

ST MARY & ST PETER NEWSLETTER



September 2025

CHURCH SERVICES

7th September – Twelfth Sunday after Trinity

9.30am at St Mary's – Patronal
Festival Holy Communion

5.00pm at St Peter's – Taize
worship

14th September – Thirteenth Sunday after Trinity

9.30am at St Peter's – Holy
Communion

21st September – Fourteenth Sunday after Trinity

9.30am at St Peter's – Holy
Communion

3.00pm at St Peter's – Messy
Church

27th September – Saturday

3.00pm at St Peter's churchyard –
Forest Church

28th September – Fifteenth Sunday after Trinity

9.30am at St Mary's – Holy
Communion

5th October – Sixteenth Sunday after Trinity

9.30am at St Peter's – Harvbest
Thanksgiving

To check for other services and any
alterations please email The
Reverend Heather Wilcox –
RevHWilcox@outlook.com



Deadline for submissions for the September edition: 15th August
Contact the editor via email: lwbnewsletter@gmail.com

Welcome to the September Newsletter.

So, it's September already and I've barely turned the central heating off. I'm back in the proverbial saddle for the coming autumnal round of craft shows and seasonal events—for which you will find adverts within these pages. I believe there will be a very good talk at the Boxted History Group in September too.

Wildlife Walks continue to be a popular opportunity to get out in the fresh air and enjoy the natural world around us. Or, for those with a few miles still left in their joints, an outing with Boxted Runners might be the

very thing to lose a few pounds and get the heart pumping harder. Or perhaps a friendly Quiz Night might be more your cup of tea? There will be one of those in the near future.

We owe the continued existence of this Newsletter to our esteemed advertisers. Please support them, if possible, so that they can continue to support us.

Finally, we need to recruit a new **delivery team member** in the Boxted Straight Road/Cage Lane area. Please get in touch if you'd like to help.

Steve Pollington,
Editor

Same Day Medical Appointments



Why face a worrying wait for care when there's an alternative to seeing your GP.

Prompt diagnosis and immediate peace of mind. We offer everything from check-ups and rapid diagnostic blood tests to full health MOTs and prescriptions.

Medical Appointments From £49 - 01206 625206

The Point Clinic, 1 De Grey Rd, Colchester, CO4 5YQ
Free Onsite Parking
www.hasslefreehealthcare.co.uk



Fun Dog Show

Saturday 27th September 2025 10:30am – 3:30pm

At Lawford Church, CO11 2JX

Registration from 10:30am - Judging will begin at 11am

How to enter: Pop along to the church from 10:30am on Saturday 27th September to register your dog in any of the classes. Classes start at 11am.



- Cutest Puppy (6 – 12 months)
- Golden Oldie (7 years+)
- Best Pedigree
- Best Cross Breed
- Most Handsome Boy
- * Prettiest Girl
- * Best Rescue
- * Poodles & Doodles
- * Waggiest Tail
- * Fancy Dress

Overall Best in Show – Free entry to 1st place winners in all classes

Entry costs £2 per dog per class entered and all funds raised will go to the Church Restoration Fund. Charity Number: 1133132



Rosettes will be awarded to the best 6 in each class with a trophy for the overall “Best in Show”

Plus – Have a go activity, Doggy stalls, Woofdown café, Doggy raffle, and games.

For more information Text or WhatsApp: 07922791247

BOXTED EVERGREENS

Unbelievably the year has rolled on to September already so below is an update for the Evergreens club covering the last six months of 2025.

In our June meeting we had a lovely flower display assembled by one of our committee members, which was then given as a prize.

In July we had a club favourite, our afternoon tea, with a selection of Salmon sandwiches followed by strawberries and cream, tea and coffee. There was a full complement of members for this meeting and thankfully we judged the food just about right.

The month of August will see us getting involved in a games afternoon which is something different for our members.

We have a guest speaker booked for September to talk about all gadgets and items from our past and October will be our AGM, followed by whatever our members choose, either a game of Bingo or a quiz. Our November meeting will be held at The Hub where we will be served a cream tea.

Finally to bring 2025 to a close we will be arranging our Christmas meal at a local venue.

The Committee have been busy putting together an entertainment programme for next year and hopefully we will be able to include details in the February magazine for the first half of 2026.

In the meantime, for any potential new members, we meet at Boxted Village Hall every fourth Thursday of the month between 2.00pm and 3.30pm.

The age of our members varies but the club would suit anyone over 60 so please come along and you would be given a warm welcome. Our members are always asked for their suggestions before our yearly entertainment programme is arranged and we do try our best to cater for everyone.

If you would like more information about our club please call Elaine on 01206 273183.

BOXTED RUNNERS

At Boxted Runners we love to champion our runners and highlight their successes.

In mid July Joanne Lambert achieved a new 5km personal best of 33:58 at the Coltishall Flying 5km.

In January 2025 Joanne was running 5ks in 47 minutes ,so in six months she's taken 13 minutes off her previous personal best. This is a phenomenal achievement in such a short period of time.

Joanne, you can be rightly proud of your improvement during 2025. There are no quick fixes or magic pills. It takes hard work, determination, fortitude and lots of willpower.

