

# THE LINK

Quendon & Rickling

Parish

and Church

JULY 2017

## NEWS

You can find **THE LINK**  
and much more at  
[www.quendonandrickling.co.uk](http://www.quendonandrickling.co.uk)

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*From the Quendon &  
Rickling  
Photographic  
Competition 2017  
Tree Surgeon at Work  
By Horst Bienemann*

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:** [mcleod444@btinternet.com](mailto:mcleod444@btinternet.com)

# From the Vicarage Study

Rev. Neil McLeod,

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

**W**hat a month it has been! First there was the terrorist bomb attack in the Manchester Arena at the Ariana Grande concert, and then there was the terrorist attack with the van on London Bridge and in Borough Market where people were being killed in knife attacks. Now as I write this article I have just seen on the news that a van has been driven into a group of muslim people as they made their way out of their mosque after prayers. Whilst it is too early to have this confirmed it is not inconceivable that this is in the mind of the attacker some form of revenge or retaliation in light of the two earlier attacks that I have mentioned.

What is wrong with the world when there is so much hatred around? It looks like our civilisation is simply falling apart, although it was commented on the news earlier that this may be exactly what certain parts of the community on multiple sides wants. Yet I believe that this is a road to nowhere! It may also be rather a long, torturous and dangerous road.

In 1967 the Beatles released the single 'All You Need is Love'. Whilst the sentiments are great it is right to acknowledge that the Bible got there first. 1 Corinthians 13 which is a popular reading for weddings states that 'love is kind', or that 'love does not rejoice in evil' and that 'love keeps no record of wrongs'. In Matthew's gospel Jesus goes even further by stating that we should 'love our enemies'. I sometimes wonder if people believe that the Bible and/or Christianity is irrelevant in today's society. I believe that it is entirely relevant.

In a world that is being torn apart by extremists' views, hate crimes and terrorist acts then it is only love that can heal the world. Not a romantic love between partners, but a love and respect for every individual no matter the colour of their skin, the culture in which they live, the faith which they have, their gender or sexual orientation or their social class. Here in Quendon and Rickling we may not be exposed to all of these different types of people, but a lack of respect is a slippery slope. Disrespecting one group of people makes it easier to disrespect the next. Turning a blind eye to an abuse on our doorstep or not speaking out against it, means we may do the same elsewhere.

Let us learn to live together. The passage in 1 Corinthians ends 'Love never fails', and that is my hope and prayer for us, and for the world.

*Neil*

## Church Services in the Benefice

### Sunday 2nd July

9.30am Widdington Family Service  
11.00am Newport Family Communion

### Sunday 9th July

8.30am Widdington BCP Communion  
**9.30am Quendon BCP Communion**  
11.00am Newport All-Age Service

### Sunday 16th July

9.30am Widdington Holy Communion  
11.00am Newport Holy Communion  
**6.00pm Quendon BCP Communion**

### Sunday 23rd July

8.00am Newport BCP Communion  
**9.30am Rickling Holy Communion**  
11.00am Newport Morning Worship  
3.30pm Newport Messy Church

### Sunday 30th July

11.00am Newport Morning Worship

### Sunday 6th August

9.30am Widdington Family Service  
11.00am Newport Family Communion

### Sunday 13th August

8.30am Widdington BCP Communion  
**9.30am Quendon BCP Communion**  
11.00am Newport All-Age Service

### Sunday 20th August

9.30am Widdington Holy Communion  
11.00am Newport Holy Communion

### Sunday 27th August

8.00am Newport BCP Communion  
**9.30am Rickling Holy Communion**  
11.00am Newport Morning Worship  
3.30pm Newport Messy Church

### In addition to these services, prayer meetings are held as follow:

Quendon, Mondays 4 30 pm  
Rickling, Thursdays 9 00am  
Widdington, Tuesday 9 00am  
Newport, Wednesday 4 30 pm.

**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: [mcleod444@btinternet.com](mailto:mcleod444@btinternet.com)

**Churchwardens - Quendon:** Mrs Maureen Hawkins 01799 543201 and Mrs Christine Osbourn 01799 543367  
**Rickling:** Lisa Huxtable 01799 542995

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



**Contact details for local Police**

Essex Police operate through Local Policing Hubs, and it is not possible to contact individual members of that team for day-to-day activities.



