The Link Quendon & Rickling NEWS Parish Parish and Church

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www.quendonandrickling.co.uk

June 2022

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From Rev. Peter Allen, licensed to the Benefice on 25th of May 2022

Dear Readers,

This being my first contribution for $\mathcal{T}he$ *Link* I thought I might say a little about Sharon and myself and the role I will be undertaking as Priest in Charge of Newport with Widdington, Quendon and Rickling and Lead Chaplain at Stansted Airport.

I am a native of Sheffield, being born and brought up in the city in the early 1960's. My education was within the Roman Catholic schooling system, which saw me being taught by nuns in primary school, and the De La Salle brothers at senior school. I left school aged sixteen and my first job was in a printers. Aged nineteen I opened a snack bar on the route between Sheffield and Manchester over which the Snake Pass goes, serving up mugs of tea and bacon and sausage sandwiches to those traversing the Pennines, which separate the two cities. I then turned my hand to being a greengrocer, buying a couple of shops which I ran for approximately six years. My Christian faith became more important to me during this period and eventually I sensed God directing me towards full time ministry within the Anglican Church.

In 1992, aged thirty, I began three years' full time training with Church Army, being commissioned as a Church Army evangelist in 1995. By this time I was married with three children, Joseph, Lydia, and Charles and my first posting was to Morden in South London, as a parish evangelist on the St Helier estate, Morden. Three years later we moved again as I took up a post as minister to St Saviour's church Hednesford, a small ex mining town in Staffordshire. In 2002 I returned to theological college in Birmingham, where I underwent two years further theological training leading to my ordination in Sheffield in 2004. After serving my curacy and acting as a priest in charge for a period in the city, I became Chaplain for Sport for the Diocese of Sheffield and began outreach into as many sporting clubs, gyms, and organisations as I could, seeking to be a presence and a chaplain within these organisations.

I served in that role until another move south beckoned, as I met Sharon after my first marriage had broken down. Sharon is from Benfleet Essex, not too far Southend, and has three grown up boys, Liam, Alfie, and Joe, two of whom remain in the Benfleet area of Essex and one of whom lives in Spain and is the proud father of Max, our first grandchild. When we met, Sharon was a P.E. and maths teacher at a private school in Little Baddow. After a period of long distance 'courting', we married June 2013 at Thundersley Congregational church. Our marriage meant a move for one of us, so I came to Essex and took up the post of priest in charge of the Colne churches which are in Earls Colne, White Colne, and Colne Engaine. After serving six years in that role Sharon and I moved to Sheffield, where we have been for just over three years, and where I have acted as priest in charge of a number of churches within the city. During this period Sharon worked in a school for excluded children, and had a spell at Huddersfield Football Club Community Programme, and within a women's refuge.

We come to our new home and my working role, looking very much forward to being part of smaller communities once again and serving the churches and people of the communities within which the churches are found. As I will also be serving two days a week in a chaplaincy role at Stansted Airport, managing the expectations of both roles will be something of a journey for the church and the wider communities, as well as for Sharon and me. The Church of England is having to face some difficult and challenging changes at the current time, not least the shortage of clergy and need to develop. Being a church in the twenty first century requires a culture of shared leadership, where the vicar, or priest in charge, is only one part of the wider team of church members, sharing in its life and ministry both within the church and beyond into the community. I know already there are many serving and sharing in the ministry of the churches I am coming to, and my hope is we can develop and enhance that good work, as well as seek together how we might broaden that base of those who share in the churches' ministry for the good of as many people as possible, in the church and beyond. I like to think love and thankfulness are our main motivators in seeking to fulfil that task. By this I mean God's love for all, our thankfulness for our experience of God's love for us in our lives and the world, and a desire to go and share that love with others in whatever ways we can. The prayers, ideas, energy, support, and goodwill of everyone in the church community and beyond can be a powerful force for good, and when we invite God into the good we seek to do, even more is possible. Well, at least that has been my experience.

Sharon and I also like to keep fit and enjoy running, cycling, and usually find a gym to join wherever we have been. You may see me getting about locally on my bicycle or one of my little scooters - ones without engines that you have to push in the old fashioned way. We are looking forward to entering the Quendon and Rickling 10K and being able to enjoy some of the local walks, walking being something we like to do. In recent years we undertook part of the route of the Camino de Santiago, beginning in Portugal and heading towards Santiago, and would very much like to return to do more of it in the future. We look forward to meeting many of you in the coming months and hopefully working together to be good news to each other, and so doing recognise the hallmarks and love of God within each other, and within the wider world and creation.

With love, prayers, and best wishes to all, Pete.

Church Services in the Benefice

Our new Vicar Peter Allen will have been licensed at Newport Church on the 25th of May. We are unsure when his first service will be at Quendon as the vicarage at Newport is not ready for him to move into, and he will have to find alternative accommodation in the short term.

Sunday 5t	<u>h June</u>	
11.00am	Songs of Praise	Newport Followed by Jubilee Lunch.
11.15am	Jubilee service	Widdington
Sunday 12	<u>eth June</u>	
9.30am	All Age service	Newport
11.15am	Holy Communion	Quendon
Sunday 19	th June	
9.30am	Holy Communion	Newport
11.15am	Holy Communion	Widdington
Sunday 26	<u>oth June</u>	
9.30am	Morning worship	Newport
11.15am	Holy Communion	Rickling
L		

Priest in Charge of the parish of Quendon and Rickling - Peter Allen		
Churchwardens - Quendon: Mrs Christine Osbourn 01799 543367 and Mrs Maureen Hawkins		
	Rickling: TBA	
Treasurer -	Quendon and Rickling: Mrs Sandra Arnold 01799 543075	

Reporting Crime	
For Crimes and suspicious activity NOW phone	999
For other non-urgent contact and reporting a crime that has already happened	101
Alternatively you can report non-urgent incidents or suspicious activity ar at https://www.essex.police.uk/ and click on the appropriate button	nd crimes online
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. 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 or, if the attempt was by Email, by forwarding it complete to: report@phishing.gov.uk	0300 123 2040
CRIMESTOPPERS To give information anonymously phone or report it online at www.crimestoppers-uk.org	0800 555 111

The information you provide is very important to us, so please make sure that we can use it effectively, by reporting it correctly through the proper channels. Thank you.