Joanne has demonstrated all these qualities in spades since she joined us in late 2022. It's not easy, but she's proved it's worth it.

In my opinion people who say they can't run should look at Joanne and say 'maybe I can!!'

I'm sure lots of our Club members are inspired by Joanne's story.

Jo has further improved her 5km PB. On 16th August Jo ran the Blickling Park Run in 33:04.

Superb Jo, just superb.

If *you're* inspired by Joanne's story and fancy joining Boxted Runners please contact us on admin@boxtedrunners.co.uk or visit our website boxtedrunners.co.uk



Langham Community Centre's

100 Club Draw

July winners were

1st Marlena Lipski

2nd David Gill

3rd Sylvia Mays

4th Karen Jones

New members welcome.

Contact

01206 323007

shannon955@msn.com .

WHEELCHAIR LOAN

The Short Term Wheelchair Loan Charity (Reg. No.112657, www.wheelchairloancharity.com), based at Clacton Hospital, helps people needing the short-term use of a wheelchair. The chairs are for all ages and reasons. The service is a perfect interim solution if you require a wheelchair for an occasion such as a holiday, a wedding or to help accommodate a visiting relative. The service is funded by donations and is free to users, although a deposit of £40 from borrowers is asked for.

Enquiries may be phoned to 01255 201763 or emailed to

wheelchairloan@gmail.com

LANGHAM Community SHOP

communityshoplangham@gmail.com
www.langhamcommunityshop.co.uk

01206 272431
find us on facebook


DEDHAM VALE
AREA OF OUTSTANDING NATURAL BEAUTY
& STOUR VALLEY

Foot Health by Lorraine
Registered Foot Health Practitioner

Offering convenient appointments in your own home
Trained to assess and treat recognised foot problems

- Toenail cutting/trimming
- Corns
- Callus reduction
- Verruca
- Thickened Nail reduction
- Athletes Foot
- Fungal Nail Infection
- Ingrowing Toe Nails
- Diabetic Foot Care

Qualified and Insured Foot Health Practitioner
Mobile Service

To book your appointment
M: 07531 692372

 Find us on   

E: lorraine.foothealth@gmail.com
W: foothealthbylorraine.co.uk

COLCHESTER CH HOME CARE

CQC registered for homecare & live-in care
Highly trained and compassionate carers
Services from 1 to 24 hours a day

Contact Sharon Cutter 07368 224486
admin@colchesterhomecare.com

www.cqc.org.uk/locations/1-13089837879

colchesterhomecare.com

PROBUS CLUB OF COLCHESTER

Our meeting on the 25th June was well entertained by one of the club's members: *Wandering around North America* by Jim Duffy.

This was Duffy's retirement adventures in 2004/05 and covered Canada and the USA. He flew to Toronto where he purchased a 35 foot motorhome. This was a Fleetwood Bounder, plus a car which could be towed with its four wheels on the ground. Ten wheels in all and the motorhome had a 7 litre engine and did 10 MPG.

He then showed a number of slides of many places where he and his wife stopped. Such slides included Lake Superior, St Lawrence Seaway, The state garden in front of the capital of Saskatchewan. He mentioned that he was Ex Royal Air Force and took the opportunity to visit a number of aircraft museums, one of which had a Lancaster bomber on display.

During the trip on the various overnight sites the fellow travellers were very friendly and joined them bringing their own beer, wine and food. They had only one mishap with

YOUR LOCAL FRIENDLY CARPENTRY SERVICE

CARPENTRY, JOINERY
AND BESPOKE
FURNITURE

FREE QUOTES & ADVICE
CONTACT ELLIOT TODAY

☎ 07881 096 212

✉ Info@bspokecarpentry.co.uk



KITCHEN BUILD &
OR FITTING



FITTED WARDROBES &
FOLDAWAY FURNITURE



DOOR HANGING &
ARCHITRAVES



MEDIA WALLS,
STORAGE & UNDER
STAIR UNITS



B.SPOKE
CARPENTRY AND JOINERY

a puncture in the USA but when they phoned for help it was to an office in Canada, that was no problem and they arranged for a breakdown truck to come and fix the wheel.

They drove 22,937 miles and completed their adventure in May 2005 where they sold the mobile home and the car.

This was a very interesting and entertaining talk by Jim who had stepped in at the last minute because the expected speaker had apologised and could not come to our meeting. Quite a number of questions were asked about his trip by those attending. On this occasion 23 attended including 6 ladies and one potential new member.

Our club is open to potential new members who have retired or about to retire from the Business and or the Professional community. If you would like to find out more about Probus and in particular our club then please contact

The Hon. sec Keith Augustus on
M: 07860 371714 or E:
keithAugustus@outlook.com or the
clubs president Mr Alan Gilbert on
T: 01206 853437 or E:
alangeorgegilbert@yahoo.co.uk

Bob Cash
Publicity Officer



**Family run health & wellbeing clinic on Park Lane,
Langham offering:**

- Physiotherapy
- Injection therapy (specialising in osteoarthritic joints)
- Massage therapy
- Pelvic health, pregnancy and post-natal care
- Scar therapy
- Lymphatic drainage
- General healthcare including minor illness appointments, blood tests, prescriptions, foot & skin care and more
- And NEW from January 2025... Aesthetics services!