The recommended procedure is to contact the police using the 101 service (if 999 is not appropriate, i.e. for non-emergency situations). Calls to the 101 Centre will determine how to respond and, where appropriate, this will be passed to either Response Officers or members of the Local Policing Hub.

**"There's nothing to do in Quendon & Rickling"**



**Photography Exhibition**

**Q&R Village Hall, 28th & 29th May 2017**

**We were here.**

**Where were you?**

**(16 visitors)**

**District Council News**

**Report from District Councillors Anthony Gerard and Neil Hargreaves**

**Local Plan**

The proposed sites for development under the Uttlesford Local Plan will have been published by the time THE LINK is out. Final meetings are taking place at the time of writing (19th June). The Plan covers the period 2011 to 2033 and the delay caused by the failure of the previous proposals in 2014 now means the number of houses to be included has risen from 12,500 to 14,100.

The solution proposed is to build new settlements. However the plan is still requiring significant extra building around existing settlements. For Saffron Walden a key missing document is a plan to remedy the poor air quality in the centre, which is caused by the heavy traffic. Just because the pollution is not visible doesn't mean it can be ignored or that it is not dangerous. There is more pollution to come from existing unbuilt housing permissions and yet more on top of that from Plan proposals. The decision on the sites is effectively being taken by the UDC Cabinet on 6th July but the air quality report informing this decision, already the subject of delays and obfuscation, is not scheduled till September. In the absence of a bypass it is clear that air quality cannot be improved and will get worse. R4U have

raised this at the Plan Working Group, and at briefings, and no answer is given. Anthony is a substitute on the scrutiny Committee and will be raising the matter again there.

The consultation on the draft plan starts on 12th July until 29th August. Following that there will be a further consultation on the final version in December/January with submission to the Inspector in March 2018. Implementation is not expected until 2019, eight years into the plan timescale from its start date of 2011.

Quendon and Rickling are not in line for significant more development in the Plan, but that does not stop developers making applications regardless.

### **Neighbourhood Plan**

This is more parish council than district council, but is relevant to the Local Plan. A questionnaire is coming out at the end of June for all residents, businesses and local groups. It will be seeking your views on various matters and possible policies for the Plan. Some of it has come from comments made at the presentations in March, some from the Steering Group and some from other Neighbourhood Plans locally and across the country. (Why do your own thinking if you can borrow!?)

The questionnaire will include for example items on parking policies and on what we should expect from developers, such as paying for footways and moving of speed limits. Also a more challenging question on whether if the village got a significant new village asset it would take a larger development

A Neighbourhood Plan must be in synch with a Local Plan. But in the absence of an up to date Local Plan a Neighbourhood Plan still carries weight in planning decisions. So the Steering Group is pushing ahead and currently meeting weekly. The Quendon and Rickling members of the Steering Group are Brandon Chapman and Tracey Hepting, and we have also had an excellent contribution from Sue Duncan on policies for housing styles

### **Councillors surgeries**

We are available every Thursday morning from 10.30 to 11.30 in Dorrington's but going into the holiday period best check unless you just happen to be going past!

*Neil Hargreaves*

## **This month's message from the Chairman of the Parish Council**

I'm sorry to say that Anne is currently away, attending her father who is seriously ill in hospital. We wish Anne, her father and wider family the best.

It falls to me then to attempt to fill Anne's shoes in terms of keeping you up to date with what the PC are up to. Thankfully, in terms of what I can actually discuss at present, there isn't a great deal to tell you, so I shouldn't get too much wrong. In fact there is so little happening at present that the last PC meeting, on 7th June must have been one of the shortest on record. The meeting closed at 8.40pm and we all went home early.

However, in response to issues raised by our **recent audit**, we are about to conduct a financial risk assessment, which for the most part requires completion of a template, which, in short, helps to ensure that we conduct our affairs correctly.

**Training** – Ele has now attended a session on planning, and Anne is to attend one on Standing Orders.

**Broadband** – We still don't have a start date from Gigaclear. We are assured that this is due to an updated plan by them to introduce equipment that will ensure a better end product. (I may have misunderstood this and I hope we will hear from Tom Duncan who can explain it far better than I.)

**Neighbourhood Plan** – We expect a questionnaire from the working group, hopefully in July. When it comes, I would urge everyone to complete and return it. I simply can't exaggerate the importance of this. The more replies received, the more weight the plan will carry. This is your chance to make a real difference to the future of the village.

