope to see you there. We welcome any feedback and new ideas too!



For further information, contact Charlie at charlieallotmentch@gmail.com or call the Parish Clerk on 07845 056597

Village Clubs

Thursday Club – Sible Hedingham

For older people - meet 2nd Thursday

(Feb - Dec) 2pm - 4pm

Baptist Church 177 Swan St, Sible Hedingham.

Different speaker each months plus refreshments & raffle

Admission £3.00

Crafty Nannas

Meeting once a month on 2nd Tuesday

between 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 £2.50**

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



Braintree Area Foodbank June & 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

Sponge puddings

Rice (500g bags)

Pasta sauce

Tinned fruit

Tinned hot snacks

Tinned rice pudding

Squash (small bottles)

Coffee (small jars)

Tinned potatoes

Tinned spaghetti

Pasta (500g bags)

Rice (500g bags)

Packet custard

Chocolate bars

Biscuits

Tea bags (40/80 packs)

* Please note: We ask for small packs as larger packs do not fit in our boxes making it difficult for our clients to carry home. Also, we are unable (for hygiene reasons) to split large size or catering packs.

We are always pleased to accept monetary donations if you prefer or Supermarket Gift Cards.

Please Note: We follow the standards set by the Food Standards Agency. We can only accept donations of unopened and undamaged goods that are still well within their "use by" date (no less than six months if possible). Items which do not meet these requirements cannot be used and your donation may be wasted.

T: 01376330694

E: info@braintreearea.foodbank.org.uk

W: www.braintreearea.foodbank.org.uk/give-help/donate-food



Registered Charity Number 1143446 | Registered Limited Company Number 76942

Collection points at St Nicholas's Church, Hedingham Baptist Church &
St Andrew's Church, Halstead

CH Gardening Club

Hi everyone - I hope you are enjoying the beautiful weather, the gardens are really loving it! Everything seems to be shooting up, especially the grass!
For our last afternoon meeting until September we had a wonderful talk given by Saffron Summerfield entitled "When Birds Sing". Saffron illustrated this with some lovely slides and recordings of herself singing whilst playing her guitar accompanied by the birds. It really was beautiful. She is such a talented lady.
Our Chairman Christine presented a preview of our 2024/25 programme, our thanks to Barbara for arranging this. She has certainly lined up some very interesting speakers.

On June 6th we will be visiting the farm of Ashley Cooper and on July 11th The Gibberd Room and Gardens of Sir Frederick Gibberd so it will be a busy and enjoyable Summer. If you wish to book either of these please ring Maureen on the number below.

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 June

1. Position summer hanging baskets and containers outside
2. Be water-wise, especially in drought-affected areas
3. Pinch out sideshoots on tomatoes
4. Harvest lettuce, radish, other salads and early potatoes
5. Hoe borders regularly to keep down weeds
6. Mow lawns at least once a week – but consider leaving some areas uncut for wildlife
7. Plant out summer bedding
8. Stake tall or floppy plants
9. Prune many spring-flowering shrubs
10. Shade greenhouses to keep them cool and prevent scorch



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Heddingham Heritage Society

Our next meeting: **Thursday 6th June**
'The river Stour and its navigation'
James Lunn - River Stour Trust
7.30 pm Castle Heddingham Memorial Hall



The River Stour Navigation dates from 1705 and is one of the earliest river navigation improvements of the modern age. It remained in use for commercial traffic for over 200 years connecting the industrial town of Sudbury with the Stour estuary port of Mistley and the major ports of Ipswich, Harwich and London. This month we will be looking over the border to our neighbouring river and its navigation with a talk by James Lunn from the River Stour Trust.

Our July meeting has changed on our programme and Jan Cole will now be coming to talk on Sir John Hawkwood and the White Company Thursday 4th July – 7.30pm Castle Heddingham Memorial Hall (Our July Battle of Britain meeting has been rescheduled to Thursday 3 October)

**Do join our local and natural history society, annual membership for 2024 is £15
Members free for all walks and talks, non-members -£5
All Welcome**

Rob: 01787460664 **Trudi:** 01787462889 **Peter:** 01787469953
www.heddinghamheritage.org.uk
heddinghamheritage@gmail.com

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Saturday 8am - 4pm.

