

The Link

Quendon & Rickling
Parish
and Church

You can find *The Link*
and much more at
www.quendonandrickling.co.uk

NEWS

February 2019

In this issue

Church Contacts	2	Buffy Bus	5
Police Contacts	2	District Council	6
Vicar's Message	2	Intruder Alarms	6
Church Services	3	Crime Prevention	7
100 Club	3	Recipe	7
HELP!	3	Saffron Screen	8
Parish Council	4	Emergency Life-saving	9
Community Café	4	What's On	9
Newport Teas	4	Publication Details	10
Hundred Parishes	5		



*Jane Davis
Tree of Life, RSPB Sandy*

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

From the Vicarage Study

Rev. Neil McLeod,

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



“Love is in the air, everywhere I look around. Love is in the air, every sight and every sound.”

Those lyrics are from Paul Young’s hit from many years ago and serve us now as we prepare to move into February which, of course, contains Valentine’s Day. It is a day upon which chocolate shops, florists, card shops and, even possibly, jewellers will be stocked up to cater for.

Yet once you take the commercialism away, then at the very heart of Valentine’s Day, and every pun is intended there, is love itself. It may get lost in the cards and the gifts but Valentine’s Day is about celebrating the love that you have for your husband, wife, boyfriend, girlfriend or partner. In my book love is always worth celebrating, even though we should be celebrating on every day throughout the year rather than just on one day. But Valentine’s Day is here and so we remember it.

We may also use Valentine’s Day to remember the loved ones that we shared our life with but whom are no longer with us. No cards or gifts but, hopefully, many happy memories of good times in the past.

One other love that can be celebrated on Valentine’s Day is the love that God has for every single one of us. It is an unconditional love that is poured out upon us no matter what we think about God or the bad and wrong things that we do. With partners we can sometimes lose their love because of how we treat them or the things that we do, but God is not like that. Someone once wrote, “There is nothing you can do that will make God love you more, and there is nothing that you do that will make God love you less.” In love God sent Jesus to be born as the baby, who grew into the man who died on the cross for us. John 15:13 states, “Greater love has no one than this: to lay down one’s life for one’s friends.” Jesus, the Son of God loves us so much that he laid down his life for us.

Remember the lyrics I opened this article with, “Love is in the air, everywhere I look around. Love is in the air, every sight and every sound.” Love is everywhere around because God is all around us. That is worth celebrating this Valentine’s Day.

Neil

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/	
To give information anonymously phone CRIMESTOPPERS or report it on-line at www.crimestoppers-uk.org	0800 555 111

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

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

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

Church Services in the Benefice

Sunday 3rd February

9.30am Newport Contemporary Communion
 11.00am Widdington Christingle Service

Sunday 10th February

8.30am Widdington BCP Communion
 9.30am Newport Morning Worship
11.00am Quendon BCP Communion

Sunday 17th February

9.30am Newport Holy Communion
 3.00pm Widdington Holy Communion
3.30pm Quendon BCP Said Communion

Sunday 24th February

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

Sunday 3rd March

9.30am Newport Contemporary Communion
 11.00am Widdington Family Service

Wednesday 6th March – Ash Wednesday

11.15am Newport BCP Communion
7.30pm Quendon BCP Communion

Sunday 10th March

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

Sunday 17th March

9.30am Newport Holy Communion
 11.00am Widdington Holy Communion
3.30pm Rickling Evening Prayer

Sunday 24th March

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

Sunday 31st March – Mothering Sunday

10.00am Widdington Family Service

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.

HELP REQUIRED URGENTLY

Quendon Church is in urgent need of volunteers to help dust/sweep or vacuum the church once or twice a year. **Do you have 2 hours to spare?**

Currently our church is cleaned monthly by two people. Please come and help our dwindling numbers of volunteers.

If you are able to help or would like more information please contact

Christine Osbourn 01799 543367

HENHAM CHRISTMAS MARKET 2018

Raising money for St Clare Hospice & Alzheimer's Society

We would like to say a HUGE thank you to everyone who came to support our charity event.



Thanks to everyone who baked cakes, donated raffle prizes, helped on the day, drank the tea and bought raffle tickets. The fantastic range of Stallholders.

Janette for her fabulous knitted toys which we also sold adding to our total. Also Optoelectronics & Aquaid for their generous donations. You all made it a huge success.

We are very pleased to say that together we raised **£4,435.52**

Many thanks from Jo, Lara, Lesley & Anna

THE CHARITY THAT WAS CHOSEN BY YOU FOR US TO SUPPORT NEXT YEAR WAS VOTED AS 'ESSEX & HERTS AIR AMBULANCE TRUST'

Quendon & Rickling 100 Club

Congratulations to our winners this month.

