

The Link

Quendon & Rickling

Parish
and Church

NEWS

August/September 2020

You can find *The Link*
and much more at

www.quendonandrickling.co.uk

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*Bees drinking
by Roland Borret*

Visits: If you would like the Vicar to visit you at home or in hospital, or know of anyone who would like him to visit them, please let the Vicar know.

The Rev'd. Neil McLeod, The Vicarage, 5, Meadowford, Newport, Saffron Walden, Essex, CB11 3QL

Telephone: 01799 540339 **E-mail:** vicar4nqrwchurches@gmail.com

From the Vicarage Study

Rev. Neil McLeod,

Priest-in-Charge of Newport with Widdington, Quendon and Rickling.



Are you excited about the easing of the lockdown restrictions or are you cautious about it? There aren't just these two answers as people will be approaching it depending upon their personality and their experience of lockdown. I've made one trip to the Grafton Centre in Cambridge to go to one particular shop, and only that one. I parked in the car park as I am not keen to start using the Park & Ride buses at the moment. Last Friday I met a friend at Canons Ashby, which is a National Trust property, to walk around the gardens with her. As it was we mainly sat, socially distanced, on the benches chatting and catching up on each other's life.

I have visited the barbers to get a haircut, which was ok. I'm also starting to wear my mask in shops already ahead of the compulsory introduction next week. But I'm still cautious about things so won't be rushing here, there and everywhere. I'll also only go into the shops that I need to, and casual browsing is out for now.

However, I am excited that we are looking to begin holding services in the churches once again. It has been a long time since we met together, and whilst I have been running online services via Zoom I recognise that a Zoom service is not everyone's cup of tea! My plan is that our Sunday services can resume on the 9th August. My plan is then to hold two Sunday morning services each month as would have been the pattern prior to lockdown, which means that they would start at 11 o'clock.

Things will be different (where aren't they?) as we make adjustments to fit in with guidance that has come from the government and church. Holy Communion will only be the bread as we cannot share the communal chalice. Social distancing will apply, and we are not allowed to sing. We are also required to collect the name and telephone number of people attending services as per instructions from NHS Test and Trace. Yet despite all of the adjustments it will be good to be able to share with you once again in the churches, so please bear with us as we take these steps.

It will be good to see you. You may not have been to a service before, but have been thinking about spiritual matters over lockdown. Don't hold back from coming. The church isn't just re-opening for those who used to come – it is opening for everyone!

Stay safe and stay well.

Revd Neil McLeod

Police contact information

For crimes and suspicious activity NOW phone	999
For non-urgent incidents and reporting a crime that has already happened	101
Alternatively you can report non-urgent incidents or suspicious activity and crimes on-line at https://www.essex.police.uk/do-it-on-line/	
Action Fraud is the UK's national reporting centre for fraud and cybercrime where you should report fraud if you have been scammed, defrauded or experienced cyber-crime in England, Wales and Northern Ireland.	0300 123 2040
If you have been defrauded i.e. lost money phone or report online at https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime	
If someone has tried to defraud you but you have <u>not</u> lost money, phone or report online at https://www.actionfraud.police.uk/report-phishing	
To give information anonymously phone CRIMESTOPPERS or report it on-line at www.crimestoppers-uk.org	0800 555 111

Church Services in the Benefice

As noted in the Vicar's message, services are *without singing*, but can resume as follow. For August they are to be:

Sunday 9th August

11.00 Quendon BCP Communion

Sunday 23rd August

11.00 Rickling Holy Communion

We have no confirmation of September dates but if the previous scheme is followed they are likely to be:

Sunday 13th September

11.00 Quendon BCP Communion

Sunday 27th September

11.00 Rickling Holy Communion

You should check with a churchwarden or the Vicar in any case.

Priest in Charge of Newport with Widdington and Quendon and Rickling.

