



## Essex Association Annual Dinner

Tickets are now available for the Association's 69th Annual Dinner on Saturday 12th October at The Bull & Willow Room in Great Totham, at 6.45 for 7.30pm.

The menu choices are:

### Starters

- Roasted tomato & red pepper soup (v)
- Ham hock terrine, celeriac remoulade, croutes & arugula salad
- Goat's cheese mousse with dried figs, apple, walnuts & mixed leaves (v)

### Main Course

- Free range roast chicken supreme, Yorkshire pudding & roast potatoes
- Pan fried salmon, crushed new potatoes, green beans & dill mustard sauce
- Vegetable Strudel, red pepper coulis, mixed leaf salad (v)

### Dessert

- Bramley apple & cinnamon crumble with custard
- Lemon & lime cheesecake, raspberry sorbet
- Bitter chocolate tart, coconut ice-cream

Any dietary requirements can be arranged on request – please specify when ordering

For the booking form please visit here:

<https://eacr.org.uk/events/annual-dinner-2024.pdf>

Please come along and support it!

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Round & About

## Association Striking Competitions

The Striking Competition was this year hosted by our Northern District with the eight-bell taking place at St Mary the Virgin, Great Bardfield and the six-bell at St John and St Giles, Great Easton. It was a beautiful sunny day to spend with bell ringing friends from across the Association, soaking up the sounds of good striking in two very picturesque locations.

The judges were Kate and Paul Flavell from the Surrey Association, and Paul noted that this was his 100<sup>th</sup> competition as a judge. We would like to record our sincere thanks to Kate and Paul for all their hard work during the day and for their helpful feedback to each band.

### Eight bell competition

It was wonderful that all 6 districts fielded a team for this competition (up from 4 in 2023, and 3 in 2022). All were asked to ring the same test piece, Plain Bob Triples, and to include within the band at least one ringer who had not previously taken part in this Association competition.

Many congratulations to the winning band of the Southern District:



The full results were:

<i>Placing</i>	<i>District</i>	<i>Score</i>
1st	Southern	84%
2nd	South-Eastern	80%
3rd	Northern	76%
4th	North-Eastern	74%
5th	South-Western	68%
6th	North-Western	67%

### Six-bell Trophy

The Association was delighted to welcome eleven teams across our six districts; test pieces are chosen by each band and this produced a good mix to listen to including Grandsire Doubles, Plain Bob Doubles, Plain Bob Minor.

Many congratulations to the winning band of Prittlewell:



The full results were:

<i>Placing</i>	<i>District</i>	<i>Tower</i>	<i>Score</i>
1st	S	Prittlewell	86%
2nd	SE	Chelmsford	85%
3rd	SE	Writtle	80%
4th	NE	Ardleigh	78%
5th	N	Coggeshall	77%
6th	SW	Hornchurch	75%
7th	NW	Waltham Abbey	73%
8th	SW	West Ham	72%
9th	NE	Great Tey	69%
10th	N	Wethersfield	66%
11th	NW	Nazeing	DNF

The Association would like to record their sincere thanks to Tim Peckham, the Northern District Officers, and District ringers for the seamless organising of the day and to the Church communities of Great Bardfield and Great Easton for the warm welcome and all their hospitality.

Caroline Watts, Communications Officer  
1 July 2024

## Association Carol Service

Saturday 7th December at St Osyth  
 Ringing from 2.30pm and Carol Service at 4pm  
 followed by seasonal refreshments