**To enquire or book an appointment:
Call 01206 670216 or visit www.fortishealthandwellbeing.co.uk**

Craft Fair

Sunday 5th October

at Whatfield Village Hall

Rectory Road, SAT NAV IP7 6QU

10am - 4pm

**HOT & COLD REFRESHMENTS
SERVED ALL DAY**

Lots of stalls selling a wide variety of crafts

Come along, bring your friends and family

Shop for Christmas, birthdays or just treat yourself

BUMPER RAFFLE - lots of great prizes!

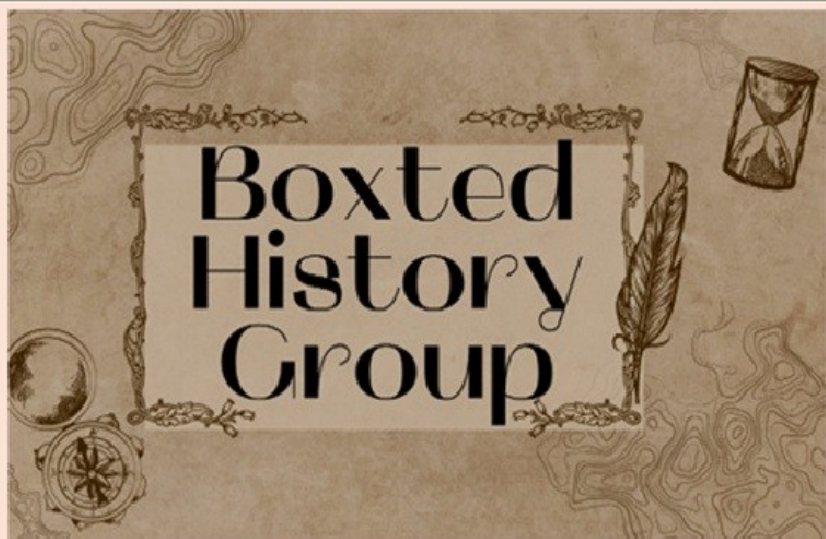
All proceeds to -



**Success
AfterStroke**

Registered Charity No. 1211565





A friendly and welcoming group meeting regularly at the Village Hall with occasional trips. Come for just one evening (entry of £5) or take a year's membership for just £15.

You don't need to be a specialist or academic, just interested in history and hearing about something new.

Next meeting is

Wednesday September 17th 7.30 pm

The Meadhall and medieval life

speaker Steve Pollington.

Steve will present the role and importance of The Meadhall which was the central institution of the English in the early medieval period. The physical building was often dominant in its settlement, the seat of governance. But the place of the hall in the hearts and minds of the men and women of those days was immensely important, bound up with social identities, prestige, belonging.

For more information on the group contact Scott on 07904 887000

Aldercar Wood Heating Oil Buying Club

Boxted & Great Horkesley

Aldercar Wood is a locally run club for any of us wanting to get a good deal for heating oil.

To sign up, please provide your name and email address to

aldercarwood@gmail.com

Forest Church

Discovering God Through Creation
and Nature.

Come and Join Us
The Fourth Saturday
of Each Month
at 3pm
In Boxted St Peter's Churchyard.

Activities, Singing and Worship.
All Welcome.

For More Information
Please Contact Dominic On
07748305727

Boxted Wildlife

WORKING TO CREATE A WILDLIFE FRIENDLY
VILLAGE.

VILLAGE WALKS

MEET AT THE VILLAGE HALL
10:00 AM

SAT 16TH AUG
SAT 20TH SEPT
SAT 18TH OCT
SAT 15TH NOV
SAT 20TH DEC
SAT 17TH JAN ('26)
SAT 21ST FEB ('26)

APPROX' 5KM/3MI CIRCULAR ROUTES ON FOOTPATHS MOSTLY.
WEAR SUITABLE CLOTHING AND FOOTWEAR FOR THE WEATHER CONDITIONS.



www.facebook.com/BoxtedWildlife



Info@BoxtedWildlife.co.uk

LANGHAM LADIES

The July meeting took place as a garden lunch in Gill's garden. Members and guests enjoyed a big spread of delicious food, salmon, chicken, ham, pies and a mixed salad finishing off with a choice of delicious desserts. Everyone really enjoyed themselves although it rained which added to the fun. Thank goodness for gazebos.

August meeting's speaker was Paul Hatfield a very experienced scuba diver, diving for over thirty years. His talk was *"The Undersea World of the Derawan Archipelago in Indonesian Borneo."*

He firstly explained the workings of the diving suit then showed us slides and videos of undersea life. Manta rays, sharks, octopuses, turtles that can live up to 80/90 years and many more sea creatures.

Thursday September 11th will be the next meeting held in Langham Community Centre starting at 7.30pm. The speaker is

Katie Cole talking about *"Unlucky Princesses"*.

The meeting will finish with tea, coffee and homemade cakes. New members will always be made welcome.

New Members will always be made welcome also if you want to give it a try come as a guest £5 to see what we are about.