24	Christine Osbourne	£35-00
31	Marios Michaelides	£25.00
19	Karen Crow	£15.00

Many Congratulations to all!!

0000XXX0000



Quendon & Rickling Parish Council News

and then it was 2019

Yup, 2019 already and I know what you are all thinking. Where did it go? Why is it that the older you get the faster time flies? Something to do with Einstein and relativity I expect. Anyway, one thing to look forward to this year is Parish Council elections in May. All places are up for grabs so if you are interested in standing please let me know. A full Quendon and Rickling Parish Council comprises 7 councillors. If 7 or fewer apply for council positions then there will be no need for an election. Full details will be posted on the noticeboards giving plenty of time to apply.

Broadband

It really is getting closer. Maybe Springtime?

In other news from the Parish Council meeting.....

Not a lot of business at the January meeting, not even a planning application to consider. However, one of the main items of business was to agree the precept for 2019/2020. And I can report that the precept requirements is being held at **£12,500** for another year. So not everything goes up.

There has been a slight change to the planning guidelines, following some residents' input. You can see the new guidelines on the website, together with a list of ongoing planning applications. The meeting minutes also has an appendix showing the status of planning applications.

Our County councillor Ray Gooding, who has the Education remit at Essex County Council, advised the meeting that Essex schools had an "Outstanding" report from Ofsted.

This bit is for dog owners. I believe there is reference elsewhere on Facebook, about the dog owner whose dog was off the lead in Quendon Woods whilst there was a deer cull in operation. Could have been nasty. The owner (of the woods, not the dog) is pretty unhappy and

is talking about prosecuting any further incursions onto his property. So please be aware. I would mention here that the Parish Council is still pushing for a bridge in the woods. The Council has asked Ray Gooding to pursue the matter with ECC. Apparently Strutt & Parker (who are the owner's agents) have been advised not to install one by their health and safety department.

Welcome Packs

The Parish Council provides a Welcome Pack of information for new residents to the Village. If any newcomers to the village have not received a copy of the pack, do please let the Clerk know on the contact details below and a welcome pack will be dropped off to them.

Next Parish Council Meeting

Will be on 13th February 2019 at 7.30pm

Highway Problems

The Essex Highways website is available for anyone noticing a problem to report it: <http://www.essexhighways.org/Report-a-problem.aspx>
A tracking facility for all reported faults is available.

Police/Crime

The Essex Community Messaging Service provides useful information to the public about policing and safety issues. It is free to register and information is given relative to your postcode, thus providing accurate and up-to-date community safety information and crime prevention advice. Users can choose to receive information via e-mail, text or voice-recording and can select what information to receive – based on where they live and work and on issues of interest. For further details and to sign up, visit www.essex.police.uk/ecm

Contact the Parish Council

The Clerk, Keith Williams can be contacted by e-mail quendonandrickling.clerk@hotmail.com or by telephone **01279 814473**

Rickling/Quendon Community Café **Quiz and Fun Bingo**

Wednesday 20th February 2019
10.00 am – 12.00 pm



Please contact: Angie and Carole
01799 543807/218061
Quendon & Rickling Village Hall,
Quendon, CB11 3XQ



Newport Community Café
Newport United Reformed Church
55 Wicken Road, Newport,
Saffron Walden, Essex. CB11 3QF
Tuesday 12th February
2.00 pm – 4.00 pm



Contact : Carole or Angela on 01799 543807/218061
for more info. email : angiecallahan@aol.com

Buffy Bus

In case you missed it, the Buffy Bus has resumed visits to Quendon & Rickling. Here is the timetable with apologies for the poor image quality.



The Big Bus for Little People

Uttlesford Buffy Bus Association is a local charity, community based, non-profit making organisation established in 1994. Buffy Bus is a playbus designed to bring to the 4000 bus an opportunity to play, play and explore in a group and environment. Buffy Bus helps to grant and charitable donations and our own fund-raising efforts.

Suggested donation £2.50 for each child per visit.