The Rev'd. Neil McLeod, The Vicarage, 5, Meadowford, Newport, Saffron Walden, Essex, CB11 3QL

Telephone: 01799 540339 E-mail: vicar4nqrwchurches@gmail.com

Churchwardens - **Quendon:** Mrs Christine Osbourn 01799 543367 and Mrs Maureen Hawkins

Rickling: Lisa Huxtable 07771 541944

Treasurer - **Quendon and Rickling:** Mrs Sandra Arnold 01799 543075

Rickling/Quendon Community Café

Coffee morning held on the Village
Green

(weather permitting)



Wednesday 19th August 2020

10.00 am - 12.00 pm

Please contact: Angie and Carole
01799 218061/543807

Quendon's Churchyards (again!)

Last month's plea brought no offers of help to maintain the churchyards in Quendon. Our six volunteers try hard to keep the grounds tidy and pleasant to visit. Is it really too much to ask for a bit more help?

Contact John Watkinson Tel: **01799 543350**,
e-mail: johnwatkinson@tiscali.co.uk

or Robert Arnold Tel: **01799 543075**
e-mail: robert@arnold-q.uk.

The logo for All Aspects Tree Services. It features a green tree with a person climbing it, and three birds flying above. The text 'All Aspects Tree Services' is in green. To the left of the tree, the text 'ALLASPECTSTREESERVICES.CO.UK' is written vertically.

**All Aspects
Tree Services**

**TREE SURGERY
STUMP GRINDING
HEDGE CUTTING
FENCING**

**01279 755545
07940 231964**

INFO@ALLASPECTSTREESERVICES.CO.UK

From the Chairman of the Parish Council

Dear Fellow Villagers!

Welcome to the summer "holidays"! Here's to the return of some sort of normalcy - what a long 4 months it has been, much longer though for some than others! We would like to thank everyone who has volunteered to help, in whatever way they could and I do hope that everyone feels as though they have been looked after properly!

The Parish Council have continued their work for the villages and have been holding their monthly meetings on Zoom, which has been a steep learning curve for some of us!! Not quite the same as being able to meet in person but better than not at all.

As you will have seen in minutes from earlier this year, Strutt & Parker, on behalf of Maces Farm, have approached the Parish Council about a significant development on a couple of pieces of their land, the football pitch and adjoining field, and land off Brick Kiln Lane. The Parish Council are most concerned about the impact this would have on the villages so we have been asking for more details so we can keep you informed. We now have a little more information! They are looking at between 150 and 180 units across both sites, but no plans have been supplied. Of course, any proposal from Strutt & Parker will have to go through normal planning procedures.

The Quendon trees have been somewhat of a disaster - I cannot begin to express how unhappy we are with Essex Council and their response overall, from the beginning of this saga to the current position. Communication seems to be alien to them and the amount of time that all the volunteers have spent watering these trees and attempting to put this fiasco right, beggars belief. Believe me, we will continue our fight and are determined to end up with trees that will actually have leaves!

In the last issue of *The Link*, there was an article highlighting the B1383 Highways Survey, which is in the process of being carried out. Thoughts and comments were requested but feedback has been very limited, so if you have any issues that you would like to raise please do so soon otherwise we will assume that you are all happy with it. Currently these proposals are in the Essex Highways system and will be reviewed as soon as but due to Covid, other works are being prioritised at the moment so we will just have to wait our turn!

We seem to have a major issue in the villages concerning DOG POO!!! Most villagers are fed up with seeing abandoned dog poo - on the green, on the football pitch, around the allotments, on footpaths because some dog owners obviously have no regard for the rest of the people they share a village with. We have tried persuasion, we have tried asking nicely on many an occasion, we have tried signs, which, for some reason, people then kick down, so perhaps we will now have to revert to cameras and fines! The football pitch is becoming inundated with "poo" - on one day alone 6 poos were found, 2 in the morning and 4 early evening! How disgusting to expect adults and children to play on this pitch with toxic bacteria seeping into the soil and the smell of dog faeces on their shoes! There is no excuse not to pick up, none at all!!!! PLEASE PICK UP YOUR DOG'S POO!!!

As I am sure some of you will have seen, the noticeboards have all been restored to their former glory! All notices have been removed from these boards due to either sun damage or wear and tear so these will need to be replaced. If anyone would like to put up a new notice, please contact the Parish Clerk and we will arrange for this to be done. The benches around the villages are also in need of some restoration, so this has been put into action and will be done over the course of the next few months.