## Practice Diary

Aug	3	District practice	Prittlewell	S	3:00
	9	Surprise Major practice	Felsted	N/NW	2:00
	17	Advanced practice	Braintree	N	7:30
	20	Advanced 6-bell practice	Matching	NW	7:30
	28	District 10-bell practice	St Mary Walthamstow	SW	7:00
	31	Higher numbers practice Advanced 8-bell practice	Chelmsford Danbury	S SE	10:00 10:00
Sep	2	Doubles & Minor practice	Mistley	NE	7:30
	5	District practice	Chigwell	SW	7:30
	7	District practice	Witham	N	10:30
	13	Surprise Major practice	Felsted	N/NW	2:00
	17	Advanced 6-bell practice	Matching	NW	7:30
		Surprise practice	Rayleigh	S	7:30
	19	District practice	Terling	SE	7:45
	21	Advanced practice	Braintree	N	7:30
	25	District 10-bell practice	St Mary Walthamstow	SW	7:00
28	Advanced 8-bell practice	Great Baddow	SE	10:00	
Oct	5	District practice	Pebmarsh	N	10:00
	11	Surprise Major practice	Felsted	N/NW	2:00
	12	Training morning	Bradwell	SE	9:30
	15	Advanced 6-bell practice	Matching	NW	7:30
	18	District practice	Great Totham	SE	7:45
	19	District 8-bell practice	Ardleigh	NE	2:30
		District practice	Grays	S	3:00
		Advanced practice	Braintree	N	7:30
	23	District 10-bell practice	St Mary Walthamstow	SW	7:00
26	Advanced 8-bell practice	Terling	SE	10:00	
Nov	2	District general practice	tbc	S	10:00
	14	Surprise Major practice	Felsted	N/NW	2:00
		Surprise practice	Leigh-on-Sea	S	7:30
	16	Advanced practice	Braintree	N	7:30
	18	District practice	Epping	SW	7:30
	19	Advanced 6-bell practice	Matching	NW	7:30
	27	District 10-bell practice	St Mary Walthamstow	SW	7:00
	30	Advanced 8-bell practice	Danbury	SE	10:00
Dec	7	District practice	tbc	N	10:00
	13	Surprise Major practice	Felsted	N/NW	2:00
		Doubles & Minor practice	Great Bromley	NE	7:30
	17	Advanced 6-bell practice	Matching	NW	7:30
	21	Advanced practice	Braintree	N	7:30

Jan	4	District practice	Halstead	N	10:00
	10	Surprise Major practice	Felsted	N/NW	2:00
	18	Advanced practice	Braintree	N	7:30
	21	Advanced 6-bell practice	Matching	NW	7:30

## Did you know ...?

The Association has a Bell Restoration Account Fund that gives out grants for both major and minor works. The fund has helped over 90 Essex churches with grants totalling over £350,000. If you need some help to get your bells ringing again, or something minor that would make them go a bit better, find out more details at <https://www.eacr.org.uk/about/bell-restoration.html>

## Essex Ringing Course

The 33<sup>rd</sup> Essex Ringing Course took place on 4<sup>th</sup> to 6<sup>th</sup> April, based for the first time at New Rickstones Academy, Witham.

A report on the Course will be published when received.

## Henham

Renovations at St Mary's Henham are progressing steadily but are unlikely to be completed before November

## That's a First!

### Quarter peals:

1st quarter: Maxine Parry; Carina Bowman; Ella Patel; Matthew Wadey; Annie Clubb; Dougal Williams-Murray; Owen Jones; Carys E Hayward; James Chisnell; Penny Lowen; Caroline Watts; Timothy Needham; Debbie Cubitt

1st as cover: Alex Perraud

1st away from cover: James P Riley; Desmond Crone

1st inside: Linda Clements; Kieran Grove

1st Minimus: Owen Jones; Kieran Grove; Ryan J Faulkner-Hatt; David A Buckley

1st Grandsire inside: Vicky Richards; Pete Bowman; Kieran Grove

1st Minor: Vicky Richards

1st Minor inside: Oliver C Lee

1st treble bob Minor: Jenny R Ansell; Barbara Leigh

1st Surprise Minor: Oliver Clinton

1st Cambridge Surprise Minor: Kieran J E Grove

1st on 8: Bruce Knights

1st Plain Bob Major: Elle G Buttery

1st Surprise Major: Neil M Pasmore

1st Lincolnshire Surprise: Julie A Bloomfield

1st Rutland Surprise: Julie Bloomfield; Clare Beech

1st Double Dublin Surprise: David A Buckley; Steve Halliwell

1st on 10: James P Riley; Kieran J E Grove

1st on 10 away from cover: Ethan J Musham

1st Royal: Emily A Brooks

1st Royal inside: Courtney J A Mandell; Ryan J Faulkner-Hatt

1st Little Bob Royal: Clare Beech

1st Kent Treble Bob Royal: John M Church

1st Grandsire Cinques: David Knott

1st Yorkshire Surprise Maximus: William Beech

25th quarter: Ryan J Faulkner-Hatt

50th quarter: Sarah H Robbins

100th quarter: Lucas J Owen

200th quarter: David A Buckley

300th quarter: Alwyn Brock

975th quarter: Andrew Beech

1st as conductor: Ryan J Faulkner-Hatt; Ro Kelsell

1st Royal as conductor: Neil M Pasmore

50th as conductor: David A Buckley

25th together: Trevor Church & Paul Trueman

50th together: Daniel Howell & Philip Saunders; Rowena Marshall & John Harpole

75th together: Clare Beech & Samuel A Beech

100th together: Samuel A Beech & Andrew Beech; Alan Gisby & David A Buckley; David Quinnear & Philip Saunders; Alwyn Brock & Alan Gisby