**Local Plan** – UDC are scheduled to make their recommendations to cabinet on 19th July.

Sally is doing some excellent work with **our footpaths**. If the various landowners don't start to make real improvements in the near future it certainly won't be for a lack of effort by her.

Other things are happening behind the scenes which I hope to be able to report on soon, all of which will be to the good if successful.

And I've bored you enough! Hopefully normal service will be resumed soon.

*Alan.*

## THE HUNDRED PARISHES SOCIETY



Over the centuries, wealthy individuals and families have often built grand houses. In our area, many remain, albeit that few still serve as family homes. The best-known is Audley End House in the parish of Saffron Walden. Its splendid 17th-century architecture can be seen from the B1383. The house, now only one third of its size when purchased by King Charles II in 1668, is cared for today by English Heritage and should be open to the public again after July 14. Less-known, but also visible, are the

following four mansions which can be found in the far corners of the Hundred Parishes.

In the northeast, in Steeple Bumpstead, Moyns Park was built around 1580. It is privately owned and a mile from a public road, but it can be seen clearly and appreciated from an easy public footpath.



In the southeast, Great Waltham is home to Langleys, a fine three-storey private house that has been in the same family since it was built in 1719. Clearly visible from the road, it can be viewed more closely from the Essex Way footpath, which passes the end of the drive.

In the far southwest of the Hundred Parishes, Wareside has Fanhams Hall, an 18th-century home that was extended in the early 1900s when the Japanese gardens were created. It now functions as a conference centre and wedding venue, whilst the grounds can be enjoyed for the price of an afternoon tea or Sunday lunch.



In the northwest, at Aspenden, the present Aspenden Hall was built in the 19th century. Its pristine white exterior, visible from Aspenden churchyard, hides the fact that its interior was gutted 50 years ago and that it is now used for agricultural purposes, mainly the drying of grain.

You can read a little more about each of these interesting buildings within the parish introductions on the Hundred Parishes website.

*Ken McDonald,*  
Secretary

[www.hundredparishes.org.uk](http://www.hundredparishes.org.uk)

## OUR VILLAGE SHOP

open from 5th July

I am delighted to say that the Village Shop will be open for business from Wednesday 5th July. Watch out for flyers, posters and notifications on the village email circulation, website and facebook, which will give you information on what is available and opening hours.

The shop will be located in The Cricketers Arms and will provide basic needs as well as being a meeting place to meet up with friends over a coffee.

Many thanks to everyone who has been involved in this project, it has taken a while so let's ensure that our community shop will be a success. A particular thanks go to Paul Cutsforth at the Cricketers Arms, without whose help this would not have been possible.

*Brandon Chapman*

Join us  
at the....

RICKLING C.E.  
PRIMARY SCHOOL

Rickling Primary School  
**Summer Fete**  
Saturday 8th July, 12-3pm

Bouncy Castle - Ice Cream Van - BBQ  
Fire Engine Visit - Tombolas - Beer Tent  
Football Shoot Out - Pony Rides - Raffle  
Circus Workshop - Stalls - and much more

## Win a meal out and watch those cyclists

A local cycle group have got some fabulous meals out to be won, a three course meal for two at The Eight Bells in Saffron Walden, the same at The Fighting Cocks in Wendens Ambo, a Sunday lunch for two at The Bull Langley and I hear that there may well be more added.

The group, Debdecycle raise funds for The 33 Engineer Regiment's Injured Soldiers Fund, based at Carver Barracks. This year they have two events, The Debdecycle 3 Counties Ride that will be on the 3rd of September. The ride is open to everybody, it offers a choice of 35 or 50 miles and 100% of the entry fee goes to the soldiers. The other event is a ride that the Debdecycle organiser and his daughter will be undertaking at the end of July, a 450 mile trip across northern Europe. I have it on good authority that they are very much "fair weather cyclists" but they're taking on the challenge as a way of encouraging others to come along in September.

Back to those prizes. If you think the Debdecycle team's efforts are worthy and you'd like a meal out you just need to make a £5 donation on their JustGiving page and put "Food" in the comments. You will go into a draw that will take place in mid September. You can find out more at their website; Debdecycle.co.uk, Sign up for the 3 Counties ride via British Cycling and follow their efforts on their Facebook page; Debdecycle Lindsell. I also hear that they have some cycle ride guides on YouTube.