ROMAN RIVER 25TH ANNIVERSARY FESTIVAL

19TH – 28TH SEPTEMBER 2025

Exceptional performances in beautiful venues across Essex

with Armonico Consort • Engegård Quartet • Tom Poster • Elena Urioste • Orlando Jopling • Laura Van Der Heijden • Jamie Catto • Alissa Firsova • Martin James Bartlett • Daniel Rowland • David Cohen • Sacha Rattle AND MANY MORE

VENUES St Andrew's, Fingringhoe • St Mary's, Wivenhoe • St Peter Ad Vincula, Coggeshall • Old Garrison Gymnasium, The Arts Centre and CODA – Colchester • St John's, Mount Bures • Jaywick Martello Tower • St Osyth Priory Chapel • St Mary The Virgin, Ardleigh • St Mary's, Dedham • All Saints, Fordham • St Lawrence, Rowhedge

romanrivermusic.co.uk

Wild Arts is the trading name of Roman River Music, Charity No. 1158366



BOXTED W.I.

The Dedham Vale Vineyard was the fabulous venue for our balmy summer garden party. Thanks to Jan & Michael with Natalie whose stellar organisation and hard work set us up with a stunning location in their woods. Following on, some members ventured to the W.I. McGrigor Hall; home of the Frinton Summer Theatre for a performance of 'Calendar Girls'. For those not familiar, it is based on a true story of a Yorkshire based W.I. who (tastefully!) posed nude for a Leukaemia charity calendar. It covered friendship, loss & community highlighting the

achievement of ordinary people to extraordinary success. What's not to like about the W.I.?

Our autumn programme commences with a meeting at the Boxted village hall at 19:30 on 9th September followed by our regular coffee and chat on 19th September at the Hub, Harpers Cafe.



GOOD NEIGHBOURS CAR SCHEME AND MORE ...

- * We operate throughout the Parishes of Langham and Boxted**
- * Our team of volunteers uses their own cars to provide door-to-door journeys to medical appointments or to pick up prescriptions**
- * We also visit folk who are housebound for friendly chats**
- * Registration is very simple—just phone the number for the day shown on the posters or in the Parish Magazine a few days before your appointment**
- * There is no charge for the service, although donations are very welcome**
- * All our volunteers are DBS checked and are friendly and experienced**

Interested in volunteering? Please get in contact with Annette Whybrow:

annettejwhybrow@gmail.com

01206 272773

07983519825

Langham with Boxted PCC Registered Charity: 1131211

BOXTED HISTORY GROUP

Meeting every third Wednesday of the month at Boxted Village Hall.

7.30 for 8pm.

Guests always welcome.



Boxted Bingo

Boxted Village Hall
Every other Tuesday
3pm - 5pm
£8 per session
(includes 4 games of bingo)

For more Information
Call Dot on 01206 272676

BOXTED CARPET BOWLS CLUB

Come and join us for a friendly, enjoyable afternoon playing bowls at **Boxted Village Hall on Friday 2 - 4 pm**, Sept to April

Further info please contact:

Michael Hubbard 01206 271892

Sue Smith 07465443795

sueronben@gmail.com

2nd Langham Scout Group

Meetings are held each Wednesday evening at the Community Centre.

Squirrels 5:00 to 6:00

Beavers 4:45 to 6:00

Cubs 6:00 to 7:30

Scouts 7:30 to 9:00

Contact Group Scout Leader:

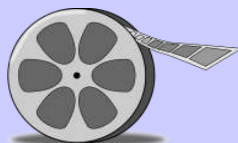
James Puxley 07935 909063

LANGHAM LADIES

Any ladies wishing to join the group or to come along as a guest, please telephone Gill Brown on 01206 273286.

LANGHAM FILM NIGHTS

For details of films and screening times and to book tickets, go to www.langhamcommunitycentre.org.uk/next-cinema-screening/



Crafty Ladies

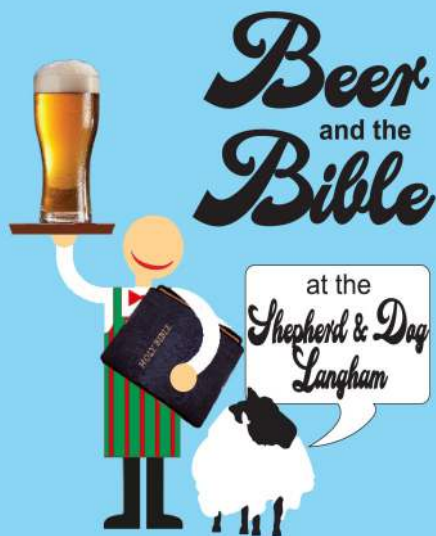
Meet on first Wednesday of each month throughout the year, 10.00 am to 3.00 pm at the Community Centre. Subscription £26 due March and September. Contact Chrissy Todd tel. 07742 131454.

Carpet Bowls Club

Meet every Tuesday afternoon from 2.00 to 4.00 pm at the Community Centre.

Contact Cliff Jones on 07922 156545 or Mervyn Bushe on 01206 230209.