We are hoping for at least one event this year so are tentatively planning an Autumn Festival! Apple pressing, Waffle & Co, the Tiddy Tuk selling those delicious apple mojitos again and perhaps some social distanced stalls! With some of Stonebond's contribution, we are purchasing a pop up gazebo for the village to be used at village events such as this and for villagers to be able to hire out!

The Cricketers Arms is now open for business! They are following all the rules that have been set so please do go and sample their new menu and look out for the half price meals being offered to diners on Mondays, Tuesdays and Wednesdays in August. This is the Chancellor's bid to help the hospitality sector after the ravages of Covid, so please support our village pub!

Finally, here's hoping for a lovely couple of sunny months sitting on the green watching cricket and reacquainting with old friends and making new ones!

Sally Kitcat

Report from District Councillor Neil Hargreaves

Development in Quendon

You may have read in the Parish Council Chairman's report about the intention of Quendon Estates to build up to 180 houses on two sites, one south of Brick Kiln Lane at Coney Acre, and the other south of the football pitch down to Belchamps Lane. No detail has been provided and indeed they may not have any worked out at present. However, I understand they intend to submit them in the 'call for sites' for the Local Plan. Both sites were submitted in 2017 for the now withdrawn Local Plan. The UDC assessments were:

Brick Kiln Lane, 1.48 ha, between 40 and 67 houses



Although there is development opposite the site, the site is seen to relate more to the countryside than to the village and is therefore considered unsuitable for housing.

Land north east of Belchamp's Lane, Quendon, 6.35ha, 143 to 238 houses



The development of this site would extend development into the countryside and be of an inappropriate scale to the village. The site is therefore considered unsuitable as development on the site would not contribute to sustainable patterns of development.

It was also put forward at the consultation stage of the Neighbourhood Plan (NhP) and reassessed against NhP criteria, the summary being:

Poorly located for most facilities, No employment, Out of scale with village, Ribbon development along B1383. In addition, it was noted that: 'The Steering Group considers that Quendon does not meet all the criteria to be a type A village as it does not 'act as a local service centre'. Therefore, the scale of development suggested for 08Que17 (the site reference) would not represent sustainable development.

Has anything happened since which might change these conclusions? The new Local Plan will be required to provide even more houses than the withdrawn one, so there will be great pressure to find sites. However, the considerations leading to the conclusions will remain.

In the survey for the NhP a question posed was would you 'Allow development in Quendon & Rickling large enough to provide significant infrastructure eg a new Community Centre'?

The responses from Q&R residents were No 78.4%, Yes 12.4%, No opinion 9.2%. Quendon Estates have recently done a survey of their tenants proposing the sites and offering various extra benefits, including a new community centre, or a village shop.

We have had an experience of this in Newport. In order to get a site next to the primary school into the Local Plan allocations, the landowner offered to donate sufficient land on two sides of the school sufficient for it to expand (to cater for the 50% expansion of the village). A Heads of Agreement was signed with UDC. However, when the application was submitted, supported by the site allocation, much of the promised land was removed. The Planning Committee took a dim view of this and refused the application. But at appeal the Inspector did not accept that any binding commitment existed, and that it did not fall within the very restricted categories where a developer may be required to provide something. Another developer in Newport has offered all manner of sweeteners, none of which were delivered, but all the development has been done. The lesson is that once a site is allocated, previous offerings can be reneged on if they are extra to the very strict s106 rules.

Considering a village shop, my opinion is that to be viable the settlement would need to be at least 1000 houses. Newport is heading up to 1,500 and Stansted is much bigger. To attract business, it would need a frontage on the B1383 and parking, thus urbanising the south approach to the village. With strong competition in Newport and Stansted, and from online deliveries, it is difficult to see how, even with a large estate built, a shop could be viable. I know this sounds negative, but the shop in the pub didn't last and I think there needs to be

Report from District Councillor Neil Hargreaves (Cont.)

realism about offerings from developers which come with no specifics and unclear financial logic. Housing development is done to make a profit for the landowner and developer, not typically for altruistic reasons.

