I exposed the port 3001 and 8001 in the services own Dockerfiles to keep them visible for cross-container communication but only kept the port 8001 open for external connections through the docker-compose-file.

Here is the result of the docker container ls:

eckersley@DESKTOP-HBC9PVV:~\$ docker container ls								
CONTAINER ID	IMAGE	COMMAND	CREATED	STATUS	PORTS			
NAMES								
fc854565221f	dockercompose servicel	"docker-entrypoint.s"	23 seconds ago	Up 20 seconds	0.0.0.0:8001->8001/tcp, :::8001->8001/tcp			
dockercompose servicel 1								
0db2846d0828 -	dockercompose service2	"docker-entrypoint.s"	About a minute ago	Up 21 seconds	3001/tcp			
dockercompose service2 1								
eckersley@DESKTOP-HBC9PVV:~\$								

And here docker network Is:

eckersley@DESKTOP-HBC9PVV:~\$ docker network ls								
NETWORK ID	NAME	DRIVER	SCOPE					
38e9a823c54c	bridge	bridge	local					
a968ea98e1f5	dockercompose default	bridge	local					
cb05f4966e64	host	host	local					
814881890d67	none	null	local					
eckersley@DESKTOP-HBC9PVV:~\$								