The Art and Craft Club meet on the **third Wednesday** of each month, 2-4pm at Boxted Village Hall. All welcome - *come and join in!*



Every second Monday of the month
from 8pm
All welcome

The Zone for 6-11 year olds 5.30pm-7pm and the **Edge** for 12-18 year olds 7.30pm-9.00pm. Fortnightly during term time. Contact Linda Sheil 01206 273324

GOOD NEIGHBOURS

Are you elderly, vulnerable or otherwise in need of help, and live in the Parish of Langham with Boxted? We are a group of local Volunteers who can assist:

- with transport to an important appointment, including Hospital, Dentist or Flu/Covid Booster
- with collection of items such as prescriptions
- or make a friendly visit just for a bit of company.

Call so that we can help you, Monday to Friday, 8am to 7pm

Monday.....230525 or 273324

Tuesday.....07707 602702 or 273195

Wednesday....272755 or 272013

Thursday..... 07765 037892 or 323007

Friday..... 272773

Please telephone either number shown for the DAY ON WHICH YOU MAKE YOUR CALL (not the day of your appointment). If there is no reply, please do not leave a message but RING ANY OTHER NUMBER.

This scheme is associated with the Churches of St Mary's Langham and St Peter's Boxted

September Reflections: Watching the Seasons Turn

"To everything there is a season, and a time to every purpose under heaven."

— Ecclesiastes 3:1

September often feels like a threshold — summer's warmth still lingering, yet hints of autumn begin to stir. Wood is stacked, blankets aired, gardens readied for rest. The changing season reminds us to prepare—not just practically, but spiritually. As children return to school and young adults begin college or apprenticeships, we pray for courage, curiosity and compassion. This is a time to support one another, especially those stepping into something new or unknown.

In our busy-ness, we can forget to notice the divine beauty of this turning. Poet Elizabeth Barrett Browning wrote,

"Earth's crammed with heaven, and every common bush afire with God; but only he who sees takes off his shoes."

How much we miss when we rush past September's quiet glory! The garden still gifts us: dahlias and asters bloom; swallows gather for their journey; goldfinches and robins sing farewell to summer. These are the whispered reminders of God's rhythm in creation — a rhythm we are invited to live by.

Let us lean into this season. Let us care for our neighbours, keep watch for those who may feel alone, and give thanks for the grace of change.

A Prayer for Autumn

Lord of the harvest,
Bless the changing of this season.
Help us to prepare with peace,
To notice with wonder,
And to care with open hearts.
Amen.

Reverend Emma



**DIRECT MAIL
& CAMPAIGNS**



**PRINTING
& DESIGN**



**PROMOTIONAL
PRODUCTS**

**R ENVELOPE INSERTION POSTERS BRANDED CLOTHING DOOR TO D
NS FULFILMENT BROCHURES EXHIBITION STATIONERY LEAFLETS
BANNER STANDS LEAFLETS BRANDED PENS AND MUCH MORE...**



CONTACT US TODAY

No matter the size of your requirements, we are equipped to assist you.

01255 221322

hello@thedsgroup.co.uk

thedsgroup.co.uk



BOXTED VILLAGE FESTIVAL

COMMITTEE VOLUNTEERS NEEDED

**IF YOU ARE INTERESTED IN
HELPING OUT, PLEASE EMAIL:
CLERK@BOXTED-PC.GOV.UK**

**A NEW COMMITTEE NEEDS TO BE
FORMED! GET IN TOUCH NOW.**



School Road, Langham, CO4 5PA

Large, medium & small rooms
available for hire separately or together
for clubs, functions, meetings & parties

Main Hall includes a stage with lighting
suitable for concerts or shows

Excellent kitchen facilities

Enquiries:

07741 284132

langhamccbookings@gmail.com

www.langhamcommunitycentre.org.uk

Langham Community Shop



Open 7 days a week, 364 days a year Staffed by Volunteers, serving you since 2004

Locally sourced... Milk *Bread* Pastries *Cakes* Eggs *Honey* Fruit & Vegetables
Wilkins of Tiptree *Fairfields Farm* Wicks Manor *Blackberry Bakery*
Pharmaceutical *Toiletries* Household **DIY** Groceries Cupboard Essentials
Baking Supplies *Herbs & Spices* Frozen **DELI** *Ice Creams* **DRINKS**
Confectionery **Hot Drinks** **Wines** *Beers* **SPIRITS** **Tobacco** *Pet Food*
Cards & Wrap *Gifts* Mimis Fashion *Wilde handmade candles* DVDs
ADVERTISING Ticket Sales Printing & Photocopying **Seasonal & 'Luxury' Products**
POST OFFICE Newspapers & Magazines *Dry Cleaning* **LOCAL INFORMATION**
Regular events for the community... pop up cafes & markets
Telephone orders welcome for collection & deliveries by arrangement
Supporting the environment... **RECYCLING SUPPLIES** *'Too good to go'*
Ink recycling *Coffee pod recycling* Second hand book exchange **Refill station**

01206 272431 School Road, Langham, CO4 5PA

communityshoplangham@gmail.com www.langhamcommunityshop.org.uk



CIRCUS STARR
Saturday, 27th September at
Moulsham High School,
11.30am or 1.45pm

We have been kindly provided with tickets for Circus Starr's magical performance for any clients who might be interested in enjoying this event. If you would like tickets for you and your family, please contact midessex@helenrollason.org.uk or call 01245 382888. Tickets are limited and will be offered on a first come first served basis.