Quendon & Rickling 100 Club		& Rickling 100 Club	Advertising in
Ŭ		May 2022 Winners	<i>The Link</i> reaches every household in Quendon and
1st 2nd	N White J Hutchin	£32 £21	Rickling.
3rd	C Mackrill	£10	It could be promoting YOUR business or event. Contact Advertising, preferably by e-mail with
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.		d both our two churches, All Saints,	attachments as necessary at sandra[at]arnold- q.uk; otherwise telephone 01799 543075.



is required for the Benefice of Newport & Widdington with Quendon & Rickling.

In the first instance please email: vicar4ngrwchurches@gmail.com

Carmina Burana CARL ORFF

Saffron Walden Choral Society

Arion and the Dolphin JONATHAN DOVE

Aguas da Amazônia Selected pieces PHILIP GLASS

Saffron Walden Choral Society St Catharine's College Girls' Choir O Duo & Millennial Percussio Richard Carr & Simon Howat Plant Lucy Cox Sognation Simon Ponsford Counter-tenor Julian Chou-Lambert Bentone Quintin Beer Conductor

7.30pm Saturday 16 July 2022 Saffron Hall, Saffron Walden

Saffron

525, 518 (under 25s halt price) Box Office 0645 548 7450 www.aaffronnal.com

Parish Information

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 provided. If an e-mail address is provided the pack can be sent digitally.

Allotments (part of the Quendon Hall Estate):

- Peter Warwick, No.5 Thistley Crescent, Green Road, Rickling
- Telephone: 01799 543526

Highway Problems

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

Contact our Parish Council

Details of Parish Council meetings may be found on the village web-site https://www.quendonandrickling.co.uk and on village notice boards. All are welcome to attend.

The Parish Clerk is Keith Williams Email: guendonandrickling.clerk@hotmail.com Telephone: 01279 814473

Contact our District Councillors

Email: cllremanuel@uttlesford.gov.uk Telephone: 01799 543487 Mobile Telephone: 07801 039550

Email: cllrhargreaves@uttlesford.gov.uk Telephone: 01799 540411 Mobile Telephone: 0745 4687748

See also monthly report in every issue of *The Link*.

Contact our County Councillor

Cllr Raymond Gooding Essex County Council County Hall, Duke Street Chelmsford, CM1 1LX Email: cllr.ray.gooding@essex.gov.uk Telephone: 01279 813103 Mobile Telephone: 07778 643759

Contact our Member of Parliament

Kemi Badenoch, MP House of Commons, London, SW1A 0AA Email: kemi.badenoch.mp@parliament.uk Telephone: 0207 219 1943

From the Parish Council Chair Part 1

Dear Fellow Villagers!

What can we say about the traffic calming scheme!!! All we can say is that we should have known, if Highways were running it - things in places where we didn't want them and not in places where we did want them!

The scheme is, allegedly, complete but it is certainly not what the Parish Council or the residents were after. As far as we were concerned, cobbles were going to be used to delineate between the parking area and the pavement outside Waterbutt Row, not the lovely white lines that have been painted on! What we find so upsetting is that this is a conservation area and, as all of you know who live in this conservation area, if you so much as want to change a window you need planning permission but apparently Highways can do what they want! We have been in touch with our County Councillor, Ray Gooding, who is the Highways' chosen representative between them and the PC, and are still awaiting definitive answers!! Apparently a "snagging" list has been drawn up and discussions are being held to resolve these issues, so fingers crossed!

We have also asked why the white lines are missing from the north end of the new traffic island and why the speed signs at the south end of Quendon are still missing! On this note, we would like to thank whoever restored the 30mph sign by Rickling Green Road to its rightful upright position as we would probably still be waiting for Highways to do this at Christmas!

Unfortunately, there will be no England Cricket Day this year, which had been planned for the 3rd of July. This is for a number of reasons but there is definitely hope as it is lined up for 2023!

This is my final article for The Link so this is my farewell! I have learnt a lot over my 7 years on the Parish Council, things I never thought I would ever need to know. I have been screamed at, threatened with court, accused of all manner of things, felt sick on numerous

occasions because I was so nervous, met so many people I would never have met otherwise, learnt how to use Zoom, spent hours over *The Link* articles, but I wouldn't have missed it! I would like to say a huge thank you to my "mentor", Brandon Chapman and my two "Vices", Tom Duncan and Ted Crow and all the amazing councillors I have worked with. I couldn't have asked for a more fantastic team! I will miss the team, our daily emails, our monthly meetings, our Whatsapp group, certainly our camaraderie, but one thing I will certainly not miss is Highways!!! I will never miss Highways!

I am now passing over the helm to Tom Duncan, who will be a great Chair, far more intelligent, far more organised, far calmer, far more measured than I will ever be! I love Rickling Green and I will continue to support the PC and the parish wherever I can.

And so, fellow villagers, it comes to an end:

There were paths to amend, Football pitches to defend, Many fences to mend, many sheep to apprehend. There were new trees to tend, (some) planning to recommend, (some) planning to recommend, And councillors to offend. But I must commend, that before I press send, I'll see you, my friends, In the pub, on weekends!!!

Over and out!!

Sally Kitcat

From the Parish Council Chair Part 2

Following on from Sally's report I'd like to introduce myself as the new Chairperson and also introduce new additions to the Council.

I'm **Tom Duncan**, I've been on the Parish Council for 2½ years, the last year as Sally's Deputy. I've lived on Brick Kiln Lane in the village for ten years, having moved from Debden where my family and I had lived for the previous twelve years.

My wife Sue and I have two children - one away at university and the other currently doing GCSEs. I'm a software developer and work in London although presently I'm still working from home as so many of us have been doing over the past few years. Having grown up in the Mendips I've got a passion for cider-making growing through me! We have a few apple trees in the garden and I make some cider annually for private consumption; I pop up at Autumn Daze for the village apple pressing so I might have seen you there. We have a horse in livery at Furneux Pelham which Sue brings to the village and takes out for driving and whom our younger daughter rides - again you may see us around on carriage or horse.

Two more councillors have joined our group to replace those who left some months ago. Let me introduce them.

Ljiljana Ortolja-Baird lives in Hallfield. She's lived in the village since 2012 having moved from Newport, and

From the Parish Council Chair Part 2 (cont.)

following retirement continues to work as a consultant in London in publishing. As a resident along Cambridge Road she has a keen interest in calming the traffic!