275th together: Stephen J Nash & Alan Gisby

1st in hand: Christina D A Brewster; Neil M Pasmore

**Peals:**

1st peal: Josie E Rapley Mende

1st Major: Courtney J A Mandell

1st Little Bob: Courtney J A Mandell; Neil M Pasmore

1st Surprise Major inside: Ollie E P Watson

1st Yorkshire inside: Theo A Johnson

150th peal: Andrew P Brewster

1700th peal: Yvonne A Towler

2600th peal: James L Towler

850th as conductor: Alan P Mayle

25th together: John G Harpole & Trevor E Church; Vicki L Chapman & Andrew P Brewster

50th together: Stephen A Waters & Christina D A Brewster

*Information to end of June. Apologies to anyone inadvertently omitted.*

## From the Registers

30<sup>th</sup> birthday: Bradley Hill

60<sup>th</sup> birthday: Sharon Lacey; Ro Kelsell

70<sup>th</sup> birthday: Tina Gornall

75<sup>th</sup> birthday: Mary Bone

80<sup>th</sup> birthday: Jean Pavely; Pauline Murray

100<sup>th</sup> birthday: Ron Brown

Silver wedding anniversary: Julie and Tony Bloomfield

Ruby wedding anniversary: Paul Trueman & Jenny Martin

Deaths: We regret to report the deaths of Renée Page-Jones, of Hutton; Marian Wood, of Great Bardfield; and Brian Holden, of Great Baddow.

## Bell Sunday



2023 was the inaugural year of Bell Sunday – a day where the contribution of bells and Bellringers to the life of the Church is recognised. The month of May has been chosen for this annual event as this includes St Dunstan's Day; St Dunstan being the Patron Saint of Bellringers. This year Bell Sunday took place on 12th May with several of our bands engaging with their Churches to celebrate ringing, and I am grateful to the three following bands for sharing their engagement with their churches to celebrate ringing and our contribution to this community.

### Matching Band – St Mary

From Jean Provost

I thought I would let you know about Matching Bell Ringers contribution to Bell Sunday. We had six ringers and rang before and after the service in Matching Church on 12th May. The Vicar Rev Julia Baldwin had advertised in the village magazine that the service would be dedicated to St Dunstan. She based the service on St Dunstan, got some children making cardboard bells and drawings, then talked about him. I also contributed by giving the history of St Dunstan and what he stands for adding a few words thanking our current team of ringers for their friendship and commitment, saying that ringing is a very social event and hopefully maybe motivated someone to come along to practice!! We will see. I then read the hymn below, whose words ring very true.

We were congratulated by many of the congregation who said they found it very interesting. So a successful day.

Hymn – Bells are Ringing, Clare le Marie  
Tune – ANGEL VOICES (85 85 84 3), Edwin George Monk

*Bells are Ringing, loudly pealing, Calling all to prayer;  
Come and worship, join together: Music in the air.  
Joyful notes in steady rhythm, hear their calling,  
Loud and clear.*

*Many footsteps on the stairway, Ringers one and all;  
Hands are raising, ropes a-holding, Waiting for the call.  
Treble's going, bells are turning, clappers sounding,  
Loud and clear.*

*Solemn tolling for the passing, Lov'd ones laid to rest;  
Joyful ringing for the joining, Of the couple blest:  
All are joined in praise and worship, for your love so,  
Loud and clear.*

*Ring out for celebrating, Very special dates,  
Wildly clanging for a warning, Of some dreaded fate:  
Hear the bells proclaim their message, joy or danger,  
Loud and clear.*

*In the tower the bells are pealing  
High above the earth,  
Calling all to come to churches,  
There to seek God's worth:  
Enter in, find peace and welcome, feel his presence:  
God is here.*

### **Shenfield Band – St Mary the Virgin**

*From Beth Johnson*

On Bell Sunday the Shenfield band were prominent in the Family Eucharist – wearing our blue team T-shirts we read the lessons, led the intercessions, took up the elements and the collection and served coffee after the service. Two of our techie ringers rigged up a live stream from the ringing room and bell chamber so the congregation could see the ringers and the bells in action.

