



September /October
2024

Edition 201



USEFUL NUMBERS

Braintree District Council	01376 552525
Colchester Hospital	01206 744491
Doctors Car Service	07845 596092
Freshwell Health Centre	01371 810328
Hedingham Medical Centre:	
Castle Hedingham	01787 461465
Sible Hedingham	01787 460612
Kaaren Berry, Parish Clerk	07341 264219
Little Chestnuts Preschool	079018 80914
Pumphouse Brewery	07801 042545
Church Warden Brian Moody	01787 237974
St Margaret's School	01787 237354
The Green Man Public House	01787 237418
Toppesfield Community Shop	07895 510767
Toppesfield Village Hall Bookings	
Frances Winter	07809 237789
Vets - Ardmore, Gt Yeldham	01787 238255

TOPPESFIELD COMMUNITY SHOP

Church Lane, Toppesfield. Tel: 07895 510767

Fresh Fruit & Vegetables, Milk, Newspapers, Confectionery, Pet Food, Dairy Products, Meat & Poultry, Coal and Kindling, Cards, Stationery and lots more!

Monday—Friday

8.30 am— 4.00 pm

Saturday—10.00 am—12.30pm

TOPPESFIELD POST OFFICE

Church Lane, Toppesfield

Wednesday - 10.00 am—1pm

Services include: Special Delivery, Mobile Top Up, Insurance Services, Household payments, Travel Money, Moneygrams, Savings Accounts plus more!

Toppesfield Parish Council

Your Councillors are - Amanda Smith, Kitty Bourlet, Frances Winter, Jeremy Graves, Paula Edwards-Holmes, Jane Daines and Chris Neale.

Parish Clerk — Kaaren Berry

Parish Council Meetings are normally held on the first Thursday of every month in the village hall. You are welcome to attend the Open Session which starts at 7.30pm.

Toppesfield & Gainsford End Parish Newsletter — Published by Toppesfield Parish Council

Editor: clerk.toppesfieldparishcouncil@gmail.com

Please submit your articles for the next newsletter by 19th October 2024

Please see our online resources to find out what is happening

Facebook Pages :-

Toppesfield & Gainsford End Community

Toppesfield Village Hall

Toppesfield Village Stores

The Green Man, Toppesfield

Pumphouse Community Brewery

Toppesfield and Gainsford End Neighbourhood and Development Plan

Twitter & Instagram— Toppesfield & Gainsford End Community

Website—<https://e-voice.org.uk/toppesfield-parish-council/>



From the Parish Council



I hope all of you who have children or grandchildren in School have had a wonderful Summer Holidays, I know it can also be a difficult time trying to also balance work! (I am speaking from experience!) I know that we have really enjoyed being at home this year, and have made multiple trips to the playground via the shop for an ice lolly! The Garden Café has had some wonderful updates this summer, and it is fabulous to see people enjoying it. Those of you who have children starting school for the first time this September, I wish your littles all the best, and a nice happy transition into School life.

September brings the start of all things Autumn, but also waving goodbye to Summer. The Village show always feels like a goodbye to summer for me, being able to marvel at all the fabulous things people have grown and made or created. It is one of the traditions in the Village that I think I love most, but one that only can happen if we take part – both in entries and attendance. We do hope so see many of you there. And perhaps with Autumn, we can start some new traditions – the introduction of Tickleball looks like it could become a contender!

In other news, it was lovely to reminisce about “The Big One” at Toppesfield Vineyard for the large harvest last year, and to think we are there again! Time does really march on, but it feels like we have some exciting village events ahead, including a Cheese and Wine night, a Quiz night and more! I am constantly reminded of the strong community we have in the Village, which includes coming together to support one another when some of our most loved ones pass - and am feeling very glad to be part of it.

Kitty Bourlet
Chair

Parish Council Information

A summary of Parish Council goings-on at the July and August Meetings:

During the public session in July discussions included: if there were any grants available for ponds and if so could the one in Gainsford End be re-instated. The state of footpaths and repair of the village gates.

In July parish council business included:

- Chris Neale was co-opted onto the parish council giving a full complement of Councillors.
- Parish Council policies continue to be reviewed and updated.
- It was agreed to arrange a waste collection vehicle to visit the parish in September.