Rob Ryder lives on Rickling Green Road. He's lived in the village for almost ten years, and has a daughter and son who have both been at the school here. He works in The City and he and his family own two horses stabled in the village and whom you may spot riding around the village. You might also see Rob around the school as he is the parent of Josh in Year 4.

Welcome to you both! Also welcome to **Gari Spearpoint** who's volunteered to act as Deputy Chair this year - thanks Gari!

Sally has commented above on the traffic calming measures on Cambridge Road. We are working with the contractors to draw up a list of rectification around the parking on Waterbutt Row. The second phase of traffic calming measures has reached the technical validation step, with Highways.

On the subject of Cambridge Road we have submitted a comment on the proposed recapping of the Ugley landfill site. Whilst we do not object to the necessary work to recap the site with 460,000 cubic metres of soil, we do have major concerns with the likely impact on traffic through our village over a long period - as many as 100 32-tonne lorry journeys per day bringing in the topsoil, over the period of 1-3 years. We have stipulated that a speed camera must be installed in Quendon as the best-regarded measure for reducing the incidence of speeding especially where lorries are concerned. We will keep the pressure up on this matter as it evolves.

We are progressing with our friendship with nature on some open spaces in the village. This is the second year that our co-opted Wildlife Village lead, **Paul**, has progressed the project. It'll involve allowing the grass to grow high over spring and summer on the patches in front of the school and next to Dell Cottage, with an additional part being the triangle at Rickling Church where you turn to Wicken Bonhunt. Then in August the grass will be mown, once seed has set, and be taken away.

Plans for the Queen's Platinum Jubilee celebration are continuing to develop. Uttlesford District Council have set up a grant scheme for Jubilee events and we have taken advantage of this so have been able to extend our activities a bit.

A group of enthusiastic and energetic villagers are making the Fountain shine in a regal way from the Wednesday before the Jubilee, onwards - please come and have a look.

On Sunday 5th June at the end of the extended bank holiday, everyone is invited to bring their rug and picnic up to the Green and enjoy the atmosphere and music. The Voice Box, a mobile stage in a horse-box, will now be playing three sets of 50s-60s music during the afternoon. There will be food available including doughnuts and hog roast, and our own local pizzaficio Salvatore will be firing up his oven to provide the freshly-made product, with a gelato available for afterwards. Drinks at the pub will be available, and tea and coffees and a variety of other beverages served from another horsebox on the Green. A free Bouncy castle and obstacle course will be set up (so long as the wind doesn't howl down this time!) for all to enjoy. Also a variety of games - croquet and such like - will be available for playing on the Green.

Pumpkin growing season has arrived, and our Events coordinator **Katherine** has distributed seeds to competitors, some of which are already thrusting skywards - weigh-in at Autumn Daze in October; good luck to growers!

We are looking again at some sort of lighting at the Fountain on a permanent basis. It gets very dark on winter evenings along that stretch of the main road, and this may be an opportunity to provide a measure of light to the footpath and also to enhance the look of the Fountain itself by lighting it up in a sympathetic way.

On the same subject, the footpath along Cambridge Road is in a disgraceful condition, as we have reported to ECC without effective response. Our footpath councillor, Gari, has now escalated this complaint to our MP and we continue to put pressure on to rectify this. The footpaths along the B1383 are not a problem just for us, but are in very poor condition along many sections both within and outside village boundaries.

The football season has all but come to an end, and the football pitch has again been very well used. Not only well-used but also well-tended by Ted Crow and his team, it's a real asset to the village - but do ensure you keep it clean and clear of DOG POO through the off season!

Though, as reported by Sally above, the annual England Cricket Day has had to be cancelled this year, the cricket club is trying to organise a replacement event instead, so it's likely there will be some activity on the day and please do come along and watch.

It's becoming clearer when the decision around the Call for Sites will occur. This is pertinent for the village because Pegasi have two submissions for 165 houses in the village, and there are two additional sites near Quendon Church. The list of sites recommended by the external consultants will be considered by UDC in early June, although the list of sites may be made available publicly slightly before that. Subsequently there will be a period of consultation with PCs and residents from mid-June to the end of July.

So - I hope we'll get good weather and a good turnout on the 5th for the Jubilee picnic and meantime enjoy the

From the Parish Council Chair Part 2 (cont.)

beauties of late spring in our wonderful corner of the world.

P.S. With Sally's departure there's a new vacancy on the Council - do get in contact (see website) or come along to our next meeting to find out more, and raise your head above the parapet - the view is very rewarding! Parish

Council meetings are open to the public, and occur on the second Wednesday of every month except August. The agenda is published beforehand on the noticeboards around the village and on the village website.

Tom Duncan.

District Councillors' Report

UDC offices and new bin lorry depot

The council bin lorry operations are this month (May) moving out of Shire Hill in Saffron Walden and out of a small depot in the centre of Dunmow. The new location is the refurbished former banana warehouse at Little Canfield purchased by the council last year. The Dunmow site was portacabins, and Shire Hill is far too



as portacabins, and Shire Hill is far too small for all the vehicles and facilities. One vehicle which will remain based there is the small street sweeper, which doesn't go fast enough to be based at Canfield.

Little Canfield is much larger and vastly better. The photos show the lorry cleaning machine, which cleans and recycles the water, thus hugely

reducing water consumption, and part of the staff facilities. There is a workshop, with an inspection pit and brake testing equipment – commercial vehicles are required to be inspected every six weeks





Also at Little Canfield are offices, and meeting rooms varying from very large such that full council meetings could take place, to smaller meeting rooms and side rooms. The Saffron Walden office doesn't have any large rooms for staff use, for example for training or big staff meetings. Here are some photos: We were offered a council members visit before the switch over, and before the rest of the warehouses are let on a 20-year lease. In one of the meeting rooms is, centre, Peter Holt (UDC chief executive) and behind Judy making an entrance is the Finance Officer Adrian Webb in high viz. He has overseen the purchase, refitting and upgrades, and the profitable letting out of the warehouses, which are now part of the council's commercial property portfolio.