During the 'sermon slot' we educated the congregation in the mysterious language of ringing, with each ringer explaining the stage they are at, from our youngest/newest rounds ringers: "I am learning how to control my rope and my bell and so I can ring with the band", through to method ringers "I like to ring different methods such as Grandsire Doubles, Kent Treble Bob Minor and Stedman Doubles. Each method is different but I learned these many years ago and can still remember them." And then to quarter peal and peal ringers: "We often ring quarter peals to test ourselves – each one has to be perfect and is generally about 45 minutes long. We also ring quarter peals to mark special occasions such as birthdays or national events. I have rung 50 quarter peals with different ringing friends and at different towers, not just at St Mary's." Now our magazine articles will make a bit more sense!

We used the opportunity to advertise our sponsored ring which takes place on Monday 27<sup>th</sup> May, in aid of the organ repairs, when all our ringers will take part.



**Thaxted Band – St John the Baptist**

*From Trevor Haynes*

During the afternoon we had a demonstration by our handbell ringers and a talk on the history of bell ringing and Thaxted Bells in particular. Tours of the belfry were provided and a demonstration of the art of ringing involving our newest recruits and novice bell ringers. We were delighted that members of the public joined us to ‘try ringing’ and also to enjoy some splendid refreshments provided by our ringers.

With thanks to all bands who took part, providing an enjoyable and rewarding experience for both ringers and members of their Church.

Next year, Bell Sunday will take place on 18th May – please do note the date in your ringing diaries; it’s never too early to start planning!

Caroline Watts  
Communications Officer

## Publicity and event materials

As many of you will be aware, the Communications and PR Sub-group of the Association have been working on updating both our physical and digital materials for use in raising awareness of ringing generally, the Essex Association and its Districts. We thought it might be helpful to provide a summary of what is available and how to go about booking items.

For the Association as a whole, we have:

- Two display stands (one large/one small)
- A large landscape banner for outside use (this can be tied to railings/ground stakes)
- A table runner

All of the above are available for use by all Districts and/or individual bands, please contact me at the email address below for more details of how to book.



In addition, each District has a PR box of leaflets, posters and contact cards; this has recently been added to with new pull-up banners – 2 per District. To arrange use of these, please get in contact with the relevant officer for your district (names below).



Do get in touch if you'd like help in creating customised soft or hard copy materials for your own tower as we have access to a great design tool called Canva which has been useful for establishing a common approach across various print and digital media.

In recent months, we've been using the colours of our EACR logo to create eye-catching posts on our social media which I hope many of you have come across; we've certainly been delighted to receive positive feedback on this look and feel.

- Social media currently in use are:
- Facebook: Essexbells
  - X (was Twitter): Essexbells
  - Instagram (new): bellringing.essex

For any queries relating to any of the above, please do not hesitate to contact me at: [comms@eacr.org.uk](mailto:comms@eacr.org.uk)

Caroline Watts  
Communications Officer, on behalf of the Comms & PR Group

**District contacts**

- |    |                 |                                                                                        |
|----|-----------------|----------------------------------------------------------------------------------------|
| N  | Tim Peckham     | <a href="mailto:n-district-secretary@eacr.org.uk">n-district-secretary@eacr.org.uk</a> |
| NE | Gavin Edwards   | <a href="mailto:ne-district-pro@eacr.org.uk">ne-district-pro@eacr.org.uk</a>           |
| NW | Margaret French | <a href="mailto:nw-district-pro@eacr.org.uk">nw-district-pro@eacr.org.uk</a>           |
| S  | Pauline Murray  | <a href="mailto:s-district-pro@eacr.org.uk">s-district-pro@eacr.org.uk</a>             |
| SE | Caroline Watts  | <a href="mailto:se-district-pro@eacr.org.uk">se-district-pro@eacr.org.uk</a>           |
| SW | Paul Crick      | <a href="mailto:sw-district-master@eacr.org.uk">sw-district-master@eacr.org.uk</a>     |

## Poet's Corner

### A Jargon Guide for the Non-Ringer

When GO is called, we don't depart,  
At STAND it's time to sit.  
Our HUNT does not involve a fox  
By BLOWS, no-one is hit.

ROYAL for us involves no Kings  
Though QUEENS may there be found.  
No-one is tempted to revolve  
When comes the call GO ROUND.

When STRIKING we are hard at work,  
Our COVERS don't conceal.  
Five COURSES do not make a feast  
But just a QUARTER PEAL.

A SINGLE ringer may be spliced  
A SPLICED one still unwed.  
And when we shout to someone 'BOB'  
It may be Jo or Fred.

When LEADING WRONG we may be right  
When IN we're not at home.  
DELIGHT may bring us all to grief  
SURPRISE may be well known.