If you would like to contact us, ring 01438 31799, 322110 email: info@buffybus.co.uk or visit our website: www.buffybus.co.uk facebook.com/buffybus

Registered charity number 1051491—While every effort will be made to keep to this timetable, Buffy Playbus reserves the right to delay a visit due to operational reasons



Buffy Playbus Timetable from SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Saffron Walden Cromwell Road CB11 4BE 9.15am-10.30am	Hatfield Heath The Heath CM22 7EB 9.30am-11.00am	Newport Cherry Garden Lane CB11 3PZ 9.30am-10.30am	Fitch Green Community Centre Tantam Road CM6 3GG 9.15am-10.45am	Rickling Rickling Green Road CB11 3Y6 9.15am-10.30am
Great Chesterford Jackson Lane CB10 1PT 11.00am-12.30pm	Takeley Bassingbush CM22 6QY 11.30am-12.45pm	Clavering Behind M & M Supermarket CB11 4PE 11.30am-12.30pm	New Stop Quennox Cherry Crescent CM6 1TX 11.15am-12.30pm	New Stop Debden CB11 3LE 11.15am-12.30pm
Carver Barracks Near Macc Supermarket CB10 2YB 1.30pm-3.00pm	New Stop Thaxted Recreation Ground Gickelgops Street CM6 2PT 1.45pm-3.00pm	Stansted Woburn Way Forest Hill CM24 8EU 1.45pm-3.00pm	Takeley CM6 1FF Honey Road Little Canfield 1.45pm-3.00pm	New Stop Saffron Walden Whitethorn Way CB10 2AW 1.30pm-3.00pm



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

We have been sending monthly articles to magazine editors for more than four years and thought it might be a good idea to provide a reminder of the Society's aims and activities. The Hundred Parishes Society is a registered charity, run entirely by volunteers. It was launched in 2014 and is still relatively new.

A full explanation of the organisation's objectives is given on its website. Put briefly, it exists to increase awareness, enjoyment and care of the Hundred Parishes, an area that is characterised by its rich and diverse heritage.

The area covered is approximately 450 square miles and incorporates 104 parishes in northeast Hertfordshire, northwest Essex and southern Cambridgeshire. It includes 6,700 listed buildings which is more than any of the country's National Parks, and this despite being smaller than most of them. It is also worth pointing out that the three districts in the UK with the greatest concentration of pre-1700 listed buildings are Uttlesford, Braintree and East Hertfordshire.

Running the organisation is the responsibility of a small group of trustees who meet about every two months. At the present time we would welcome an extra trustee, particularly one from Hertfordshire. We now have 120 members paying a minimum annual subscription of £10: a mixture of individuals and households, parish councils and other local organisations.

Our main activities revolve around the spreading of information through leaflets, the website, regular magazine articles, member emails and occasional talks. The website has details of 20 interesting walks, each starting and ending at a railway station.

In 2018 the Society published "The Hundred Parishes: An Introduction". This 400-page quality hardback book contains a brief history of each parish and is lavishly illustrated with almost 1,000 photographs. It can be bought at local Tourist Information Centres.



Mike Young, Trustee

Report from District Councillors Anthony Gerard and Neil Hargreaves

Speed limit extension

Some good news. I understand that the Local highways panel at its meeting in January approved funding for the extension southwards of the 30 limit. The published agenda doesn't show the detail so I have asked the Essex officer for confirmation. However the design Anthony and I discussed with her at meetings at the UDC offices is for a move out of the 30 limit and a buffer 40 limit beyond that, but not as far as Belchams Lane.

The reason is that in the section with no houses, drivers would consider it unreasonable and ignore it. Then they would be more likely to ignore the 30 limit as well and so increase speed in the village centre. This was the logic explained to us. With no regular enforcement it depends on drivers perceiving limits as sensible (and the ones who do obey slow down the less compliant ones).

The project should be done in the next financial year

Local Plan

The regulation 19 Local Plan was couriered off to the Inspectorate on 18th January. An Inspector will now be appointed and there will be an indication of timings of the hearing sessions and issues the Inspector wishes to raise. The Inspector has various options. He or she (I was told no-one has come across a female Inspector when I queried as to why we always refer to an Inspector as he! Maybe this will be a first) will issue to UDC a notification of 'matters, issues and questions'.

At the conclusion the Inspector may reject the Plan, require further major work, or accept it. Acceptance is usually with some modifications which normally a grateful council will agree to.

UDC has however not finished its supporting work. Missing documents include an updated Water Study and there is no Sports and Recreation Study, and the Development Plans for the three new settlements have not been done. The current water study, many pages, fails to say where the extra water will come from. There was an excellent Sports and Recreation Strategy published in 2012 which is being ignored. It set out not just everything that would be needed, with costings, but inconveniently also set out developer contributions per house to pay for it. So that was given passing mention in the submitted Plan and is now dropped awaiting a new version. The new version is not offering any funding, apart from the discredited s106 system, nor, we suspect, any land, but we'll see.

Councillors Surgeries

We are available every Thursday morning from 10.30 to 11.30 in Dorrington's in Newport and we take turns to attend the Parish Council meetings in the Village Hall. We are also active on the two main village Facebook groups.