The future of council diversified working

The plan is that there will be permanent flexible home working for a significant proportion of council staff. The council will also be operating out of smaller local hubs, from the Little Canfield offices opening in May, and renting of the black barn type office built at Walpole Meadows just north of Stansted. This will allow much of the Saffron Walden office to be commercially let, but the council chamber, some offices and front desk services will be retained in Walden. This will be environmentally better, with less travelling, financially better with the rental incomes, and operationally better as home working has proved efficient and popular with many staff, and will balance the council's centre of gravity, which is currently mostly in the north of the district.

Councillor Surgeries

These are in Dorringtons every Friday from 10.30 to 11.30. If we have to cancel these, we will post on the village facebooks.

Cllrs Judy Emanuel and Neil Hargreaves

Our contact details are:

cllremanuel@uttlesford.gov.uk 01799 543487 or 07801 039550

cllrhargreaves@uttlesford.gov.uk 01799 540411 or 0745 4687748



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.





Saffron Walden Museum

his measure the north-same lines

Visiting the Museum!

Our standard opening hours are: Wednesday-Saturday 10-5pm Sundays & Bank Holidays 2-5pm Closed Mondays (apart from bank holidays) Tuesdays are reserved for pre-booked group visits by schools and other parties.

www.saffronwaldenmuseum.org

Object of the Month

The Museum's 'Object of the Month' provides an opportunity to explore interesting and unusual objects from our stores.

Two drawers of British butterflies were our 'Objects of the Month' for May chosen by Natural Sciences Officer, Sarah Kenyon. They contain some of the butterflies that you might spot visiting your garden or local park during May.

The drawers are from a wooden cabinet of butterfly specimens collected in Essex and other places in Britain between 1890 and 1968. The collection was donated to Saffron Walden Museum in 2002.



Drawer 5 containing Small Tortoiseshell, Peacock, Painted Lady, Red Admiral and Silver-washed Fritillary butterflies



Drawer 2 containing Small White, Green-veined White, Bath White, Orange-tip and Wood White butterflies

You can buy a jigsaw based on this collection at the Museum shop.

Current Exhibition



All Fired Up! runs until 3rd July 2022

Essex Fire Museum & Saffron Walden Museum have collaborated to create a unique exhibition about the history of firefighting in Essex.

The exhibits include a wide range of artefacts, photographs, uniforms and equipment which trace the history of firefighting from Victorian times to the present day. It also features private and works' fire brigades, which were particularly prominent in Essex during the 20th century.

Along with discovering some of the technological developments which have influenced firefighting, visitors will also be able to discover heroic stories of bravery and the human stories behind some of the major incidents which have occurred in the county's history.

The exhibition touches upon some of the more obscure aspects of local fire-fighting history, including a troupe of fire-fighting scouts, a famous fire-fighting vicar and the story of how an obscure family pet caused a local mansion to go up in flames.

Have a right royal time with our Jubilee Activity Pack!

Create an amazing crown covered in sparkles, a swashbuckling sword and your very own celebration flag. Packs cost £5 each and contain the materials and instructions to do the three crafts at home.

<u>Up in Flames : the lost Roman treasures of Bartlow</u> <u>Hills</u>

The current exhibition All Fired Up! prompts us to consider the local history which has been lost due to fires.

The fire of 1847 at Great Easton Lodge destroyed some of the most remarkable Roman artefacts ever discovered in the area, from the lavish burials under mounds of Romano-British aristocrats at Bartlow Hills, on the Essex/ Cambridgeshire border. Fortunately the finds had been illustrated and published between 1832 and 1840, so we have a good idea of the contents of these great burial



mounds, and the luxury goods which accompanied the dead.

A Plan of the Bartlow Hills in the Parish of Ashdon in Essex by J G Lenny Surveyor Bury St Edmunds 1832

Between 1832 and 1840, the

barrows were excavated by John Gage (later known as John Gage Rokewood) for the landowner Henry, Viscount Maynard of Easton Lodge near Dunmow. Saffron Walden Museum's archives include copies of the original illustrations, published in the journal Archaeologia by the Society of Antiquaries of London, and also large watercolour copies made in 1885 for display in the Museum by its first professional curator, George Nathan Maynard (not related to Viscount Maynard). This selection from the Museum's archives shows just some of wonderful objects discovered, all dating from the first or second centuries AD.

Saffron Walden Museum (cont.)



A unique bronze enamelled vessel, like a miniature cauldron. This did survive the 1847 fire, though damaged, and was acquired by the British Museum. Saffron Walden Museum has a 19th-century painted plaster copy. (Society of Antiquaries, 1836)

Find out more on our website: www.saffronwaldenmuseum.org

<u>The Hadstock 'Daneskin' – new research on an old</u> <u>mystery</u>

One of the exciting research projects to involve Museum collections has featured the scrap of alleged 'Viking skin' from the ancient north door of St Botolph's Church, Hadstock.



Local folklore suggests that it came from a Viking who was flayed alive as a punishment for raiding the Church.

Similar stories of so-called 'Daneskins' are associated with church doors at Copford, Essex, and Westminster Abbey, London.

It is now 20 years since a tiny sample of the Hadstock skin was analysed at Oxford for the BBC TV series Blood of the Vikings (2001) and the results then suggested that its DNA profile was more cow-like than human.

Now University of Cambridge researcher Ruairidh Macleod has used a new DNA analysis technique to investigate the Hadstock, Copford and Westminster Abbey 'Daneskins' and presented the results at the UK Archaeological Sciences Conference in Aberdeen last week. There is also an article in the New Scientist https:// institutions.newscientist.com/article/2317004-viking-

skin-nailed-to-medieval-church-doors-is-actually-animalhide/

The results confirm that the Hadstock skin is indeed cowhide, and lends weight to the theory that high-status doors, such as important doors in churches, were given hide coverings in the medieval period.

Greater in Spirit, Larger in Outlook

Epping Forest District Museum in Waltham Abbey and Saffron Walden Museum have received an Arts Council National Lottery project grant of £100,000 to work in partnership on their world culture collections.

The aim of the project is to ensure the museums and their collections reflect their diverse communities by working directly with cultural groups to research different objects and tell their stories.

The project's title, 'Greater in Spirit, Larger in Outlook' is inspired by Haile Selassie, Emperor of Ethiopia from 1930 to 1974. Museum staff will work with relevant community groups including the Ethiopian History Society, to explore, explain and exhibit the collection leading to a new permanent display at Epping Forest District Museum, due to be completed in 2022.