So if you watch us at our work  
And hear the words we call  
There's only one you'll know and love  
The merciful 'THAT'S ALL'

From the Ringing Chamber of St Mary's, Rolvenden, Kent

## Hatfield Heath Year 6 Bell Club



### Congratulations

Eloise, Tyler, Xavier & Henry

For completing the Budding Bellringer Course and becoming an

Teacher's Name and address \_\_\_\_\_ Teacher's Name and address \_\_\_\_\_ Date 14th June 2024



Essex Association of Change Ringers

Super Star-ter!

The Bell Ringing group took over the Awards Assembly at Hatfield Heath Primary School on the 14th June. Pupils proudly wore their RBL medals for ringing to mark the 80th anniversary of D-Day & received Super Star-ter certificates.

The previous week had seen all the year 4 pupils visit the URC and Holy Trinity as they looked for differences between the christian churches in the village. These pupils

very happily explained to the whole school the role of bells before smart phones!

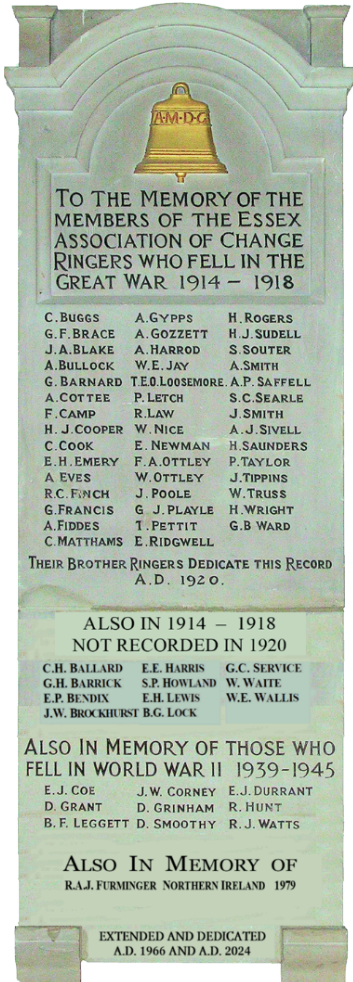
Ringling out for special occasions and calling people to church services requires big instruments to make L-O-U-D noises to carry across the Heath. It was amusing to hear the gasps from pupils as I got the bell ringers to drag into the hall half a spare bell rope. It helped pupils understand the size of the instruments in the Bell Tower. The club shared, in its usual manner, actions as we taught the assembly technical terms like “sally”, “headstock”, “wheel”, and ending with “clapper” ... which true to club form meant everyone had to clap loudly!

We watched a video highlighting pupil progress from chiming, ringing a back stroke, a hand stroke, combine the two and with one pupil even start to ring in rounds. Henry, our star pupil, is now regularly practising with the Thorley tower.

My last word needs to be “thanks” as we “stand” this year’s club! Thank you to all the local Bell Ringers who have pitched in to help us run this club. I would like to thank Trevor Haynes, Fred & Mary Bone, Steve Poulter, Peter Tottman, Sharon Lacey and Diana Graves – you are generous, patient and amazing people, stars in your own right – thank you for blessing us with your involvement!

Jo Hargrave

## Association Memorial



After many years of discussion, we now have reached agreement with the Chelmsford Cathedral authorities on the location and wording of the proposed extension of the Ringers' Memorial in St Peter's Chapel.

The new layout, as shown here, was displayed at the 2024 AGM. The formal Application to the Fabric Advisory Committee (FAC) and the Public Notice processes took place earlier in 2024 and the FAC agreement has been confirmed.

The original '1920' World War I Memorial will remain unchanged and the '1966' addition for World War II losses is to be replaced with a larger stone that will include the additional World War I names, the World War II names and a Post-WW loss with some space for additional names should they become known.

The next stage is that the detailed layout will be prepared for approval, including the exact lettering and spacing (which will closely replicate the existing text style), before any stone is cut. We are working with the Cathedral Architect and Bakers of Danbury to achieve this. The hope is that the work will be completed in 2024.

The cost of this work will be approximately £10,000 (excluding VAT which we believe can be reclaimed).

A number of members have expressed a wish to donate towards this cost.

If you, or your tower, wish to make a donation, you may make this by bank transfer to "The Essex Association of Change Ringers" 60-05-13 a/c 22177035 quoting reference "Memorial 2024". The reference is essential. If you wish to Gift Aid this donation (which will increase the value of the donation by 20%) you

must email the Association Treasurer at [treasurer@eacr.org.uk](mailto:treasurer@eacr.org.uk) to confirm this and he will arrange the necessary declarations if you do not already have Gift Aid set up. Donor and donation information will remain confidential in the Treasurer's records unless you give permission for it to be disclosed.