In August District Councillor Richard van Dulken reported:

- Angela Rayner wants to make changes to the planning process, but this should not affect Toppesfield greatly.
- Housing targets for each authority have been increased. Braintree's has increased to 1098 per year. Also, there is a push forward for larger schemes i.e. solar farms, pylons and inland wind farms.
- The Councillors Community Grant fund is open for applications.
- He is now on the Essex Pension Fund advisory board.

Other business included: the speed of traffic through the parish, overhanging vegetation and the condition of some of the footpaths. A tree planting project is being looked into but locations for the trees need to be found. A waste collection vehicle has been booked and will be in attendance at the phone box in Gainsford End from 10am to 10.50am and from 11am to 1pm at the Pump in Toppesfield.

Full minutes of each meeting can be found on the parish website: [Minutes - Toppesfield Parish Council \(e-voice.org.uk\)](https://www.e-voice.org.uk/minutes-toppesfield-parish-council)

If you have any concerns you would like to raise with the Council, ideas for projects or anything you would like to parish council to consider please do get in touch or attend the open session at a Parish Council meeting. There is a public session held at the start of every parish council meeting from 7.30pm —7.45pm.

Toppesfield and Gainsford End Village Show 2024

Saturday 14th September

Toppesfield Village Hall 2.00pm

Show day is fast approaching. I do hope you have been keeping an eye on your flowers, fruits and vegetables and well as practising your baking, needle, photo and paintbrush skills.

There is something for everyone in the show and I do hope you are going to enter. Just one class would be fantastic.

There is going to be an amazing raffle, stalls by local suppliers and games, competitions and fun activities for all. Then when you have had a look around the exhibits sit and enjoy a delicious cream tea and catch up with friends.

Dates to note:

Thursday 12th Sept bring your entry forms to the **village hall** between **7.00pm and 8.00pm** to collect your exhibitor's cards. If you can't get to the village hall on Thursday evening you can leave your **entry forms at the shop by Thursday 12th** and I will sort your exhibitor's cards for you.

Please note the **age must be on the children's entry forms.**

Saturday 14h Sept Please bring your entries , complete with exhibitor's cards to the **village hall between 8.30 am and 10.00 am.**

Saturday 14th Sept 2.00pm Come and check on your entries and enjoy the show.

Donations for the raffle will be most welcome and can be left at the shop.

I am looking forward to seeing you and your exhibits at the show.

Ann Read



St. Margaret of Antioch Toppesfield

SERVICES

1st SEPT. MORNING PRAYER 11.00am

8th SEPT. HOLY COMMUNION 11.00am

15th SEPT. MORNING PRAYER 11.00am

22nd SEPT. HOLY COMMUNION 11.00am

29th SEPT. BENEFICE SERVICE 11.00am

AT ST. PETER'S, SIBLE HEDINGHAM.

6th OCT. HARVEST FESTIVAL 4pm

13th OCT. HOLY COMMUNION 11.00am

20th OCT. MORNING PRAYER 11.00am

27th OCT. HOLY COMMUNION 11.00am

3rd NOV. MORNING PRAYER 11.00am



News from the Footpaths



As some of you will be aware from the splendid Toppesfield Forum Site, on Facebook, I have been leading walks around the parish on the labyrinth of footpaths within the parish.

Rather than just respond to issues with footpaths from third parties, it makes it easy to keep on top of any maintenance issues first hand and get some active exercise whilst having a walk, we have an active core of walkers, that meet at the Pump every Thursday 10 AM we have completed nine walks, eleven walks so far since inception with No injuries and only 'One 'wrong turn !!!

Please feel free to join us for a walk and a chat and a coffee at the cafe after .

There is only one issue brought to my attention by a regular walker on the fields parallel to Yeldham Road and that is that the farm field paths are not kept clear.

I am not sure who is responsible at present but I will be making strides to get the issue resolved. Walkers are trampling over the crops if they cannot follow a pathway.

Thanks go to the Mortlock's for keeping the pathways clear

Paul Thompson



TOPPESFIELD ALLOTMENTS with NASLAG

Welcome to our latest recruits the Colliers who have taken Amanda Smiths old plot.

Those that have visited the site recently will notice that the orchard grass has been cut in anticipation of a picnic area, which I will be laying to lawn in October.