*Brian Lindsell*

## Photographic competition

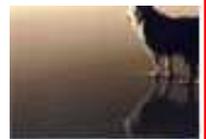
Thanks to the few who submitted an excellent selection of photographs to the competition. 91 photographs were entered, judged and displayed. **My thanks to our judge James Cowell.**

The winners were:



**Overall: winner** and **Reflections: winner** – Jane Davis – [Padstow Harbour](#)

**Reflections: Highly commended** Jane Davis – [Collie Waiting](#)



**Bridges: winner** – Robert Arnold - [Bridge at Attadale](#)

**Bridges: Highly commended** Sandra Arnold – [Skye Bridge](#)



**Mystery: winner** – Horst Bienemann - [Mystery](#)

**Mystery: Highly commended** – Robert Arnold - [Mystery](#)



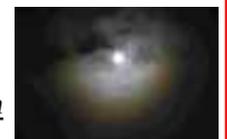
**Weather: winner** – Horst Bienemann - [Rainbow over Ugley](#)

**Weather: Highly commended** Sandra Arnold – [Rain at Office Window](#)



**Night: winner** – Horst Bienemann - [Night time in Seville](#)

**Night: Highly commended** Sandra Arnold – [Storm Moon](#)



It was extremely disappointing that so few came to support a village event especially when I had been asked by a number of people to run this again following that of the previous year.

*Sandra Arnold*

## Keeping Quendon Churchyard Tidy

Quendon Churchyard is a peaceful open space in which to wander and it is an important feature of the village. Throughout the growing season a small group of us take turns in pairs to mow it. If done regularly not only is the job much easier, but the result is more satisfying.

**Please help us to keep this asset tidy by joining us.**

Contact John Watkinson telephone: 01799 543350 or e-mail: [johnwatkinson@tiscali.co.uk](mailto:johnwatkinson@tiscali.co.uk). Alternatively contact the Editor, Robert Arnold, e-mail: [robert@arnold-q.uk](mailto:robert@arnold-q.uk) or telephone: 01799 543075.

## Rickling Primary School News

On Tuesday 7th June 2017, years 4, 5 and 6 of Farnham and Rickling Church of England Primary Schools, visited Writtle College, for a Food and Farming day.

The aim of the day was to give children a better understanding of where their food comes from and the role agriculture plays in shaping the Essex countryside. The visit links with many areas of the curriculum. The event consisted of five zones, each of which encompasses a key element of the food and farming story with a range of interactive activities and demonstrations from tasting oysters, operating machinery, looking at animals to cuddling cucumbers! See our pictures below



## Quendon and Rickling Golf Society

On Thursday June 1st the Golf Society had its annual match against a team of Manuden village golfers. This is the tenth year of this competition and it is amazing to us all just how many years have gone by since we first played for this Trophy which was kindly donated by Nigel Ackerman in 2008.

We played at Saffron Walden Golf Club as ever and fielded a team of 14 players against Manuden's best. We met for an early lunch on a warm sunny day and the teams mixed over sandwiches and drinks whilst the captains - John Burgess for Manuden and Tony Jones for ourselves - made sure everyone was ready for the match ahead. The format was simple match play which in a nutshell means that whichever pair has the lowest nett score on a hole wins it and the pair who win more of the 18 holes played is the winner of that match. We had seven pairs and there were very hotly contested matches all around the course. There was an additional prize at stake for whoever could get their drive closest to the pin on the 18th green which is right in front of the club house terrace and a great viewing place for the teams to gather to watch friends finishing their rounds.

We all gathered on the terrace to give our results to the captains and enjoy a well earned drink and catch up with team mates.

The golf club put on a barbecue supper for us and John and Tony announced the winner of the nearest the pin to be Nigel Ackerman and a bottle of bubbly was duly presented to him. Nigel's great shot wasn't enough to achieve a win for him and his partner in their match but he can at least drown his sorrows! Of course the main event was the Trophy and the winner for the fourth year on the run is our own Quendon and Rickling team - brilliant! We won 5 of the 7 matches which was a resounding success and the two matches which were lost were contested to the very last hole so it

was only the size of our win which was in doubt. Well done to everyone who played and thanks to Manuden for their good humour in defeat and determination to give it another go next year. Here is Tony with the Trophy and the beaming smiles of winning team show how pleased they are. Jan Rackham missed the photoshoot but was our 14th valued player. Thanks go to both team captains for a great day - and 2018? *Bring it on!*





Happy smiles after I finished the race with my medal



Presenting the Charity Coordinators and Fundraising Chairman with the donations

Hi

Thank you for taking the time to read this.