Helen Rollason **Cancer Charity**

WE ARE LOOKING FOR

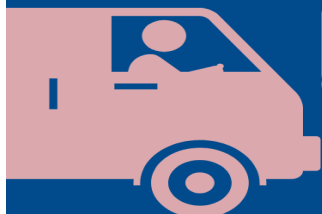
VAN DRIVERS

Do you have a few hours to spare each week? We are on the look out for volunteers to join our happy team of volunteers and drive our van for occasional collections and deliveries. No special licence is required

Contact us at...

fundraising@helenrollason.org.uk

Helen Rollason
Cancer Charity





**PRIZES - BAR
FUN GAMES - RAFFLE**

Family Trivia Night

**£5 Each
Under 16
Free
6 per
team**



**Boxted Village
Hall**

CAGE LANE, BOXTED, CO4
5RE

FOR MORE DETAILS:

TIM CLARKE
07792060597

**Saturday
18th Oct
7pm for a
7.30pm
QuizStart**

At Your Service

Joined up
Legal
Services

for you

your
family

and your
business

40
OVER 40 YEARS
OF LEGAL ADVICE WITH A CONSCIENCE



01206 835300

Visit our
website fjg.co.uk
or email info@fjg.co.uk



Dance to fitness
Fun Latin dance class

Boxted Village Hall



Thursdays 9.45 am

PILATES 

A multi-level Pilates class suitable for all levels of ability

Thursdays 10.30am - For info call Jo - 07887518031



LANGHAM
PRE-SCHOOL

2yrs +

For more information call: **07930 963638**
or visit www.langhampreschool.co.uk

Fascia and Soffit Specialists



Tuckwell Fascias *Affordable Roofline Perfection*

Maintenance free UPVC, Fascias, Soffits & Guttering



Perfect record of over 100
5 STAR REVIEWS!

At Tuckwell Fascias we take pride in using the highest quality materials at reasonable, competitive prices. With over 20 years experience within the trade, we know that every house is different and every installation is unique.

20 YEAR
Guarantee

Contact us for a free quotation

T: 07723 156 584 E: tuckwellfascias@hotmail.com www.tuckwellfascias.co.uk

Covering Colchester, Essex and surrounding areas

Little Owls Pre School Boxted
Ofsted registered

www.littleowlsboxted.co.uk

Phone: 01206 273226

Email: littleowlsboxted@live.co.uk



Colchester Ipswich Sudbury Clacton Thorpe-le-Soken
01206 572233
colchester@palmerpartners.com

Palmer & Partners

Independent Estate & Letting Agents

Please mention the Newsletter when replying to advertisements

At Your Service

ADVERTISING QUERIES SHOULD BE DIRECTED TO BOXLANGADS@GMAIL.COM



The Mindful Life Group

The UK's only not-for-profit dedicated to older adult mental health

Our very popular online mindfulness course is opening for Older Adults in Suffolk

- Designed by Clinical Psychologists
- Proven to improve wellbeing, sleep and resilience

Feedback from one of our previous participants:

'I'm an absolutely great believer in the course it really got me through...the relaxation techniques, which I still do, really helped me in quite a profound way'. JB



Find out more at
the-mindful-life.com



SUFFOLK
Community
Foundation



Suffolk and North East Essex
Integrated Care Board (ICB)



**PLUMBING &
HEATING SERVICES**

Nick: 07590 372433
Craig: 07515 452143
web: www.bondphs.com



Oil Gas LPG



Domestic Plumbing & Central Heating



Boiler installations, Servicing & Repair



Smart controls, wiring & Problem solving



Oil tank replacements & cleaning

Google
Reviews ★★★★★

At Your Service

ADVERTISING QUERIES SHOULD BE DIRECTED TO BOXLANGADS@GMAIL.COM

Adults absolute beginners **Learn to run**



Have you ever wanted to learn to run, but never known how ?



*For ALL Advertising
Queries, contact*

Paul Armstrong
boxlangads@gmail.com

Tel: 07766 747497

CARISMA BODYTECH LTD

YOUR LOCAL GARAGE

Services Repairs Bodywork
MOT Insurance work

01206 228221

enquiries@carismagarage.co.uk

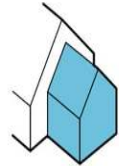
Brookhouse Farm Boxted Road
Colchester CO4 5HH



ENDesign[®]

Plans for Household extensions
Building Regs & Planning

07740201290
richard@endesignuk.com



mark & peter graves carpenters & general builders

a family run business providing a professional
service and quality workmanship at competitive rates.

general interior & exterior property improvements/maintenance including: painting, kitchen installation, shelving, cupboards, wardrobes, flooring, windows, doors, architraves, skirting boards, guttering, fascias, roofs, extensions, conversions, renovations, garages, new build, decking, patios, fencing, sheds and barns.

all jobs considered
tel: 07889 947150 (day) or
01206 271173 (evening)