Sunday 8am - noon.

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Castle Hedingham Post Office

Open Monday 9am - 4pm.

Tuesday, Wednesday and Friday

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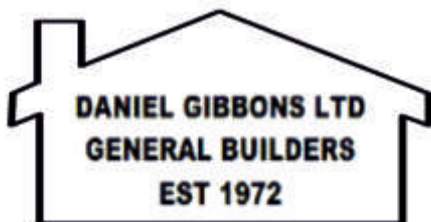
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Ollie has definitely mellowed. Our resident black cat has watched a brood of baby robins fly the nest without the slightest twitch of his tail! He hasn't even tried abseiling off the garage roof to reach the blue tits' nesting box. Apparently he is more interested in finding a home for Lizzie, a pretty, but shy, tabby cat that has been with us since last summer.



She is slow to come to you, hardly surprising after being cast aside, yet another casualty of the pandemic. She arrived pregnant and with her first litter of kittens, all of which have been homed. Now she waits for that special someone with the patience and love she deserves. We can loan a large crate to house Lizzie as she is introduced into her new home.

We still have Lily and Grey, a bonded pair of Saluki dogs. They are looking for a loving home with a comfy sofa. If you could be the perfect person for them or our pandemic puss, please visit them between 10am and 1pm, Thursday to Sunday. That pesky puss has just smashed Mum's favourite mug in the kitchen. Now, instead of admiring a cute Yorkie dog as she sips her tea, Mum has a photo of Ollie staring back at her but he's not so clever. He hasn't noticed there is a different picture on the other side. Yes, you guessed it, it's a photo of me, Kenny (the Boss) Chihuahua!



Suffolk & Essex Small Animal Welfare Reg.Charity No.1124029
Stoke Road, Leavenheath, CO6 4PP.
Tel: 01787 210888, 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

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Castle Heddingham, CO9 3BY

77 Swan Street,
Sible Heddingham, CO9 3HT

Tel 01787 461 465

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

**A Trust Fund exists in Castle
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For more information please
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Mrs Brenda Beadle 01787 460336

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Puzzles



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 8 | | | | 2 | | | |
| 5 | | | | | 1 | 8 | | 3 |
| 3 | 1 | | | 9 | | | | |
| | | 8 | | | | | 1 | |
| 2 | 9 | | | | | | 8 | 7 |
| | 5 | | | | | 4 | | |
| | | | | 4 | | | 2 | 9 |
| 4 | | 7 | 5 | | | | | 8 |
| | | | 1 | | | | 5 | |

Sudoku Solution on next page



QUIZ

1. Who wrote the novel *Candide*?
2. For what does the S stand in MSF?
3. In 'Allo 'Allo, whose painting of the Fallen Madonna is a major plot point?
4. Frank Lampard played the majority of his career at which premiership club?
5. Which form of electromagnetic radiation has a wavelength between that of Infra Red and Ultra Violet?
6. Whose 1969 'Spirit in the Sky' was a one hit wonder for two additional bands?
7. Who had a hit in 2009 with Hotel Room Service?
8. What is the state capital of New Hampshire?
9. On Ordnance Survey maps, a blue triangle denotes what?
10. Which two elements make up Pyrite?



Answers: 1. Voltaire 2. Sans 3. Van Klomp 4. Chelsea 5. Visible Light 6. Norman Greenbaum 7. Pitbull 8. Concord 9. Triangulation Point 10. Iron & Sulphur