Neil Hargreaves

Cold Calling Intruder Alarm Companies

Considering an intruder alarm? Think twice before you consider taking an offer up from a cold calling intruder alarm company. Quite often they will use high pressure sales tactics, make you an offer that appears to be too good to be true, somewhere may be concealed charges. If you are told the alarm goes through direct to the police then "alarm bells" should ring, the police do not monitor intruder alarms, they go to a commercial central monitoring station who contact police on a confirmed activation and if a certain criteria are fulfilled and resources are available then police attend.

With any cold callers, stop give yourself time to think about what is being offered, do a little research before coming to a decision, speak to friends or family, don't be rushed. Remember "if it appears too good to be true invariable it is" and "you get nothing for nothing". If you need something done or purchased speak to neighbours and friends and take on a trader by personal recommendation, or Trading Standards "Buy with Confidence" scheme www.buywithconfidence.gov.uk or call **0345 404 0506**.

Gone are the days when an alarm was an indication you have something to steal, there are so many out there now, and it has been proven that having an intruder alarm is a strong deterrent to burglars. Self-install or installed system, wired or wireless, bells only or self-monitored or call centre monitored, there are pros, cons and financial implications to each. If you go with an installed system we recommend that you use NSI www.nsi.co.uk or SSAIB www.ssaib.co.uk accredited companies (some are also "Buy with Confidence" vetted for extra peace of mind), and get at least three quotes to compare like for like.

If you have any further queries re alarms or any other security issue have a look at the Essex Police webpage www.essex.police.uk/advice/home-security/.

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.

CRIME PREVENTION

Protect your new stuff

Over Christmas or for a birthday you may have been lucky enough to have received some rather nice gifts. You may have treated yourself to something of interest to thieves.

What did you do with the packaging? Left it by the roadside for the recycling collection? What better advert to the thief of where to find some new things to steal. Where possible fold the boxes inside out, or tear the box up, or package it in something else, or take it to the recycling centre yourself.

How many of us have thought about recording the serial numbers or property marking it? Be it a cycle, electrical goods, garden equipment or mobile phone it may have a serial number. You can record your serial numbers free or charge at <https://www.immobilise.com> and there are a number of property marking products available like indelible pens, SelectaDNA, SmartWater, CRE mark by CRE products to name but a few.

With jewellery and antiques don't forget to take photographs of them, include an "Object ID card" or ruler in a photograph to give it a scale. Some of these property marking products may also be suitable and you can now upload photographs of your property to Immobilise too.

Mobile phone and personal music devices: don't forget to make a note of the IME number of a mobile phone. To find it key in *#06#, with this if it's stolen you can block it. Many TV's, mobile phones, computers and other electronics come pre-loaded with security and/or tracking software; make sure that it is activated. If you are storing valuable college work or other on that nice new laptop don't forget to back up your work elsewhere just in case you lose the laptop. You can download an "App" on mobile phones to find your phone and more importantly wipe that data stored on it, check your "App store" or mobile phone provider.

Keep alert

When texting or talking on phones, or listening to music remain "in touch" with your surroundings. A number of road accidents, thefts and assaults occur when we fail to note what's going on around us - don't forget to pass this advice on to children.

Have a look at the webpage www.essex.police.uk/advice/ it contains a number fact sheets with tips on crime prevention subjects and access to more in depth crime prevention advice.

Another good source of crime prevention advice is: <https://thecrimepreventionwebsite.com/>

Diana Henry's beetroot risotto with Lancashire cheese

You can serve this as you would any risotto – with grated pecorino or parmesan on the side – but I like a subtler cheese, and since it isn't strictly Italian I think it's all right to use something unexpected. Crumbly Lancashire is perfect.

Prep 20 mins | Cook 30 mins | For 4

Ingredients

30g butter
2 tbsp olive oil
400g cooked beetroot, chopped into cubes
2 shallots, peeled and finely chopped
2 garlic cloves, finely chopped
Leaves from 1 sprig of fresh thyme
900ml chicken stock
250g risotto rice
125ml dry vermouth
2 tbsp double cream (optional)
110g pecorino, grated
small handful fresh parsley, chopped (about 3 tbsp)
salt and freshly ground black pepper



To serve

Lancashire cheese, grated

Diana Henry's beetroot risotto with Lancashire cheese (continued)

What to do:

1. Heat the butter and oil in a large saucepan over a medium heat. Add the chopped beetroot, shallots, garlic and thyme leaves. Cook gently for 3 minutes until the onion has softened, but hasn't coloured.
2. Heat the stock to simmering point.
3. Add the rice to the pan and stir to coat all the grains in the buttery mixture. Cook, stirring, for another 1-2 minutes until the grains begin to look translucent.
4. Add the vermouth to the pan and allow it to bubble up and reduce slightly. Add a ladleful of the simmering stock, and stir until all of the liquid has been absorbed. Continue adding the stock, a ladleful at a time, as the liquid is absorbed, stirring between each addition. You have to stir constantly.
5. Cook the rice until the grains are tender but still have a little bite. It will take at least 20 minutes.
6. This risotto really does need quite a lot of salt but if you've used good home-made stock the dish should already be quite salty. Add the cream if you're using it (it makes the dish richer and also a paler colour so it's up to you whether you want it at all), the pecorino and parsley. Taste and adjust the seasoning and serve immediately.