Councillor Surgeries

These are currently suspended but I'm available on 01799 540411 and my email is cllrhargreaves@uttlesford.gov.uk. I'm attending the parish council meetings which are now Zoom video conferences and am on the village facebook.

Neil Hargreaves

Other News from Uttlesford District Council

You can get email newsletters and alerts on a whole range of topics via Keep me posted – sign up and find out more at www.uttlesford.gov.uk/keepmeposted.

Our Member of Parliament

For all enquiries please send an email or telephone.

How to contact me

Email: kemi.badenoch.mp@parliament.uk

Tel: 0207 219 1943

Write: Kemi Badenoch MP,

House of Commons,

London, SW1A 0AA



REMINDER

For those unaware, please visit the Parish Council website to view the Highway Survey completed for Cambridge Road (B1383)

(<https://www.quendonandrickling.co.uk/local-information/>).

The survey aims to tackle the following issues;

1. Speeding & risky overtaking manoeuvres
2. Pedestrian crossing
3. Off street parking

Proposals include;

- A 30 or 40mph Buffer speed limit for the south side of the village (130 metres south of Ventnor Road)
- Multiple build outs along the road to assist pedestrian crossing
- Introduction of kerbed 1.2 metre island in the middle of the road north of the Village Hall to Wisteria House
- Increased pavement widths to increase pedestrian safety/slow traffic speeds
- Various parking options for Waterbutt Row to try and solve pavement parking

If you would like to comment please contact the parish clerk, Keith Williams on quendonandrickling.clerk@hotmail.com. The deadline for receiving comments will be the 1st September 2020. A hard copy of the images from the report will also be displayed in the noticeboard outside The Cricketers pub.

Please be aware this scheme is in its preliminary stages. It has not been granted and is subject to agreement with Essex Highways and a Safety Audit will need to be undertaken. Funding will also need to be agreed.

Thank you to those who have already commented. Without comments we will presume that everyone is happy with the proposals.



**KEEP
CALM
AND
SCOOP YOUR POOP**

**If your dog needs to go to the loo,
And they squeeze out a big number two,
Please don't be a drag,
Pick it up with a bag,
Help our village look as good as new.**

FAKE FACEBOOK GIVEAWAYS

Since the start of lockdown there has been an abundance of Facebook posts offering competitions and giveaways – from cars, to motorhomes, to holidays to the Maldives.

Normally the page will ask you to “Like” their page and “Share” the post. Seems pretty reasonable?

Except that by doing so you are giving that page access to information such as your date of birth, email address, and friends list. All the things which we change our

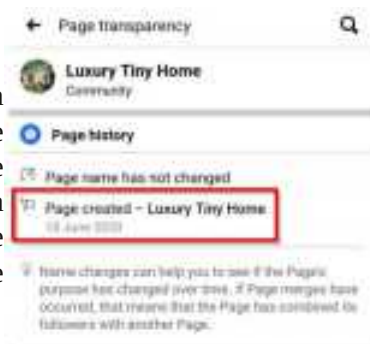
settings for, in order to keep private!

Each time the post is shared, the criminals widen their audience in the hope that someone else will fall for it!

WHAT CAN I DO?

Check the Page

If you visit a page, you can choose to check “Page Transparency”. Most of the time these pages are only a few hours old and therefore are unlikely to be the genuine company.



Don't Grant Permissions

When you click to “accept” third party permissions, you often don't know what you are agreeing to. Allowing scammers access to your device information can compromise your identity and grant them access to personal information.

Never Give Out Personal Information

Don't be tempted to provide personal details or enter details into a webpage in order to “validate” your win.

Don't Complete Surveys

Finally, some scammers ask you to complete a survey to be entered into their competition. These surveys can install malware on your computer or harvest your data.



Remember – if it looks too good to be true, it usually is!

AMAZON BRUSHING – BRUSH UP ON HOW TO PROTECT YOURSELF

Have you received an Amazon parcel recently that you have not requested?

Amazon ‘brushing’ scams have surfaced over the last three years and centre around Amazon sellers being able to leave fake positive reviews for their items.

How does it work?