FARM & WOODLAND SERVICES

BOB'S LOGS & KINDLING

Open fire/wood burner Barn stored

Mobile: 07733 326644

Tel: 01206 391146

Please mention the Newsletter when replying to advertisements

At Your Service

ADVERTISING QUERIES SHOULD BE DIRECTED TO BOXLANGADS@GMAIL.COM

BS GARDEN MAINTENANCE

Hedge & Grass Cutting * Pruning
Planting * Painting & Odd Jobs * Winter
Logs

Mobile: 07513 150526

Tel: 01206 273292



PAY AS YOU GO

NEWTONS FARM INDOOR TENNIS

WISSINGTON, CO6 4LX

WWW.INDOORTENNISCOURT.CO.UK

For All
Advertising Queries,
contact

Paul Armstrong
boxlangads@gmail.com

Tel: 07766 747497

Allen's

PLUMBING & HEATING

• Full heating installations • Air conditioning installation & servicing •
Bathroom refurbishments • Boiler servicing & repairs on gas, oil, and
LPG boilers • Caravan/mobile home services • General plumbing • Oil
tank replacements • Landlord gas safety checks

Family-run business with over 30 years of experience

For a **FREE** quotation please contact our office
01206 738979

www.allensplumbingandheating.co.uk

Unit 5, Kingsford Business Centre,
Layer Road, Colchester Essex CO2 0HT



DEDHAM VALE

AREA OF OUTSTANDING NATURAL BEAUTY
& STOUR VALLEY

OPTIMUM

Architecture Ltd

Architectural Services

including Listed and Low

Energy Buildings

01206 262697



www.optimum-architecture.co.uk

Please mention the Newsletter when replying to advertisements

KATRINA'S HAIRDRESSING IN LANGHAM

- * ladies/gents trim £13 * child trim £9
- * foils inc b/dry £42/£48
- * regrowth tint £32/£35 inc b/dry
- * blow dry £15/£18 *set £15
- * perm inc b/dry or set £39/£44

Phone 233435 or 07837 742764

ANGLIA LANDSCAPES

Celebrating 65 Years in Business

SUPPLIERS IN

Stone ▲ Crushed concrete
Sand ▲ Road planings ▲ Topsoil
Collected or delivered

ALL GROUNDWORKS CARRIED OUT

Call 01206 272357



The best thing you'll do this week (and that's a promise.)

Tired of dull weekdays? Want to try something new, learn new skills and meet a whole new group of friends?

2nd Langham Scouts have been providing Scouting in the local area on a Wednesday evening for over 60 years and we have recently restarted our meetings face-to-face.

We currently have space in Beavers, Cubs and Scouts and would also welcome any adults who would love to get involved!

For more information, or to book a space, please either email enquiries@2ndlanghamscouts.org or contact us via our website.

www.2ndlanghamscouts.org

Scouts
2nd Langham

BOXTED WI

Join the UK's largest women's organisation!

The WI can be everything you want it to be



Forge friendships | Learn new skills | Campaign for the future

Find Us At

Boxted WI
2nd Tuesday of
the month
7.30pm @ Boxted
Village Hall

Or Here

Geraldine Russell
07840746953

Boxted WI

Email Essex HQ @
admin@essexwi.org.uk



Michael J Byles
Plumbing & Heating

Oil Boiler Installations Servicing & Maintenance
Oftec Registered

General Plumbing & Heating work also undertaken

Telephone 01206 822225

Mobile 07717 012433

E-mail: michaeljbyles@aol.com

**ARDLEIGH CHIMNEY
SWEEP SERVICES**

- Traditional and Power Sweeping
- CCTV Inspections
- Safety Certificate Issued
- Fully Insured
- Cows Fitted



ANDREW SMITH

01206 231718
07845 249820



FUTURE ELECTRICAL LTD

YOUR LOCAL ELECTRICIANS

Call Chris on 272494 or 07798 865377

Free quotations Qualified & Registered

Family Business future_@mail.com



Oil Boiler Service
& Maintenance

Call Jack

07885504036

jbboilerservices@hotmail.com

www.jbboilerservice.com



Holistic Mind-Body Approaches for Wellbeing & Stress Management

Yoga therapy, meditation, relaxation,

Thai Yoga Massage & Ayurvedic therapeutic massage

Bach Flower Remedies



Contact Louise Fortunato (Boxted)

07761 204576. info@luciaslight.org

www.luciaslight.org

Nigel Goody
**Computer Maintenance
& Repairs**

Virus Removal – Upgrades – Email Problems
Networks & WIFI – Printer Issues/Setup

Friendly, helpful on site service
Call me on: 07929 919599

**Bespoke & Traditional
Cakes & Desserts**

Indoor seating, hot & cold
drinks, gifts and cards.

Shop Open

Weds - Sat • 9am-5pm

Large cakes & desserts made to order,
48hrs notice required.