A spokesperson from Ethiopian History Society UK said, "We are delighted to partner with Epping Forest District and Saffron Walden Museums for this vital project."

Other cultures represented in the collections include West and East Africa, India, Australia, New Zealand and the Pacific Islands.

Both museums are looking to work with relevant community and cultural groups linked to these collections which will lead to a major temporary exhibition in 2023.

Hazel Edwards, Area Director (South East) for Arts Council England, said, "We're delighted to be able to support a project that will see source communities for these exciting collections given the important opportunity to work with Epping Forest District and Saffron Walden Museums to research, reinterpret and redisplay the material for audiences to engage with, explore and enjoy.

I look forward to the resulting exhibitions and seeing how it might inspire other museums to work with cultural organisations to deliver similar projects."

For more about the project: https:// www.eppingforestdc.gov.uk/museum-world-culturecollections-project/

Lost Language of Nature Project

We love hearing your memories, old stories and beliefs about common birds in Britain. The stories or connections don't even need to be that old. Avocets returned to Britain after the Second World War on land that had been reflooded and unoccupied along the Suffolk & Norfolk coast, and were given the codename 'zebras' to keep their return secret from hunters. Their return echoed the return of soldiers from Europe, and avocets quickly became a true icon (an avocet is still the logo of the RSPB) but, as their numbers have increased, they've gained a new reputation. In some areas, people now call them 'Exocets' for their aggression. Do you remember any stories around avocets returning to Britain in the late 1940s and 50s? Where and when did you first see an avocet in Britain? Do you know any other stories about them? To send us your stories or find out more about Lost Language of Nature, pick up a form from Curiosity Corner in the Museum, or follow this link: https:// www.swmuseumlearning.com/the-lost-language-project.

Bronze sculpture returns

It's a very exciting time for those of you who took part in our Bronze and Bubbles workshops earlier in the year. Everyone who sculpted a wax blank has now had their creation cast in bronze by Kabir Hussain at Walnut Works foundry in Suffolk, and they look fantastic! Please come along to the Museum to collect your sculpture during normal opening hours Wednesday-Sunday, or on a Tuesday. We look forward to seeing you soon!

Saffron Walden Museum (cont.)

Object Identifications

We identify your mystery objects for free – fossils, rocks, plants or animals, household items, archaeology and

almost anything else. This small fossil in flint from near Wethersfield is a mould of the outer surface of a plate from the shell of an ancient sea urchin which lived 66-100 million years ago. The plate itself has dissolved away over time.



The larger fossil preserved in chalk is of a similar sea urchin, Stereocidaris sceptrifera, and is on display in the Museum's geology gallery 'How Did They Live' display. Do you have something that needs identifying? Just bring your item in to the Museum or send us a photo and we'll get back to you as soon as we can, usually within 4-6 weeks.

Learning & Outreach

Saffron Walden Museum is committed to sharing stories from its collections through its learning and outreach services.

We welcome schools and community groups to the Museum or offer outreach sessions.

Why not book for the next school term or for your community group.

Our loan boxes are also available for hire, £18 for 6

weeks, and will be quarantined in between hires to ensure they are Covid secure.

Shop Focus

This month we are featuring Hedgehogs, as they have recently emerged from hibernation.

We've got beautiful greetings cards and cute soft toy hedgehogs on sale in the museum shop.

The arching back of this hedgehog is made from pink clover flowers, dandelion heads and dainty meadow grasses.



Soft Toy Hedgehog from Living Nature: product size 9cm / 3", £3.50 each

We are always looking for new volunteers to join our team on a regular basis. We would also be delighted to hear from volunteers who are able to provide adhoc 'cover' for our regular shift volunteers when they have planned absences such as holidays, hospital appointments, etc.

To find out more about these and 'Learning and Support' volunteer opportunities please contact the museum using the details below.

For full details of our opening times and to book online: Website: www.saffronwaldenmuseum.org Email: museum@uttlesford.gov.uk

Phone: 01799 510333

stanstedu3a@gmail.com

u3a Stansted Mountfitchet u3a

www.u3asites.org.uk/stansted



Peter Regelous, the speaker at our April meeting, held his audience in the palm of his hand. His appears to have been a life full of variety and interest; achieved without the formalities of planning or training, a serendipity of opportunity and the willingness to have a go. Somewhere along the line he must have worked hard because a career in musical and light entertainment was reached via shaping butter pats for Sainsburys, the Essex police and law courts (he was on the right side of the law of course). Peter did what he enjoyed, from solo spots in London pubs to working on many TV series that make up the hinterland of our entertainment memories. He has many a tale to tell about the programmes he worked on and the people he met along the way and he tells them kindly and with great humour.

On May 19th we will have a return visit from Amanda Sutherland, an expert on fashionable costume of the last century. She is bringing examples to illustrate her talk and her travelling gift-shop of accessories will be available to buy.

On June 15th we have a trip arranged to the Sevill Gardens with a river boat ride, lunch and tea. The following day at our meeting the Speaker will be Tim Moorey who has been a professional cryptic crossword setter for many years. He is an authority on spelling, meaning and usage and his talk 'Fun with English' promises to take us through aspects of our ever growing language in a light hearted interactive way. Restrictions on parking in St John's Road will be lifted for the period of the meeting (1.30pm – 4.00pm). Please do come along, meet old friends and make some new ones.

THE HUNDRED PARISHES SOCIETY



www.hundredparishes.org.uk

Stained glass has been with us for over a thousand years, traditionally used in windows of places of worship. The Hundred Parishes has some beautiful memorial windows, mostly from the 19th and early-20th centuries, but I would like to briefly describe a few examples that are more recent.

The Parish Church of St. Andrew in Much Hadham has a window on the west wall of the tower based on an etching by the renowned sculptor, Henry Moore. The window, depicting the Tree of Life,



was created by Patrick Reyntiens and celebrates the joint



use of the church by Church of England and Roman Catholic congregations.

In Little Easton, the parish church is dedicated to St. Mary the Virgin and has two stained glass windows in the north chapel that honour the American air crews of 386th Bomb Group (known as the Crusaders) who lost their lives in WWII. The windows are the Crusaders Window and the Window of Friendship and Peace.

Another window dedicated to American airmen can be found in St. Georges, Anstey. The Millennium Window records the names of all the men of 398th Bomb Group who died in WWII, etched onto butterflies.