A third party seller will get the name and address of a consumer. They will then purchase an item and send it to the unsuspecting person, claiming on Amazon that it is a ‘gift’. This allows that seller to leave a fake review for that item, even though someone else has received it. As a result, they can improve their Amazon seller rating which will encourage other customers to shop with them. Also, the amount of times a product has been sold will improve its chances of appearing in other customers searches, which is another benefit to the seller.

Should I be worried?

Most people who receive these items are not charged for them. The main concern is how the seller obtained the person's name and address in the first place. Sometimes

this information is readily available on an internet search, other times it might be the result of a data breach.

A good way to check whether your data has been compromised is to use the site www.haveibeenpwned.com. By entering your email address, you can see if/when it was involved in any data breaches and where these occurred. If this is the case, then it is essential that you change your password using the National Cyber Security Centre guidance at www.cyberaware.gov.uk.

What should I do if I've received a parcel?

If you do receive a parcel you have not requested, immediately notify the retailer. Use information available from Amazon or the retailer's website rather than information provided in any email correspondence, in case this is also part of the scam. Then, change your password using the below advice and report to Action Fraud. You could also monitor your bank account to ensure there is no suspicious activity in the coming weeks.

Advice from Neighbourhood Watch (Cont.)

SIM-SWAP FRAUD – HOW CRIMINALS HIJACK YOUR NUMBER TO ACCESS YOUR ACCOUNTS

An unusual one this time, but a fraud that has increased by 400% since 2015! Sim-swap fraud is where a criminal tricks your network into transferring your mobile number to a Sim card in their possession meaning they receive all calls and texts intended for you – including any one-time security passcodes required to access your accounts.

How do they do it?

There are a number of ways criminals obtain your data – either through social media, paying for stolen data or through social engineering (fake emails, texts or phone calls that trick you into giving out your details).

With this information they then pose as you in order to contact your network provider and request that your number is switched to a new Sim card that they have. They will then get your number swapped so that they can receive all of your calls and text messages.

What can I do to protect myself?

1. Protect your mobile account

Add a password or passcode to your mobile account

2. Clean up your online profile

Restrict who can see your social media profiles which can often contain information that is then used in security questions (i.e. name of first school, date of birth, children's names etc)

3. Beware phishing attempts

Remember to be vigilant if you get calls, texts or emails

asking for information. Remember ABC – Never Assume they are genuine, Never Believe they are genuine and Always Confirm they are genuine before giving out personal details.

4. Recognise the signs

Call your provider immediately if you receive unexpected texts or emails about 'porting your Sim' or a PAC request, or if you suddenly lose phone signal.

5. Inform your banks

If your Sim has been swapped, alert your banks immediately in case the fraudster tried to make a transfer from your account.

6. Use 2FA apps

Remove your phone number from any websites or accounts that use it to reset passwords. There are other apps that use the physical device to authenticate requests, rather than the phone number.

In the current climate, mobile phones are a vital lifeline for many people. Please ensure you tell your family and friends about how to protect their number from criminals!

For more information on Sim-swapping and personal stories about how people have been affected please read the Which? news article at <https://www.which.co.uk/news/2020/04/sim-swap-fraud-how-criminals-hijack-your-number-to-get-into-your-bank-accounts/>.

Fake refunds for cancellations

The current travel restrictions imposed due to coronavirus have meant thousands of customers have applied for refunds for cancelled flights or holidays. Criminals may exploit this situation to defraud people via phishing emails, 'spoofed' calls or social media posts and adverts claiming to be offering refunds from airlines, travel providers or banks. Often emails and posts will include links leading to fake websites used to steal personal and financial information that can infect a victim's device with malware.

Always remember:

- Don't click on links or attachments in social media posts or emails.
- Question uninvited approaches and contact organisations directly to confirm requests using a known email or phone number.
- Only give out your personal or financial information to services you have consented to and are expecting to be contacted by.

If only warning messages like this were shared 37,000 times in a day!

'Tell2, protect many' is a communication initiative that empowers you to spread crime prevention messages to others in your life, who otherwise may never know. Start with 'tell2' and ask them to do the same. It starts with YOU!