We look forward to your custom



Tel: 01206 272100

61 Straight Road, Boxted, Colchester, CO4 5QY

www.pantry61.co.uk

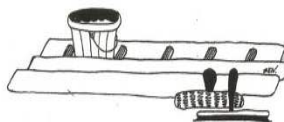
*For ALL Advertising
Queries, contact*

Paul Armstrong
boxlangads@gmail.com

Tel: 07766 747497

St. Peter's Markets

Raising funds for the churches of
St. Peter's and St. Mary's



CLEANSHINE

**Traditional window
cleaning service**

Reliable & friendly Est. 1994
Inside and outside windows cleaned
Guttering clearing service available
North Essex & Suffolk covered

Contact Giorgio for a free quote:

01206 272054 or

07706 054373

VOLUNTEER WITH US



At Langham Community Shop

WE NEED VOLUNTEERS for regular shifts, but also, just as importantly, we need stand ins to cover any holidays & gaps in the rota. You will never work alone & full training is given. Meet new people & learn lots of new skills, for just two & a half hours of your time!

For further information & an informal chat
Call our Volunteer CoOrdinator
Cath Hine on 07825 952560

BOXTED EVERGREENS

Our Club meets in the village hall every fourth
Thursday of the month from 2.00pm to 3.30pm.

The age of our members varies but the club would suit anyone over 60 so please come along and you would be given a warm welcome. Our members are always asked for their suggestions before our yearly entertainment programme is arranged and we do try our best to cater for everyone.

If you would like more information about our club please call Linda on 01206 272710 or Elaine on 01206 273183. *If you would like more information about our club please call Linda on 01206 272710.*

THE PARISH OF LANGHAM WITH BOXTED

Contact Details

Websites

Boxted – www.achurchnearyou.com/church/6458

Langham – www.achurchnearyou.com/church/6459

Rector Heather Wilcox

01206 240906/07503151715

RevHWilcox@outlook.com

Please contact the Rector with any enquiries

Church Office available by appointment Mon-
Fri: 10am - 12pm

Associate Priest Revd Anne Mason

07895 970834 revdannemason@gmail.com

Curate Revd Emma Barr 07801659345

Lay Minister Denise Hobday 230918

**Church Administrator (for the parishes of
Langham with Boxted, West Bergholt and
Great Horkesley** Donna Luxton (Mon -
Wed) & Jo Russell (Thur- Fri)

Email: 6parishescolchester@gmail.com

Churchwardens

St Mary's Langham

Stephen Garner 272599

Sgarner.22@btinternet.com

Denise Hobday 230918

hobdaylangham@hotmail.com

St Peter's Boxted

Jos Carter 272755

Zone Youth Group

Dominic & Linda Shiel 273324

The Edge Youth Group

Dominic & Linda Shiel 273324

St Mary & St Peter Newsletter

Editor Stephen Pollington 683670

Email: lwbnewsletter@gmail.com

Advertising Paul Armstrong 07766 747497

Email: boxlangads@gmail.com

Distribution

Elaine Mott (Boxted) 273183

Linda Tralau (Boxted) 272710

Paul Armstrong (Langham) 616604

BOXTED VILLAGE HALL

Cage Lane, Boxted , CO4 5RE

Contact

Debbie Eley

Telephone:- **01206 870266**

Email:- **boxted@community-
centre.org.uk**

Home to a number of local clubs
and regular activities, it is also
available for hire for parties and
functions, with a capacity of 120
seated in rows or 100 seated at
tables.

*If you have any new clubs or
events planned in the future,
please consider using the village
hall as your venue.*

**Deadline for submissions for the
October edition:
15th September**

**Contact the editor via email:
lwbnewsletter@gmail.com**

NEED TO TALK TO SOMEONE?

SAMARITANS

Available 24 hours a day

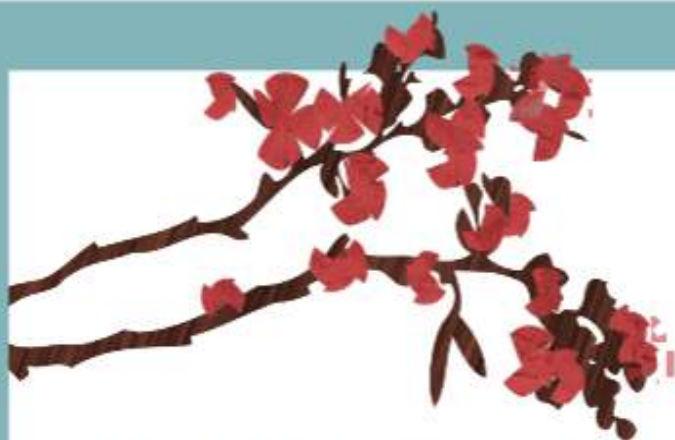
116 123

34 Walsingham Rd,

Colchester CO2 7BP

Open 10am to 8pm daily

01206 561234



BOXTED METHODIST SILVER BAND OUTDOOR BAND SERVICE

SEPTEMBER 7TH

3.00 PM

ST PETER'S CHURCH, CHURCH LANE
BOXTED CO4 5TG

COME AND ENJOY A SELECTION OF MUSIC
WITH POPULAR HYMNS TO SING. OUTSIDE
(BRING A CHAIR OR RUG TO SIT ON) OR INSIDE
IF WET
MORE INFORMATION FROM LIZ 01206 271511,
www.bmsb.co.uk OR BAND MEMBERS