In Broxted, 13th-century St. Mary's church has two modern stained-glass windows, the Hostage Windows.

They were installed following the release in 1991 of three men: Terry Waite, Brian Keenan and local man John McCarthy. All had been held hostage in Lebanon for five years. One window is called the Window of Captivity and the other the Window of Freedom. They were designed by John Clarke and replaced two Victorian windows.



When you are out and about, I hope you will pause to look in our churches at the wonderful range of craftsmanship, some old and some not so old.

Ken McDonald, Secretary



School News

It has been an incredibly busy and enjoyable couple of weeks at Rickling Primary school. The children have been exploring the local woodlands and enjoying the explosion of colour that the bluebells bring us at this time of year!

Our youngest children have been learning about mini beasts and have used a range of scientific tools, such as magnifying glasses to explore the woodland! Our Year 3 children have also been getting busy on the school allotment.

A professional cricket coach is visiting weekly to train our eldest children in the run up to the cricket season. It's been fantastic to hear the buzz from the children about playing the game – particularly as this is an

important sport for our local village.

It's a wonderful time of year in which to get out and about and enjoy the learning opportunities that the outside world provide for us.



Hannah Wheatcroft Headteacher Federation of Farnham and Rickling



Quendon Bowling Club

Quendon Bowling Club officially welcomed in the new season on the 1st of May with the traditional Captains versus President match. 22 players gathered for the afternoon's entertainment in fine weather.

With the commencement of the league season underway, Quendon suffered an early setback narrowly losing to Balsham in the Steeple Bumpstead pairs league before recording an impressive 8-2 points win in the following game against Birdbrook.

In the first match of the North West Essex League Quendon faced a strong Thaxted A team losing on 2 rinks to 1.

The month of May continues with a very busy schedule of matches. Quendon continue with matches against

Castle Camps, Stoke by Clare and Castle Hedingham in the Steeple Bumpstead pairs league.

In the Steeple Bumpstead triples league Quendon begin the season with matches against Haverhill Town, Steeple Bumpstead, Castle Camps and Castle Hedingham.

In the North West Essex league Quendon continue with matches against Radwinter, Dunmow and Thaxted.

Friendly matches against local teams are arranged for most Saturdays and Sundays and are always popular. Ladies matches are held on Thursday afternoons.

This year Quendon Bowling Club celebrates 90 years of club activity with a special celebration match against a combined North West Essex league team taking place on Saturday 28th May. A total of 48 players will compete.



SCHOOL GOVERNOR VACANCY

Federation of Farnham and Rickling Primary Schools

We are looking for a new School Governor. Being a Governor is a rewarding and effective way of making a voluntary contribution to your community and to the lives of local young people. School Governors are appointed by the Governing Body to represent the schools interests. They live or work in the community served by the school and have a keen interest in the schools success.

What are Governors?

Governing Bodies are strategic leaders in schools. Governors meet a minimum of twice a term and include parents, teachers and support staff at the school, local council representatives, community representatives, and Foundation Governors. The Head Teacher is accountable to the Governing Body whose role is to set the aims and objectives of the school (together with the Head Teacher) in line with national guidelines and to monitor progress.

Have you got?

- An interest in our children's future
- Time, energy and enthusiasm
- A desire to make a difference
- Readiness to accept responsibility
- An ability to work as a team
- Are you happy to ask questions, listen and learn?

Then you could have what it takes to join one of the largest volunteer groups in the country, working with others to get the best for our children.

If you are interested in becoming a governor then a written application of no more than 150 words, detailing why you want the position and what skills, attributes and experiences you have that will make you a success, should be submitted to the contact below by **Friday 24th June 2022**. Email submissions may be sent to admin@rickling.essex.sch.uk

The Headteacher & Chair of Governors Federation of Farnham and Rickling Rickling Primary School Rickling Green Saffron Walden Essex CB11 3YG

A Wildlife Village

Wildflower meadows were once a common site across the country, but the vast majority of them have been lost within the last century. This destruction has deprived us all of the beauty of a spring wildflower display, along with the delights of seeing the butterflies, moths and other insects that once found a home in them. And the loss of these insects means that the birds and the bats that need them as food have suffered a decline in population too.

So, during the Parish Council meeting in May it was agreed that the village should try to do its bit in arresting the decline in these valuable habitats by developing some areas of wildlife meadow. The hope is that we will be able is to create habitats that support a diverse range of creatures. We would like to preserve the ecosystems that we already have and if possible to encourage wildlife which has been lost to re-establish itself.

The intention is to bring some beauty and life to the heart of the village by creating wildlife areas at the edge of the village green. The first will be around the village pond to the south-west of the cricket pitch. The second will be part of the triangle of grass to the north-east of the cricket pitch, adjacent to Green Road and opposite Long Ridge. The third will be on the Godcake, (the triangle of grass at the meeting of roads), outside Rickling Church.

Up until last year these areas of grass had been mown in a

on them. **Quendon Churchyard** City of Cambridge Still on the topic of wildlife and "weeds", visitors to Symphony Orchestra Quendon Churchyards will have noticed that they haven't been mown much this year. Growth started rather late anyway and then the lush appearance of all the yellow and blue wild flowers encouraged us to join the "No-Copland Conductor Mow May" movement, thus leaving them to give of their Robert Hodge El Salon Mexico best. By the time you read this, it is intended that Leader Gershwin Philippa Barton mowing will have taken place. Rhapsody in Blue Piano We hope that you enjoyed the blooms (and didn't fall into Alexander Doronin too many rabbit holes)! Whitacre Equus Advertising in Grofé The Link Grand Canyon Suite reaches every household in Quendon and **Rickling at attractive rates** This space could be promoting YOUR business Contact: Advertising preferably by e-mail West Road Concert Hall at Saturday 25 June 2022 7:30pm sandra[at]arnold-q.uk, Admission: EZ0 Concession: E18 Student: E10 Under 14: E6 ADC Ticketing: 01223 300085 www.ccso-online.org or telephone 01799 543075

way that resembled a traditional garden lawn for a number of years; with frequent cuts that kept the grass short and devoid of much life. Last year the two areas near the green were allowed to grow longer for a little while, but unfortunately they were mown a little too early, which meant that the flowers they contained didn't have the opportunity to set seed.