Colin Chapman

## Recruitment and Training News

There are two **Association of Ringing Teachers** courses coming up: a Module 1 “Teaching Bell Handling” at Coggeshall on July 20<sup>th</sup> and, just recently advertised, a Module 2F “Teaching Foundation Skills” on September 9<sup>th</sup> (location to be confirmed). If you are interested in this course, look out for booking details which will be advertised through the EACR notices mailing list.

If you can't make these dates but would like to do one of the courses, contact Beth Johnson (details below) so we can put you on the 'interested' list. Once we have six interested Essex ringers for either course, we can ask ART to schedule one for us. More information about the Association of Ringing Teachers and their courses can be found at [bellringing.org](http://bellringing.org).

You can find information about training and practices being run throughout the county on the **Training Calendar** found here: [eacr.org.uk/education/training-calendar.html](http://eacr.org.uk/education/training-calendar.html). If you intend to attend a session outside your own district, do check with the contact listed for confirmation.

New assets have been added to the EACR Resources hub – feel free to browse the site – there's lots of helpful gems here [hive.com/collections/203920/eacr-ringing-resources](http://hive.com/collections/203920/eacr-ringing-resources). In particular, there is a document suggesting how to run handbell changes if you are entertaining young non-ringers, maybe for an open morning, (see [shorturl.at/TexMb](http://shorturl.at/TexMb)).

Anyone interested in ringing their first peal but not sure how to go about it? Contact Yvonne Towler, [jytowler@btinternet.com](mailto:jytowler@btinternet.com) or 01621 817212 and she will be pleased to talk with you.

Are you looking to recruit new ringers in the second half of the year? Or just interested in how to raise the profile of ringing at your tower? Come along to a workshop on August 11<sup>th</sup>, at 2.30pm at the church hall at Springfield. Caroline Watts (Comms) and Beth Johnson (Education) will run through what resources are available from both CCCBR and ART and show how you might use the new Touring Tower to draw attention to the great hobby of change ringing. There'll be the chance to share experiences of recruiting with other towers. There's no charge but to book a place (to help with our planning) go to: <https://www.eventbrite.co.uk/e/929149550317?aff=oddttdtcreator>

Finally, don't forget that the Recruitment and Training Fund is there to help towers in the Association to improve their ringing experience. Could you utilise funds to install a dumbbell or a simulator? Or would it be easier to teach new ringers if you could improve the go of your bells? Maybe you'd like to run a scheme with a local school but need some facilities. Feel free to get in touch with your District training officer or direct with me, the Education Officer, to talk through your plans.

Beth Johnson  
Education Officer: [education@eacr.org.uk](mailto:education@eacr.org.uk)  
0779 669 1520

## Dates for your Diary

Aug	3	District Outing		N	
	31	District Outing	Sudbury area	NE	
Sep	7	District business meeting	Kelvedon	N	2:00
		District meeting	Tillingham	SE	4:30
	21	6-bell call change competition & District meeting	Leytonstone	SW	10:00
		Autumn meeting, call change competition & barbecue	Tendring	NE	2:00
		District meeting	Shenfield	S	3:00
Oct	5	<b>Association Management Committee meeting</b>	Danbury		2:30
	12	<b>Association Annual Dinner</b>	Great Totham		6:30
	19	<b>Association Trustee meeting</b>	Danbury		2:30
Nov	9	District Social	Springfield	SE	7:00
	16	Call change competition	Orsett	S	2:30
Dec	7	<b>Association Carol Service</b>	St Osyth		3:00
	10	District Social	Loughton	SW	7:30
Jan	4	Annual District Meeting	Great Totham	SE	3:00
		Annual District Meeting	Shalford	N	3:30
	11	Annual District Meeting	Great Tey	NE	
		Annual District Meeting		SW	
	18	Annual District Meeting	Leigh-on-Sea	S	3:00
	25	Annual District Meeting		NW	
	30	<b>Association Trustee meeting</b>	(Zoom)		7:30

The next edition of *Rounds & About* is planned for December 2024. Please send contributions and suggestions for articles to [newsletter@eacr.org.uk](mailto:newsletter@eacr.org.uk) or by post to Fred Bone, 11 Bullfields, Sawbridgeworth CM21 9DB by **1 November 2024**.