As you may be aware I ran the Norwich Half Marathon in April 2017. It was in aid of the Swaffham and Litcham Home Hospice. A local charity to the family, here in Norfolk, that have been providing support through Dad's cancer battle.

The event was my first half marathon and I couldn't have chosen a hotter weekend to do it. That weekend was the hottest of the year so far (obviously we have hotter since). 13 miles on paper seems a long way but its even longer when you start to run it. The route was described in running terms as undulating and certainly the last 3.5 miles was very undulating. However, all the way through the course there were people cheering you on and with lots of support from my friends at Dereham Running Club the miles slowly disappeared.

I completed the event in a time of 2.10:42. This happened to be my first half marathon so counts as a PB which is always good.

Thanks to the people that had spent the time to sponsor me. It is very much valued by all the family.

A grand total of £925.50 was raised



### Rickling /Quendon Coffee Morning Club

Pub Quiz and Ahoy Bingo

Wednesday 19th July 2017

10.00 am – 12.00 pm



All proceeds to go to the Village Hall Fund

Please contact: Carole 01799 543807  
Quendon & Rickling Village Hall,  
Quendon CB11 3XQ

### Extend Coffee Morning and trip to Wyken Hall

A very big thank you to everyone for help given with our fundraising sale/coffee morning on 3 June. I am very grateful for all the donations of sale items, cakes, preserves, craft items, raffle prizes and the help with teas and sales. We raised well over £300 which has allowed me to reduce the fares for our day trip to Wyken Hall on 21 June from £24 to 16.50 each.

Pat Turner.

### Rainbows

Please come to our rainbow meeting, July 3rd, 4.30 - 5.30pm, the Village hall. We are raising money for Pinky Pie. She is raising money for cancer. We are holding an open meeting. We will have a couple of raffles, a cake stall, tea or coffee and a chance to join our games and activities.

It would be so lovely to see you all. We are a very sweet bunch, if not a tad loud! We hope you will be able to join us. If you are unable to come but would like to give a donation, please give it to Rainbow Dash. (Clare, Bury Farm Cottage.)

Many thanks, Lots of love, Quendon & Rickling Rainbows. xxxx



### Quendon & Rickling 100 Club

1<sup>st</sup> Prize.....Ball no. 52.....Caroline Mackrill

2<sup>nd</sup> Prize.....Ball no. 44.....Thelma Wilson

3<sup>rd</sup> Prize.....Ball no. 15.....Anne Howes

Many Congratulations to our winners this month. If you would like to join give me a ring. Clare.

01799 543637

# July 2017 at...



Diary of a Wimpy Kid: The Long Haul (U)	Sat 1 3.00pm; Sun 9 3.00pm
The Zookeeper's Wife (12A)	Sat 1 8.00pm
Otello – Royal Opera House	Sun 2 2.00pm <a href="http://www.saffronscreen.com">www.saffronscreen.com</a>
The Other Side of Hope (12A)	Sun 2 8.00pm; Mon 3 8.00pm
The Secret Scripture (12A)	Fri 7 8.00pm; Sun 9 8.00pm
Salomé – National Theatre	Sat 8 7.30pm
Ghostbusters (12A) <b>Carnival screening in the marquee</b>	Sun 9 6.00pm
Heal the Living (12A)	Mon 10 8.00pm
King Arthur: Legend of the Sword (12A)	Fri 14 8.00pm; Sat 15 3.00pm
The Journey (12A)	Sat 15 8.00pm; Sun 16 8.00pm
Spark: A Space Tail (PG)	Sun 16 2.00pm
Letters from Baghdad (PG)	Sun 16 5.00pm
The Levelling (15)	Mon 17 8.00pm
Angels in America Part One: Millennium Approaches – NT	Thu 20 7.00pm
Pirates of the Caribbean: Salazar's Revenge	(12A) Fri 21 8.00pm; Sat 22 3.00pm
Churchill (PG)	Sat 22 8.00pm; Sun 23 8.00pm
Peppa Pig: My First Cinema Experience (U) <b>Cinema for Tinies</b>	Sun 23 11.00am
Spark: A Space Tail (PG)	Sun 23 3.00pm
Bob the Builder: Mega Machines (U)	Mon 24 3.00pm
Frantz (12A)	Mon 24 8.00pm
Embrace (12A)	Tue 25 8.00pm
Bob the Builder (U)	Thu 27 3.00pm
Angels in America Part Two: Perestroika – NT	Thu 27 7.00pm
Despicable Me 3 (U tbc)	Fri 28 3.00pm; Sun 30 3.00pm; Mon 31 3.00pm
Wonder Woman (12A)	Fri 28 8.00pm; Sat 29 3.00pm
Despicable Me 3 (U tbc) <b>Autism Friendly Screening</b>	Sat 29 11.00am
The Hippopotamus (15)	Sat 29 8.00pm; Sun 30 8.00pm
After the Storm (PG)	Mon 31 8.00pm