Advertising Rates

The Heddinghams Parish Magazine

The magazine is an A5 size booklet delivered free of charge to over 2600 households in Sible and Castle Heddingham. 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 **Jul/Aug** edition should be submitted by **14th June** to **hedparmag@gmail.com**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 8 | 4 | 3 | 5 | 2 | 6 | 7 | 1 |
| 5 | 7 | 2 | 4 | 6 | 1 | 8 | 9 | 3 |
| 3 | 1 | 6 | 7 | 9 | 8 | 2 | 4 | 5 |
| 7 | 4 | 8 | 2 | 3 | 5 | 9 | 1 | 6 |
| 2 | 9 | 3 | 6 | 1 | 4 | 5 | 8 | 7 |
| 6 | 5 | 1 | 9 | 8 | 7 | 4 | 3 | 2 |
| 1 | 6 | 5 | 8 | 4 | 3 | 7 | 2 | 9 |
| 4 | 3 | 7 | 5 | 2 | 9 | 1 | 6 | 8 |
| 8 | 2 | 9 | 1 | 7 | 6 | 3 | 5 | 4 |

Sudoku Solution

| Size of Advert | Annual Rate (7 issues) | Single Issue Rate |
|----------------|------------------------|-------------------------|
| ¼ page | £98 | N/A |
| ¼ page | £112.50 | £20 |
| ½ page | £245 | £42 |
| Full Page | £476 | £78 |
| Back Cover | £525 | N/A |
| 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 Heddinghams 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



| | | |
|-------------------------|--------------------|--------------|
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| Associate Priest | Rev Justin Tomkins | 01787 237211 |

Saint Nicholas' Church, Castle Hedingham

| | | |
|---------------------|---------------|--------------|
| Churchwarden | Sue Southgate | 01787 461638 |
| Secretary | Rosemary King | 01787 469541 |
| Bell Ringing | David Newton | 07919 043544 |

Saint Peter's Church, Sible Hedingham

| | | |
|---------------------|-----------------|--------------|
| Churchwarden | Tracy Goodchild | 07530 244799 |
| Secretary | Glenys Young | 01787 463848 |
| Bell Ringing | Janice Watkins | 01787 460900 |

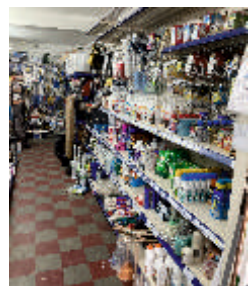
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Parish Contacts



| | | |
|-------------------------------------|------------------|----------------------|
| 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 |
| Friends of St Peter's Church | Hilary Phillippo | 01787 469189 |
| 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 |
| Hedinghams 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 |
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| Thursday 11 th July London – MATINEE PERFORMANCE | “FROZEN” | £84.00 |
| Friday 12 th July London – EVENING PERFORMANCE | “MRS DOUBTFIRE” | £89.00 |
| Thursday 25 th July London – MATINEE PERFORMANCE | “BACK TO THE FUTURE” | £99.00 |
| Wednesday 14 th August Southend – MATINEE PERFORMANCE | “PRETTY WOMAN” | £75.00 |
| Thursday 5 th September Southend – EVENING PERFORMANCE | “101 DALMATIANS” THE MUSICAL | £85.00 |
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| Thursday 19 th September London – MATINEE PERFORMANCE | “FAULTY TOWERS” | NEW! £99.00 |
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| Sunday 13 th October Southend – MATINEE PERFORMANCE | “LORD OF THE DANCE” <small>A LIFETIME OF STANDING OVATIONS</small> | £85.00 |
| Wednesday 6 th November Southend – MATINEE PERFORMANCE | “GREASE” | £69.00 |
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| Tuesday 3 rd December London – EVENING PERFORMANCE | “MEAN GIRLS” | £105.00 |
| Friday 6 th December London – EVENING PERFORMANCE | “THE DEVIL WEARS PRADA” | £79.00 |
| Thursday 12 th December London – DAY VISIT/REVENUE PERFORMANCE | “STARLIGHT EXPRESS” FRONT ROW SEATS! <small>WITH FREE TIME AT LONDON DESIGNER OUTLET</small> | £149.00 |
| Monday 23 rd December London – MATINEE PERFORMANCE | “THURSFORD SPECTACULAR” | £95.00 |
| Tuesday 7 th January London – MATINEE PERFORMANCE | “OPERATION MINCEMEAT” | NEW! £79.00 |

Come and join us on the above visits in our Executive 18 seat Mini Coach with air-conditioning, USB points, leather reclining seats and a panoramic roof. All visits require a minimum number of passengers to proceed.