If you or someone you know is vulnerable and has been a victim of fraud, please call Essex Police on **101**.

Report fraud or attempted fraud by contacting Action Fraud at www.actionfraud.police.uk or call **0300 123 2040**.

Using passwords To protect your devices & data

Passwords are an effective way to control access to your data, the devices you store it on, and the online services you use. This page contains tips about how to create strong passwords, how to look after them, and what to do if you think they've been stolen. For more information, please refer to www.cyberaware.gov.uk.

How can your passwords be stolen?

Criminals will use the most common passwords to try and access your accounts, or use information from your social media profiles to guess them. If successful, they will use this **same password** to try and access your **other accounts**.

Criminals also try and trick people into revealing their passwords by creating fake 'phishing' emails that **link to dodgy websites**, or by using **persuasive techniques** through social media.

Even if you look after your passwords, they can still be stolen if an organisation containing your details suffers a **data breach**. Criminals will use these stolen customer details (such as user names and passwords) to try and access other systems.

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Create strong passwords

Create a strong and memorable password for your email account (and other important accounts).

Avoid using predictable passwords (such as dates, family and pet names). Avoid the most common passwords that criminals can easily guess (like 'password').

Don't re-use the same password across important accounts. If one of your passwords is stolen, you don't want the criminal to also get access to (for example) your banking account.

To create a memorable password that's also hard for someone else to guess, you can combine three random words to create a single password (for example cupfishviro).

Look after your passwords

If you store your passwords somewhere safe, you won't have to remember them. This allows you to use unique, strong passwords for all your important accounts.

You can write your password down to remember it, but keep it somewhere safe, out of sight, and (most importantly) away from your computer.

Most web browsers will offer to store your online passwords. It's safe to do this. Browsers will also detect 'dodgy' websites that phishing emails try and trick you into visiting.

You can also use a standalone password manager app to help you create and store strong passwords.

Use 2FA to protect your account

Many companies allow you to set up two-factor authentication (also known as 2FA) on your accounts. It's called 2FA because it involves signing into your account using **two passwords or codes**; one that you know, and the other usually sent to your phone.

The most common form of 2FA is when a code is sent to your smartphone that you must enter in order to proceed. You should set up 2FA for important websites like banking and email.

Even if a criminal knows your passwords, they will struggle to access any accounts that you've protected by turning on 2FA.

The website www.talesign.com/turnon2fa/ contains up-to-date instructions on how to set up 2FA across popular online services such as Gmail, Facebook, Twitter, LinkedIn, Outlook and Instagram.

What to do if your password is stolen?

If you suspect your password has been stolen, you should change it as soon as possible.

If you have used the same password on any other accounts, change these as well.

You can use the website www.haveibeenpwned.com to check if your information has ever been made public in a major data breach.

www.ncsc.gov.uk @NCSC National Cyber Security Centre @cyberuk

Rickling Primary during COVID 19

It has been wonderful to welcome some of our pupils back to school and it's clear that the children are settling into their new routine.

Children are continuing to work at home in earnest and there has been so much wonderful feedback from teachers on the quality of the children's home learning.

We've been so incredibly impressed with the way the Rickling community has risen to the 'Google Classrooms' challenge. It took us teachers a while to 'get our heads around it' but then of course it didn't take long for the children to show us how it should be done! We certainly have a number of budding future IT professionals amongst our student body!

The experience of COVID-19 has been incredibly challenging and we know that it's had a significant impact on many parts of our community. It's been heartening to see how our community has pulled together and as a school we've certainly felt incredible support through kind words, gifts and encouragement.

We are really looking forward to the day that we can open our school gates as normal and welcome all children and parents back into the fold.



A lovely NHS rainbow in the window.



Learning time!

Children have been using their own equipment at break and lunchtime. It's a little different to normal but the children are really enjoying themselves.

Quendon & Rickling 100 Club

Congratulations to the July 2020 Winners

1st R Naughton £35

2nd S Cundy £25

3rd K Gray £15

Quendon & Rickling 100 Club generates a source of funds for the Village Hall and both our two churches, All Saints, Rickling and St Simon & St Jude, Quendon.

Advertising in *The Link*

reaches every household in Quendon and Rickling at attractive rates.