But this year the Parish Council intend to cut the grass in a way that more closely resembles the way in which a traditional wild flower meadow would have been cut. This means that the grass will be allowed to grow until late summer or early autumn, (depending on the weather), when the grass will be cut and removed. This should allow any wildflowers within the grass to grow, flower and set seed. The edges of the wildflower areas will be mown more frequently to keep them short. This will show that the long grass is intentional and allow drivers a clear view.

By the end of the summer it should be clear whether there are many existing wildflowers within the grassland and whether it may be necessary to seed the areas in the coming years. But, even if the areas are mainly grass, allowing the grass to grow long and managing it like a traditional hay meadow will provide a welcoming habitat for a far greater amount of insects, and the birds that feed

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Spring Garden Security Advice from Stephen Armson-Smith, Braintree & Uttlesford Crime Prevention Officer - 090819

Part 2 - Sheds, Garages and Objects

We spoke last month about garden security; now we will look at sheds, garages, and objects within them. As mentioned before, controlling access is your first line of defence and you may consider using good old gravel on paths and drives or round statues etc as an audible warning and/or a "Driveway Alert Monitor" (can be found by internet search). Sensitively and effectively placed lighting and CCTV may be considered to help protect outbuildings, ornaments, and statues, but CCTV and lighting should not be your only thoughts on security. Don't forget motion activated lighting may also be triggered by animals and shrubs moving in the wind.

Shed and outbuilding security: If you are installing a new shed try and find a place in view of the house and neighbours. The padlock hasp fittings of a shed should be coach-bolted to the frame and door, strengthen the fitting area with a metal plate inside and out; don't forget the hinges ensure they cannot be unscrewed. Cheap locks and padlocks are a poor investment; use good quality locks, look for a "Close Shackle" padlock or a key operated mortice lock to at least "Sold Secure" Silver or Gold standard. Protect windows with a wire mesh and fit a curtain or whitewash the windows to prevent prying eyes. NB some of this advice can apply to aviaries, kennels, barns, and other buildings of similar nature.

On garage doors consider adding locking bolts to both sides of an "up and over door" or a garage door defender in the ground in front of the door. Don't forget the other doors and windows in the garage and secure them as you would in a house. LOCKS ARE A WASTE OF TIME IF YOU DO NOT LOCK THEM.

When storing larger items like motorcycles, cycles, lawn mowers etc., consider a fixing set/ground anchor into the concrete floor, a heavy chain and again a good quality padlock to secure it. If the chain or lock is lying across the floor it could provide a surface for it to be smashed against so, try and keep it tightly secured. Consider a shed alarm if you do not have one - there are shed alarms available that contact you on the phone when activated such as www.uwatch.co.uk .

Products that are fit for purpose can found by looking for the "Secured by Design" or "Sold Secure" logos, or on their websites www.securedbydesign.com or www.soldsecure.com.

Tips for Statues, ornaments, and pots:

- Drill and secure with quality chain/padlock larger pots and ornaments to a secure surface.
- Consider a Plant Anchors for valuable plants and pots.
- Make the plant pot heavier with a layer of gravel at

Spring Garden Security Advice from Stephen Armson-Smith, Braintree & Uttlesford Crime Prevention Officer - 090819 (cont.)

the bottom.

- Some planters/pots can be marked/post-coded /etched carefully with a small Hobbyist drill or an indelible pen can work sometimes on the base.
- Hanging baskets can be secured with chains or cable ties BUT there is a danger the offender may simply wrench from the fixing point making even greater damage.
- Where possible position statues, ornaments etc in view of the house and neighbours.
- Photograph more unusual ornaments with a scale rule included. Where possible ensure statues and ornaments are in view of a house and have good

lighting. Consider using a property marking product

• To ensure good provenance only buy plants, ornaments and architectural material from reputable sources and report any suspicions to Police/Trading Standards.

For further garden security advice see the following webpages:

www.essex.police.uk/cp/crime-prevention/

www.securedbydesign.com

www.soldsecure.com

www.rhs.org.uk/advice/profile?pid=606

Nuisance Marketing



The Link included a bit last month about referrals to the information Commissioner's Office of spam telephone calls. Here're a few examples of what they do about such pests.

Finance Giant fined for spam texts and emails

In April, they fined loan company Finance Giant Ltd £60,000 for sending over 500,000 unsolicited direct marketing messages in November 2020.

Finance Giant Ltd were found to have sent 40,000 text messages and 465,000 emails during the second coronavirus lockdown, and during the ICO's investigation were unable to prove that consent for the messages was freely given.

<u>Reed Online Limited fined £40k for sending over 6</u> <u>million unsolicited messages</u>

We also fined recruitment company Reed Online Limited £40,000 for sending over 6,000,000 direct marketing messages in February 2021, also without valid consent.

Reed's emails invited people to submit their CVs to be reviewed by a partner, and were found to be sent to people who had opted out of marketing emails.

Bizfella Limited fined and ordered to stop sending spam texts

Finally, finance company Bizfella Limited was issued with a monetary penalty notice and an enforcement notice after sending over 220,000 unsolicited text messages.

The firm was fined £30,000 for the messages, which advertised its credit broker websites and were found to have breached regulation 22 of the Privacy and Electronic Communications, which cover unsolicited communications.

Register, report, refer!

If you're receiving nuisance calls, there are a few things you can do to help stop this predatory marketing.

You can:

register landlines and mobile numbers with the Telephone Preference Service (TPS) free of charge; https:// www.tpsonline.org.uk/

report any nuisance calls you continue to receive to the ICO, using our online nuisance calls reporting tool; https://ico.org.uk/make-a-complaint/nuisance-calls-and-messages/ and

refer concerns about fraud and scams to Action Fraud (https://www.actionfraud.police.uk/), concerns about a business's practices to Trading Standards through Citizens Advice (https://www.citizensadvice.org.uk/ consumer/get-more-help/report-to-trading-standards/) and concerns about silent or abandoned calls to Ofcom (https://www.ofcom.org.uk/phones-telecoms-and-internet/ advice-for-consumers/problems/tackling-nuisance-calls- and-messages/abandoned-and-silent-calls).

Some of the hyperlinks here are absurdly long and prodding at them on the printed page seldom works. Does it help if I provide QR codes?

Hello, is anyone there? *robert[at]arnold-q.uk* - *Editor*

The Link Cover

Local photographers have often offered interesting and topical images to grace the cover of this magazine, and they have been very welcome. Please keep them coming!