WHAT TO GROW

Planting in September is a good idea as it provides you with an earlier crop in spring, makes use of otherwise empty soil and saves you time on spring planting. Plenty of vegetables and flowers can be sown or planted in the UK in September, including hardy annuals like pot marigold and love-in-a-mist, which will bloom a couple of weeks earlier than those from a spring sowing. In the vegetable patch, crops like garlic and broad beans can be planted now, for earlier harvests the following spring and summer.

Compost any weeds and spent crops before the winter, we have a compost heap at the rear of the Fire heap.

This has been a wet season, but a very productive one .Allotment Newbies have done extremely well.

Well done Hayley and Annie !!!!! its so nice to see the kids getting out at the allotments and getting some great fresh air.



TOPPEFIELD ALLOTMENTS with NASLAG continued

Vegetable Bed

Vegetables to plant in September

Spinach



Sowing spinach in a seed drill

Spinach can be sown now for pickings next spring. Sow direct in shallow drills in well-prepared soil, or in pots. Cover with fleece or a low cloche from October onwards.

Sowing broad beans in autumn means plants can establish over winter and crop earlier the following spring. Cover plants with fleece during hard frosts or snow. Try broad bean 'Aquadulce Claudia', which does well from an autumn sowing.

Like broad beans, hardy peas can be sown in September to overwinter and produce an early crop. Choose winter-hardy varieties like 'Douce Provence' or 'Meteor'.

Best Regards

Paul Thompson

Chair in association with Clare, Admin Manager and our resident Herb Garden Manager Linda Pritchard

Speeding Vehicles through the parish



The Parish Council have received various complaints about vehicles speeding through our parish. The complaints are not just about farm vehicles, which because of their size appear intimidating especially at speed but all types of vehicles.

Whilst it is difficult to identify those who do speed through the village, as they are not usually residents, one local contractor has asked if you see any farm vehicles speeding please can you note where and when the speeding occurs and what type of vehicle it was.

Also if you can get a registration or photo this would help to identify the drivers and which landowner the vehicle belongs to more efficiently. Such information can be passed to the parish clerk who will forward this on.



Each summer concerns are raised due to the increased pedestrian and cycle presence on our roads. But speeding vehicles are a concern all year round. Our rural location means vision is restricted and roads are more dangerous winter.

The Parish Council are making enquires into speed calming measures to go alongside or reduce the current 30mph speed limit in parts of the parish. However this would not be something which would happen quickly as projects such as this have to go through Essex Highways.

Therefore please please slow down to avoid any accidents occurring.

Thank you



Bring out your rubbish!



The parish council has arranged with Braintree District Council for an Amenity Vehicle to come to Toppesfield and Gainsford End on Saturday 21st September 2024.

The vehicle is for general household waste, including kettles, irons, microwaves and small TVs.

Please note that it will not take asbestos, liquids, tyres and white goods and the operatives will refuse any such items.

The vehicle will be at the telephone box in Gainsford End from 10am to 10.50am and from 11am to 1pm at the Pump in Toppesfield, (opposite the Green Man pub).

Please note the change of rules, a list of POP's items no longer allowed to be picked up are shown below:

- ***Sofas***
- ***Sofa beds***
- ***Armchairs***
- ***Kitchen & dining room chairs (containing any upholstery)***
- ***Stools & footstools (containing any upholstery)***
- ***Home office chairs (containing any upholstery)***
- ***Futons***
- ***Bean bags, floor and sofa cushions***

Including any part made of or containing leather, synthetic leather, other fabric or foam.

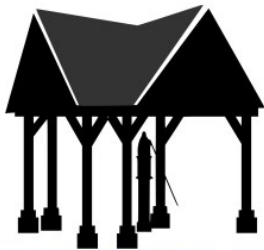


TICKLEBALL

Introducing Toppesfield's latest sporting offer – Pickleball which we have re-christened Tickleball as strictly speaking the hall is not big enough for a full court.... It's a racquet sport played with plastic solid paddle's and a plastic ball with holes in, usually on a badminton court, with four players on court. It's more forgiving than tennis and fun for all ages and abilities and there are some useful explanatory videos online if you google it!