Recipe by www.lovebeetroot.co.uk

February 2018 at...



www.saffronscreen.com

Holmes & Watson (cert tbc)	Fri 1st & Sun 3rd 8pm
Mary Poppins Returns (U)	Sat 2nd 2pm; Sun 3rd 4.45pm; Sat 9th 3pm; Sun 10th 1.45pm; Fri 22nd 3pm (<i>Relaxed screening</i>)
Carmen <i>Metropolitan Opera</i>	Sat 2nd 5.55pm
Spider-Man: Into The Spider-Verse (PG)	Sun 3rd 1.45pm
Un amour impossible (15)	Mon 4th 8pm
The Favourite (15)	Fri 8th & Sat 9th 8pm; Sun 10th 5pm & 8pm
GOTHIC CINEMA ONE-DAY COURSE	Sat 9th 11am – 5.15pm
Die Verlorene Ehre Der Katharina Blum (15)	Mon 11th 8pm
How To Train Your Dragon: The Hidden World (PG tbc)	Fri 15th 5pm; Sat 16th & Sun 17th 2pm;
Stan & Ollie (PG tbc)	Mon 18th, Tues 19th, Wed 20th & Thurs 21st 3pm
Colette (15)	Fri 15th 8pm; Sat 16th 5pm; Sun 17th & Thurs 21st 8pm
Orphée (PG)	Sat 16th 8pm; Sun 17th 5pm; Wed 20th 8pm
Don Quixote <i>Royal Opera House</i>	Mon 18th 8pm
Hidden Figures (PG) <i>Whittlesford Memorial Hall</i>	Tues 19th 7.15pm
Beautiful Boy (15)	Fri 22nd 7.30pm
A Dog's Way Home (PG tbc)	Fri 22nd 8pm; Sat 23rd 5pm
Mary Queen Of Scots (15)	Sat 23rd & Sun 24th 2pm
The House By The Sea (La villa) (cert tbc)	Sat 23rd 8pm; Sun 24th 5pm & 8pm
The Tragedy Of King Richard II <i>Almeida Theatre</i>	Mon 25th 8pm
	Wed 27th 7pm

DAYTIME Full £7.30; 65 & over £6.50; other adult concessions £5.40; 16-30 £5.00; under 16s £4.60; family tickets (2 adults + 2 children or 1 adult + 3 children) £20.50

EVENINGS (films at or after 5pm) Full £8.40; 65 & over £7.80; other adults concessions £6.30; 16-30 £5.50; under 16s £5.20 (30 & under £4.50 Monday nights)

CINEMA for TINIES Adults £4.00; children £3.00; under 2s free

Tickets are available: online at www.saffronscreen.com (booking fee applies), in person from the Box office (opens 30 mins before each screening), in person from the Tourist Information Centre, Saffron Walden (booking fee applies)

Saffron Screen is at County High School, Audley End Road, Saffron Walden, CB11 4UH.

Telephone: 01799 524002, enquiries only.

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
Community Café	<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
Carpet Bowls	<i>Wednesdays</i>	19.00	Quendon Bowls Club	David Edwards 07804 954095
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
Buffy Bus	<i>Fridays</i>	09.15-10.30	Rickling Green Road	
Social Evening	<i>Fridays</i>	19.00	Quendon Bowls Club	David Edwards 07804 954095
Whist Drive	<i>1st & 3rd Sats</i>	19.30	Quendon Bowls Club	Tony Green 01799 218796
BCP Communion	10th February	11.00	Quendon Church	
Parish Council	13th February	19.30	Q&R Village Hall	
Said Communion	17th February	15.30	Quendon Church	
Holy Communion	24th February	11.00	Rickling Church	
BCP Communion	6th March	19.30	Quendon Church	Ash Wednesday
BCP Communion	10th March	11.00	Quendon Church	

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
Sandy Turner	01799 540557	Rickling Green
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.

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or The Editor

preferably by e-mail at
robert@arnold-q.uk,

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

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