**Tickets: Eve:** Full price £7.90, 65 & over £7.10; Other adult conc: £6.10, 18 & under: £5.70 (£4.30 on Mon)

**Day:** Full price £6.90, 65 & over £6.00; Other adult conc: £5.30, 18 & under: £4.50, Family ticket £20.00

**For Special Event Tickets, please see website**

**Available from the Saffron Walden Tourist Information Centre, online at [www.saffronscreen.com](http://www.saffronscreen.com),**

**or at the cinema Box Office (opens 30 mins before screening) at  
County High School, Audley End Road, Saffron Walden, CB11 4UH.**

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>

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

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## What's On

Where no organiser is shown for any event in Q&R Village Hall, contact the Hall Manager, Christine Osbourn on 01799 543367 for details

Event	Date	Time	Place	Notes
EXTEND Exercises	<i>Mondays</i>	10.30	Q&R Village Hall	Pat Turner 01799 543314
Saffron Searchers	<i>1st Monday in month-</i>	-	Q&R Village Hall	-
Dog Training	<i>Mondays</i>	-	Q&R Village Hall	Pauline Everton
Rainbows	<i>Mondays</i>	16.00-17.00	Q&R Village Hall	(Pre-Brownies)
Prayer Meeting	<i>Mondays</i>	16.30	Quendon Church	
Pilates	<i>Tuesdays</i>	09.00-10.00	Q&R Village Hall	Jan Crawley 077421 82272
Dance Exercise	<i>Tuesdays</i>	Morning	Q&R Village Hall	Christine Alexander
Dance Exercise	<i>Tuesdays</i>	Afternoon	Q&R Village Hall	Christine Alexander
Armadillos	<i>Tuesdays (term-time)</i>	09.00	Rickling School	Stevie Green 01799 542734
Bowls Practice	<i>Tuesdays</i>	18.00	Quendon Bowls Club	David Edwards 07804 954095
Coffee Group	<i>3rd Weds in month</i>	10.00-12.00	Q&R Village Hall	Angela 01799 218061/Carol 543807
U3A Choir	<i>Wednesdays</i>	10.30	Q&R Village Hall	
Wednesday Club	<i>Wednesdays</i>	-	Q&R Village Hall	Christine Osbourn 01799 543367
Prayer Meeting	<i>Thursdays</i>	09.00	Rickling Church	
Line Dancing	<i>Thursdays</i>	-	Q&R Village Hall	Dawn Bond 01787 460274
Rickling Runners	<i>Thursdays</i>	19.30	The Green	Stevie Green 01799 542734
DiddiDance (2-4yrs)	<i>Fridays</i>	10.00	Q&R Village Hall	
Social Evening	<i>Fridays</i>	19.00	Quendon Bowls Club	David Edwards 07804 954095
Rainbows Open Eve.		3rd July	16.30-17.30	Q&R Village Hall See p8
Village Shop Opens	5th July		Sited in Cricketers Arms	See p5
Summer Fete	8th July	12.00	See p5	
BCP Communion	9th July	09.30	Quenson Church	
Coffee Morning	19th July	10.00-12.00	Q&R Village Hall	See P8
Holy Communion	23rd July	09.30	Rickling Church	
Golf Event	24th July	09.30	Essendon Old Course	<a href="mailto:janrackham@hotmail.co.uk">janrackham@hotmail.co.uk</a>

## 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
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