We are playing each Thursday, 6-7pm in the school hall and would love more people to join us. There's a small charge to cover costs and so hopefully so we can invest in some more equipment in due course. It's very sociable and relaxed and we are a friendly bunch.

Please let me (Belinda) know if you would like to come along and see what it is all about! 07825647403




TOPPESFIELD Walking Group

Meet every Thursday, at the pump 10.00am



**Come along and
join in our
Community walk
Dogs Welcome**

**Refreshments after @
Community Shop**

 **Garden Cafe**

TOPPESFIELD *Community Shop*



Garden Cafe

It is with enormous pleasure and indeed a certain amount of pride, that we can announce the groundwork of our Garden Cafe is now complete.



We've had the area completely overhauled. Leveling and re-turfing the garden area has made it a much safer, more comfortable place to enjoy a welcome break.

Coffee, teas, cakes, rolls, biscuits and ice-creams are always available. Don't forget in the colder months, hot soup, just the thing to warm you up after a bracing walk or cycle ride.

Open

Monday - Friday 8.30 - 4.00

Saturday 10.30 - 12.30



2024 Harvest

Thanks to everyone who helped with last year's harvest – it has become known across the UK wine industry as 'The Big One'! The huge crop was due to the near perfect weather for grapes at key times of the growing season - a warm June, wet August and hot September all contributed to a very heavy crop. Whereas we normally finish grape picking at around 1pm and settle in for a traditional harvest lunch accompanied by a few glasses of last year's vintage, many of our kind volunteers went back into the vineyard after lunch....some even came back on the following Wednesday to pick the final rows. Our sincere thanks as always to everyone who contributed to this amazing day. Just to let you know that the 2024 harvest is looking very 'light' so we should be back to harvest lunch around 1pm. We will post the date on social media as we get closer to decision time and hope that we can have a more enjoyable and less stressful harvest in 2024!



It has been an interesting few months at Toppesfield Vineyard....

Beau Monde Luxury Travel Writer

We are very excited to have been featured in Beau Monde's Luxury Travel media following a stay by American travel writer, Glenn Harris in June. Glenn, a partner in Beau Monde, focuses on "international travel, fine dining, and luxury lifestyle events. His wanderlust has taken him to over 105 countries where he is constantly straying off the beaten path uncovering new and exotic finds. He particularly enjoys seeking out lesser known travel gems and places to stay, dine, or experiences to capture."

He has written about vineyards and Wine Tourism all over the world and we are delighted that he selected Toppesfield Vineyard as one of his first UK wine tourism experiences.



You can see his video and article via the links below:

<https://youtu.be/PFTTUfg22CE>



Discover Toppesfield Vineyard: One of England's Best Wine Retreats

<https://beaumonttraveler.com/content/toppesfield-wines-and-vineyard-retreat/>

Photo shoot for White Stores

We are delighted that the White Stores (www.whitestores.co.uk) marketing team chose Toppesfield Vineyard again to shoot the photos and videos for their website and brochure. They have a lovely range of outdoor furniture and particularly like our animals who love to pose for the camera....



**The Next Village Markets will be held at
Toppesfield Village Hall on:**

Saturday 7th September – 10.30 am – 12.30 pm

Saturday 5th October – 10.30 am – 12.30 pm

Saturday 7th December – Christmas market - times to follow

Please pop along to see what is on offer from fresh meat, jams, pastries, and cakes to handmade crafts, cards, jewellery and more.

Or pop in for a tasty bacon roll and a cuppa with friends.

Please note: there is no market at Toppesfield Village Hall in November but there is one at **Stambourne Village Hall**

on 26th October from 10.30am – 1.30pm

PUMPHOUSE

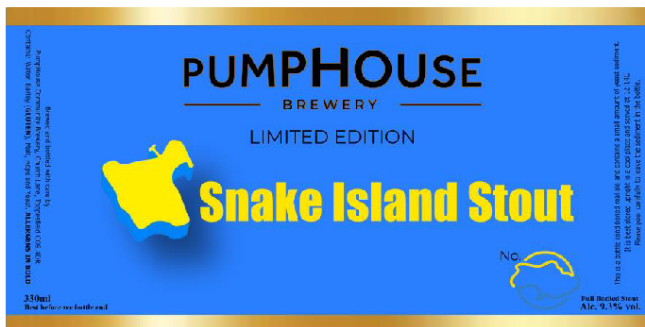
BREWERY

It's been a busy summer at the brewery and it looks as though it will continue that way for the rest of the year.