It could be promoting YOUR business.

Contact:

Advertising on telephone 01799 543297 or

The Editor, preferably by e-mail with attachments as necessary at robert@arnold-q.uk; otherwise telephone 01799 543075.

Please mention

The Link

when responding to advertisements here.

An advertisement this size is only £45 for a whole year!



www.hundredparishes.org.uk

THE HUNDRED PARISHES SOCIETY

The Society's website has been expanded to include a new series of interesting walking routes. The website already has 20 walks that start and finish at railway stations but their attraction has been severely reduced by the advice to avoid public transport during the coronavirus pandemic. Now the Walks area of the website has two sections: Station Walks and Other Walks.



Descending into Braughing



Looking towards Linton



River Chelmer

The new walks are all 'circular', starting and finishing at a location where there is normally space to park. The routes have been chosen for their attractiveness and level of interest, something which is not too difficult within the Hundred Parishes. The number of Other Walks is increasing all the time; in due course we hope that each of the hundred parishes will feature in at least one walk.

Each includes clear instructions to help you find the way and there is also an outline map of the route. Within the description there is a short introduction to some of the places you will pass. The new walks range in distance from 1 mile to 10 miles.



Thaxted



Henham

We hope you will be able to try them out and we would be pleased to receive any feedback. If you particularly enjoy a walk, do please encourage others to enjoy it too. Please bear in mind that the usual pubs and tea rooms may

not yet be open or may offer only a limited service. Walking boots or stout shoes are generally encouraged, although during dry periods they may not be needed.

Now that most of us can get out, please take the opportunity to explore new parts of our attractive countryside, villages and small towns. There is so much to appreciate in the Hundred Parishes.



Felsted School

Ken McDonald, Secretary

All walk descriptions can be downloaded and printed.

The Grange Care Home

At The Grange, our care is the kind we'd want all of our loved ones to receive. In these difficult times the elderly population is particularly vulnerable at home. If you're concerned about how your relative will cope and would like them to have more support, The Grange provides family-led care delivered by highly trained staff in a warm homely environment.

- Brand new luxury home
- Daily meaningful activities
- Daily fine dining
- Luxury en-suite bedrooms
- Spacious secure garden



01799 243 005



www.countrycourtcare.com



Fallow Drive, off Bury Water Lane,
Newport, Saffron Walden, Essex, CB11 3NZ

07874-385541



www.u3asites.org.uk/stansted

Our face to face meetings remain cancelled until further notice, but many of our 300 or so members are managing to keep in touch via Zoom, You Tube, WhatsApp, email and telephone. The Singers have been enjoying You Tube rehearsals coupled with Zoom get-togethers. Art Appreciation have been chatting and watching talks together on Zoom, there are weekly Zoom yoga sessions, Art group have been painting together on Zoom and there are others. The more than 90% of members with email have been receiving regular weekly newsletters too, with news, photos and stories – many of these from our own Creative Writing group. Tony, who normally leads our Walking and Nature Appreciation Group, has been sending emails out to the Walkers giving them ideas for walks and you can see a photo of some lovely bee orchids that he found near to Wades Hall, Ugley.



In light of government information regarding the number of people able to meet both indoors and out (which although it has been eased, at time of writing is still very restrictive); information published by the Charities Commission regarding AGM's; and our own constitution, it was decided to postpone the AGM until such time as it is safe and within government guidelines to hold it. Our constitution states that an AGM must be held every calendar year, therefore on or by 31st December 2020. Meanwhile, existing Committee members remain in place.

Monthly General Meetings have had to be cancelled too, but, behind the scenes, Gill our speaker secretary, has been busy re-arranging the speakers that were previously booked. Once we get back to meetings there will be, thanks to her efforts, a full programme of speakers. We can't wait!

We are still open to new members. Just go to our website for details of how to join, or email us at stanstedu3a@gmail.com.