Alas none arrived for June, so as The Editor and his wife have developed their own little wild-flower "meadow" in the garden, we've used some pictures from that. The luxuriant lawn that was originally intended for the patch was unsuccessful, due to the poor soil (and maybe the occasional landings there of Ridgeons' products) so last year it was encouraged to develop as a meadow. The naturally-occurring plants made an interesting show, and even included a bee orchid. At the end of the year it was cut down and the clippings were left to dry and shed their seeds before being raked up for the compost bins. Some wild flower mixed seeds from a packet were scratched into the patch and it was left alone for the winter. It has been fascinating to see the diversity of flowers that have appeared even this early in the year.

The patch has been supplemented with a very small wild-life pond containing native water plants (incuding iris, water forget-me-not and water mint) and the arrival of all the creepycrawlies is now eagerly awaited! Indeed many insects have found it already, as have the families of robins!



CRIME PREVENTION from Neighbourhood Watch

A report in one of my areas this week involves a lady waiting in an urban environment to pick someone up. Unfortunately she was seen by two criminals that got into her unlocked car, one beside her and one behind her, made threats and demanded property from her. She handed over her expensive watch and they left with that and some cash found within the vehicle. It could have been much worse; they could also have demanded and taken her car and or injured her in the process...

Also over the years we have heard instances of carjacking whilst stationary at traffic lights, and although thankfully this trend seems to have reduced drastically, (to the point that I cannot remember when it last occurred in Essex), it begs the question; should we lock our cars whilst driving?

One of the reasons for not locking a car appears to be the worry about what would happen in the event of a road traffic collision. Well, apparently my research suggests that a locked door helps to maintain your car's body integrity in a crash, and can keep the roof from crushing down if the car should roll over, so locked doors actually protect you inside. In fact most modern cars now have Paul Harris, Essex Police Staff No 42077939

central locking that automatically locks above a set speed, likely 5mph, and these will have impact sensors and automatically unlock after a collision. In the vast majority of cases, you should always be able to unlock the door easily from the inside if you need to and if not, locked car doors are highly unlikely to impede the emergency services in a more serious collision. Essex Police advises that when in traffic, drive with the doors locked and when queuing leave enough space in front of your vehicle to enable you to get out of a tight spot.

Whatever your thoughts, when stationary waiting for someone to pick up, choose a well-lit area and lock your vehicle until they arrive.

For more advice on steps you can take to help secure your belongings, protect yourself and prevent yourself becoming victim of crime. from а visit www.essex.police.uk/cp

Paul Harris



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





- Doctor Strange In The Multiverse Of Madness (12a) Cabaret: 50th Anniversary (15) Luzzu (15) Benediction (12a) Nt Live: Straight Line Crazy The Camera Is Ours: Britain's Women Documentary Makers (PG) The Quiet Girl (An Cailín Ciúin) (12a) Everything Everywhere All At Once (15) Living In The Universe (U) The Road Dance (15) The Drover's Wife: The Legend Of Molly Johnson (15) Top Gun: Maverick (12a tbc) Between Two Worlds (Ouistreham) (12a tbc) Nt Live: Prima Facie (15 tbc)
- Fri 3 & Sat 4 Jun 7.30pm; Sun 5 Jun 2pm Sun 5 Jun 5.30pm Mon 6 Jun 7.30pm Fri 10 & Sat 11 Jun 7.30pm Sun 12 Jun 2pm Sun 12 Jun 7.30pm Mon 13 Jun 7.30pm Fri 17 & Sat 18 Jun 7.30pm Sun 19 Jun 2pm Sun 19 Jun 5pm Mon 20 Jun 7.30pm Fri 24 & Sat 25 Jun 7.30pm; Sun 26 Jun 2pm Mon 27 Jun 7.30pm Thur 21 July 7pm

Tickets available from the Saffron Walden Tourist Information Centre, at www.saffronscreen.com or at the cinema Box Office

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
Saffron Searchers	1st Monday in mont	h-	Q&R Village Hall	
Dog Training	Mondays	08.00-09.30	Q&R Village Hall	Pauline Everton
Pilates	Mondays	09.00-10.00	Q&R Village Hall	Jan Crawley 07742 182272
Dance Exercise	Tuesdays	10.30-11.30	Q&R Village Hall	Christine Alexander
Dance Exercise	Tuesdays	14.30-15.30	Q&R Village Hall	Christine Alexander
Community Café	3rd Weds in month	10.00-12.00	Q&R Village Hall	Angela 01799 218061/Carol 543807
U3A Choir	Wednesdays	11.15-13.15	Q&R Village Hall	
Carpet Bowls	Wednesdays	19.00	Quendon Bowls Club	David Edwards 07804 954095
Buffy Playbus	Fridays	09.15-10.30	Rickling Green	Term-time
Golf Society	24th June	10.30a.m.	Cambridge Meridian	Brandon - pebbles4@btopenworld.com

The Link is produced on behalf of Quendon & Rickling Parochial Church Council, who do not necessarily share or endorse any opinions expressed by contributors or advertisers. Advertising supports the maintenance of our church buildings and their grounds.

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https://www.alternative.uk.com/ E-mail: info@alternative.uk.com

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All correspondence for *The Link* should be addressed to the editor, Robert Arnold, preferably by e-mail with attachments if necessary: robert[at]arnold-q.uk, or at

Talbots, Cambridge Road, Quendon, CB11 3XJ; otherwise telephone 01799 543075 Please supply copy by the 19th of the preceding month to allow for editing, printing and delivery.

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. Another is sited outside Reception at the front of Rickling School. Anyone can save a life by using one of them until an ambulance arrives. In addition you can seek help from any of the volunteers listed below.

Name
Robert Arnold
Sandra Arnold
Andrew Thomson
Karen Thomson
Thelma Wilson
Chris Phillips
Sue Phillips
Nigel Ackerman
Wendy Stannard
Anne Howes
Joanne Hales
Janice Hart
Clare Willoughby

Locality Northern end - Cambridge Road Middle - Cambridge Road Middle - Cambridge Road Middle - Cambridge Road Southern end – Cambridge Road Southern end – Cambridge Road Rickling Green Rickling Green/Brick Kiln Lane/Rickling 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.





www.nickshutesdecorating.co.uk

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