It always seems perverse to start thinking about winter and Christmas in the height of summer but such is the need to plan ahead that we have no choice!

Our Christmas Ale this year will build on previous years' successful brews but with some extra twists this time. A deep amber coloured brew with hints of winter spices will produce a warming drink with subtle overtones from the ginger, clove, cinnamon and cardamon that will be introduced to the brew just before filtering into the fermenters.

We will also be bringing back out popular strong stout. This will be having a bit of a makeover, not in the brew itself but in its name and branding. We have decided to rename the beer as 'Snake Island Stout', produce a new label and make a donation from each bottle sold to British-Ukrainian Aid, a Charity Registered in England and Wales (Reg no.1164472)



<https://british-ukrainianaid.org>. The charity supports the work done to assist people suffering from the war and the resulting humanitarian crisis in Ukraine, including the injured and wounded, orphaned children, the elderly, internally displaced persons, refugees and families who have lost their main earners.

More immediately, we will be holding our own Oktoberfest, following on from last year's successful event. This will be held on Sunday 29th September in the Pallet Bar at the brewery (before you ask why we would hold an Oktoberfest in September, in Munich the Oktoberfest is held from 21 September to 6th October: perhaps it should be Septoberfest?).

We will have a selection of Pumphouse beers, some wine and soft drinks and there will be a barbecue with burgers and sausages.

Put the date in your diary now and we look forward to seeing you.

TOPPESFIELD OKTOBERFEST
SUNDAY 29TH SEPTEMBER AT THE BREWERY
'PALLET BAR' FROM 2:00PM – 8:00PM
BEER & WINE, FOOD AND MUSIC



Toppesfield Then and Now

The first newsletter was published in Autumn 1982, was included in your last newsletter July/ August 2024 and was published quarterly. The newsletter has gone through many changes to the fantastic colour publication that it is today. It is published every two months and provides a great deal of useful information and details of what is going on in our parish. I thought it would be interesting to compare what was going on in Toppesfield in 1982 to what is going on now.

1982	2024
Church weekly services.	Church weekly services. Messy church several times a year.
Congregational Church. Weekly services but in school room at the back as Chapel in need of repair.	Chapel now a house. Purchased and converted into a house May 2005. School room taken down in July 2007 Last service 19 th January 2003. Silent auction of contents went to the shop.
Doctor's car service.	Doctor's car service still going.
Sick room equipment. Started with a wheelchair purchased with remaining balance from Royal Wedding Celebrations.	Now a shed full of various equipment and greatly used.
Meals on wheels .Meals supplied by Gt Yeldham School and delivered with the school meals.	No longer available.
Football Club	Football club. Disbanded finally in 2013.
Garden Society. Originally started to support the annual show. Met every two months. Had visiting speakers, visits to gardens and went abroad to Holland to the bulb fields and Paris and visited Versailles and Fontainebleau.	We still have our annual show .
1st Toppesfield Brownies Met weekly.	Brownies Now joined to Gt Yeldham.
Toppesfield Play Group Met two mornings a week.	Now Preschool .Meets five days a week in term time . Has just celebrated 50 years.
W.I.	W.I.
Met monthly with visiting speakers.	Started 1972 . Closed in 2013

1982	2024
Good Companions Met monthly and twice a month in the Winter. Had speakers and outings	Disbanded but have The Friday Club which meets on Friday afternoon in Green Man.
Luncheon Club Looked to start a luncheon club which provided a home cooked meal for pensioners. This did run for a long time.	Luncheon Club No longer in operation.
WEA Series of twelve weekly lectures on various topics including Local history, Roman Britain, Natural History	WEA No longer in operation.
British Legion. Joined with Gt Yeldham branch	British Legion. No longer a local branch but still nationally very active.
Gainsford End Mission Built in 1028 and was all denominational.	G.E.Mission Closed in 2009. Donation from sale given to install a toilet in St Margaret's Church.
	Now
	Community Shop -opened 2002
	Monthly market
	Community Pub - purchased 2012
	Community brewery - registered 2015
	Allotment society
	Boules /Bowls Club
	Cricket club
	Weekly walking group.