*Sally Rich,
Vice Chair, Stansted Mountfitchet U3A*

Parking on the Footpaths

Parking cars on the pavement is not illegal, but it is if it causes an obstruction under section 137 of the Highways Act 1980. If you feel that you need to park on the pavement, only do so when there is room for a wheelchair or a double child's buggy to get passed easily. Failure to do so can lead to prosecution, but more importantly can lead to trapping a disabled person in his or her own home, and after the recent lockdown, you may understand a little of what that may mean for them!

When reporting the problem, remember you are reporting

an obstruction, not a car parked on the pavement and explain why it is an obstruction to you. If two people are walking side by side and one has to walk in front of the other to get passed, this is not an obstruction. This offence is enforced by the Police, but will be triaged in the same way as other offences. If it is a persistent problem, keep a log and also make representations to your local District and County Councillors, who may have the ability to solve the problem by other means.



Paul Harris, Essex Police Staff No 42077939

Essex Watch Liaison Officer for Brentwood, Epping Forest, Harlow and Uttlesford districts

Tel: **07738 736687** (Please avoid leaving phone messages and email me instead. Paul.Harris@essex.police.uk

Thanks)

You can also find me on TWITTER: [Paul Harris EWLO@PaulEssexWatch](https://twitter.com/PaulEssexWatch)



What's On

The village Hall, as with many public venues has had conflicting advice about opening. We have been working closely with RCCE (Rural Community Council of Essex) who govern village halls, regarding the legal and safety precautions needed. Several of our users take a break for the summer holidays, so we are aiming to reopen in September, when hopefully all the classes can return. Thank you to everyone for your patience.

As the Village Hall remains closed, there's still not much on. However:

Event	Date	Time	Place	Notes
BCP Communion	9th August	11.00	Quendon Church	No singing involved!
Community Café	19th August	10.00-12.00	The Green	See ad. p4
Holy Communion	23rd August	11.00	Rickling Church	No singing involved!

Emergency Life-saving

Should someone suffer a cardiac arrest or show symptoms of a heart attack e.g. pains in the chest, then your first action should always be to phone the ambulance service on 999. The service will refer you to our Automated External Defibrillator which is at the front entrance to Quendon & Rickling Village Hall. Anyone can save a life by using it until an ambulance arrives. In addition you can seek help from any of the volunteers listed below.

Name	Home Telephone	Locality
Alan Price	01799 542527	Northern end - Cambridge Road
Jane Price	01799 542527	Northern end - Cambridge Road
Robert Arnold	01799 543075	Northern end - Cambridge Road
Sandra Arnold	01799 543075	Northern end - Cambridge Road
Andrew Thomson	01799 543253	Northern end - Cambridge Road
Karen Thomson	01799 543253	Northern end - Cambridge Road
Thelma Wilson	01799 543313	Northern end - Cambridge Road
Chris Phillips	01799 542351	Middle - Cambridge Road
Sue Phillips	01799 542351	Middle - Cambridge Road
Nigel Ackerman	01799 540678	Middle - Cambridge Road
Wendy Stannard	01799 541869	Middle - Cambridge Road
Anne Howes	01799 543545	Southern end - Cambridge Road
Pat Turner	01799 543314	Rickling Green
Joanne Hales	07903 596011	Rickling Green
Janice Hart	01799 541196	Rickling Green/Brick Kiln Lane/Rickling
Clare Willoughby	01799 543637	Rickling Green/Brick Kiln Lane/Rickling



For further information see www.communityheartbeat.org.uk/

Remember: Using the defibrillator can't cause injury. Doing nothing can.

The Link is produced on behalf of Quendon & Rickling PCC, who do not necessarily share or endorse any opinions expressed by contributors or advertisers.

The Link is delivered free of charge by volunteers to every household in the villages of Quendon and Rickling. It is also available by post and online at: <http://www.quendonandrickling.co.uk>

All correspondence for *The Link* should be addressed to the editor,

Robert Arnold: **preferably by e-mail with attachments if necessary:** robert@arnold-q.uk, or at Talbots, Cambridge Road, Quendon, CB11 3XJ; otherwise telephone 01799 543075

Copy for each month is normally required by the 19th of the preceding month to allow for assembly, printing and delivery.

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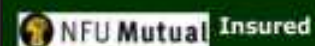
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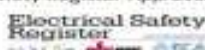
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