Historical interest

Going through the old newsletters I thought that there were a couple of items of real importance to the village.

Gainsford End Windmill - A fine tower mill built in 1869 by John Eley and had three sets of stones. A pulley wheel added so that one set of stones could be driven by a steam engine. Last worked in early 1930's. Added to and converted into house in 2006.

St Margaret's Church Toppesfield Bells - Bell tower and ringing chamber refurbished and bells repaired, and new ones cast so now we have a tower of eight bells. Bells dedicated in 2008.

What an amazing village Toppesfield is. We are so lucky to live here.

Please forgive me if I have recorded any of the dates incorrectly.

Ann Read

From the past.....Great Yeldham Station



Great Yeldham Station in 1968

Located on the north side of Toppesfield Lane, the station opened in 1860, two years after the station was first meant to open. This is because of a dispute between the Eastern Counties Railway, Colne Valley and Halsted Railway delayed the opening building until the line was complete. As with many rural lines, the popularity of the motor car quickened the decline of many stations, including Yeldham.

Yeldham's passenger service was eventually withdrawn in December 1961. But freight traffic lasted until April 1965 and the track was lifted the following year. In 1973 however, two railway enthusiasts put forward a proposal to rebuild a short section of the railway to operate a steam service as a tourist attraction. After several planning applications, permission was granted to relay a mile of the line west of Castle Hedingham. The first steam train subsequently went through the line in August 1973.

The track bed through the station was cleared of vegetation a few years ago and is now a public footpath.

CHEESE & WINE

Night

TASTE, ENJOY, AND SOCIALIZE AT
TOPPESFIELD CHEESE AND WINE

£15 PER
TICKET*



SATURDAY 21ST SEPTEMBER 2024 - 7PM TO 9PM

*BLOOMS FARM, DELVIN END, CO9 3LN, by kind
invitation of Trine and Angus*

CONTACT BELINDA FOR TICKETS - 07825 647403

**ticket includes first drink & all your food*

IN AID OF ST MARGARET'S CHURCH, TOPPESFIELD



Nature Quiz

1. What is the collective name for a group of crows?
2. What type of creature is a barracuda?
3. Delphinus delphis is the Latin name for which creature?
4. What breed of dog used to be sacred in China, and could only be owned by members of the Chinese Imperial Palace?
5. How many wings does a bee have?
6. In 1971, what happened in the Atacama Desert for the first time in 400 years?
7. What is the scientific name for a turkey's wishbone?
8. In which continent would you find Ayer's Rock?
9. Lemurs are only native to which country?
10. True or false: a donkey can see all four of its feet
11. Which gender of mosquitoes bite people?
12. How tall is a baby giraffe at birth?
13. What is the heaviest insect?
14. What does an anemometer measure?
15. Which layer protects the Earth from the Sun's harmful ultraviolet radiation?
16. What does a nidologist study?
17. A cloche can help protect plants from what?
18. Which reddish-brown colour gets its name from a pigment extracted from cuttlefish?
19. What type of creature is a Pacific Sea Wasp?
20. The kakapo is the only flightless species of which type of bird?



Answers on page 26



FOSMS Fundraiser

QUIZ NIGHT

Save the date:

**FRIDAY 18TH
OCTOBER**

Toppesfield Village Hall
from 7pm



Danaher Animal Home



Zelda:

Zelda has been in kennels for a while now and is finally ready to find her forever home!

This gorgeous girl is bouncy and full of the joys of spring! Being a large dog, Zelda can be strong on the lead and does not approve of the halti that we tried to introduce her to! So is looking for a strong person that can handle her out on walks and help teach her that its much more enjoyable to walk on a loose lead!

Zelda likes dogs but lacks some of the social skills she needs to greet them politely so although she would love to walk alongside other dogs out and about, she is looking for a home where she can be the only dog and the centre of attention!

This special lady is so affectionate! And really does love human company. She needs a family that is at home most of the time and can give her the love and attention that she needs and craves!

We hope Zelda will find her perfect home soon!

Toulouse:

Toulouse is a distinguished gentleman of 13 years with a heart full of love and a character that's sure to bring a smile to your face. This dapper feline is in need of a new forever home, one where he can bask in the sunshine of your affection and enjoy his golden years in comfort.

He's a character with a particular peculiarity: food is his absolute passion. Toulouse is looking for an experienced owner who understands the importance of mealtime and will be considerate of his protective nature around his food and bowls. Toulouse's enthusiasm for his meals needs a loving hand that knows how to manage his hyperthyroid condition. With the right care, Toulouse's condition is manageable, leaving plenty of room for his personality to shine.



Toulouse would settle best in a home with older children and adults. While he doesn't seek out cuddles incessantly, Toulouse has a heart that warms up to those who show him patience and kindness, especially when they come bearing the gift of food. Adopting Toulouse means bringing into your life a cat with a story, a feline full of character, and a pet who, with your care and understanding, will reveal his truly lovely nature.

If you are able to help home either Zelda or Toulouse please get in contact with us at: [RSPCA Danaher Animal Home](https://www.rspca.org.uk/danaher)



Affiliated to



Stambourne Chapel Care

*Matthew 25:40 (CEV) The king will answer,
"Whenever you did it for any of my people,
no matter how unimportant they seemed, you did it for me."*

Stambourne Chapel Care is looking for volunteers. We cover the villages between Haverhill, Halstead and Braintree.

If you have a few hours to spare and would like to give something back to your community then please get in touch.

We have various opportunities.

Befriending- visiting someone who is feeling lonely for a chat and a cuppa. This can be weekly, fortnightly or monthly depending on your availability and the needs of the person you are befriending.

Transport- transport to hospital appointments, social events, shopping. Again this may be weekly, fortnightly or monthly.

Help with fundraising events- running a stall, providing prizes for raffles or cakes for refreshments.

Lunch club helpers- people to help with transport, cooking, serving food, clearing up, washing up. Chatting with our visitors.

Outings group- help with transport, organising outings.

Trustees- we are planning to become an independent charity and are looking for trustees. If you would like to have a say in the running of the charity and can spare an evening every couple of months for a meeting, we'd love to hear from you.

Project Lead- Jill Holmes
email: holmesjill30@gmail.com
Tel: 07883423528



STAY SWITCHED ON

Are you ready for the end
of analogue landlines?

Confused, worried, unsure?

Contact your telephone provider

or visit www.essex.gov.uk/landline-switch

12 Things to Always Remember:

1. The past cannot be changed.
2. Opinions don't define your reality.
3. Everyone's journey is different.
4. Things always get better with time.
5. Judgements are a confession of character.
6. Overthinking will lead to sadness.
7. Happiness is found within.
8. Positive thoughts create positive things.
9. Smiles are contagious.
10. Kindness is free.
11. You only fail if you quit.
12. What goes around comes around.

Answers:

1. A murder
2. Fish
3. Dolphin
4. Pekingese
5. Four
6. Rain
7. Furcula
8. Australia
9. Madagascar
10. True
11. Female
12. 6 feet
13. Beetle
14. Wind speed
15. Ozone Layer
16. Bird's nest
17. Frost
18. Sepia
19. Jelly fish
20. Parrot



BAR OPENING HOURS

Monday - Closed
Tuesday - Thursday 3 - Close
Friday - Sunday 12 - Close

KITCHEN OPENING HOURS

Wednesday & Thursday 5-8
Friday & Saturday 12-9
Sunday 12-4

Weekly specials
Sunday Roast featuring sirloin of beef and large
selection of fresh vegetables

What's On

Pub Quiz - First Saturday of the Month from 6pm
Proceeds to Air Ambulance

For take away and table bookings please call 01787 237418



TOPPESFIELD

Community Shop

***OFF LICENCE & GROCERIES**

BREAD -MILK - FRUIT & VEG -FROZEN FOODS

ICE CREAMS - BEERS - WINES - SPIRITS

STATIONERY - CARDS - STAMPS

COAL - PET FOOD - PLANTS

NEWSPAPERS - MAGAZINES - CIGARETTES



Garden Cafe

*no alcohol is to be consumed on the premises

OPENING TIMES

Monday	8.30am - 4.00pm
Tuesday	8.30am - 4.00pm
Wednesday	8.30am - 4.00pm
Thursday	8.30am - 4.00pm
Friday	8.30am - 4.00pm
Saturday	10.00am - 12.30pm



WEDNESDAY 10am - 1pm