

# The Link



QR code for  
*The Link*

## Quendon & Rickling Parish NEWS and Church

April 2024

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**Priest in Charge of the parish of Quendon and Rickling, Coordinating Chaplain Stansted Airport (2 days per week)**

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

**Telephone:** L: 01799 732059; M: 07878176551 **Day off:** Friday

**Churchwardens -**

**Quendon:** Mrs Christine Osbourn 01799 543367

Mrs Maureen Hawkins

**Rickling:** TBA

**Treasurer -**

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

## From the Vicarage Study

Rev. Peter Allen,

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

The lengthening of daylight hours is very welcome after what I'd call a murky undefined winter, a season which seems less and less each year to have defining weather patterns and temperatures. I don't think I'm looking back through rose tinted spectacles when I say that in my youth the seasons, despite the odd anomaly here and there were more clearly defined by their expected characteristics. These changes in what have been underlying foundations of life as we have known it can be quite unsettling. Not least because on the macro level they reflect the wider issue of worldwide climate change with all the catastrophic effects it brings. On the micro



level we are challenged to play our part towards slowing down, stopping, and then reversing the underlying causes of these changes.

Such tectonic changes in our world and our own lives, have I suspect taken some time to sink into the psyche of nations, communities, and individuals, but once they do action, albeit debatable whether sufficient or not to meet the challenge, is being taken by governments, communities, and individuals alike.

The death, resurrection, and ascension of Jesus caused equally sized tectonic changes in the thinking of the apostles. The nature of Jesus death threw into confusion their understanding of a God who they believed all powerful for they were confronted with a God whose glory and power was seen in suffering and sacrifice. The unexpected resurrection of Jesus initially brought them joy, fear, confusion, and doubt about what on earth was going on. Their inherited view of the world, their God, and their lives was changing dramatically before their very eyes and it was unsettling.



My analogy might be a little clumsy but I offer it as way of trying to understand the magnitude of the change that the resurrection of Jesus meant for his followers. Eventually they understood that what they had witnessed meant not just for them but for all people everywhere. They believed that the raising from the dead of this one man was God

heralding in big neon lights his plan for all humankind, life beyond death. As the penny began to drop, a people steeped in the traditions and expectations of their inherited faith and culture began to call Sunday, the day Jesus rose from the dead, their new sabbath rather than Saturday. They began to speak of Jesus as God's fulfilment of all his promises they saw within the Hebrew Bible. They told their own people of this

in the face of great hostility from some, the mocking of others, and on occasions under fear of death. Their need of inspiration, power, and confidence to share this good news was given them when on the day of Pentecost they received the Spirit of God in a new dynamic way in order that they would have the inner conviction and power they needed.

We humans don't always recognise straight away when seismic changes that are taking place in our world, whether this be climate change or the raising from the dead of a man.



We no longer think it wise to ignore the reality of climate change because whether we like it or not it is changing the world in which we live. Can we ignore the possibility that the Jesus story might be true? Clearly we can, but is it wise to dismiss something which if true has surely to be a game changer for the world and ourselves?

I'm far from having all the answers to my questions about the world and I suffer from the same distress we all do in the face injustice, violence, suffering, and more. But I know I've found an anchor in my faith that the Jesus story is able to be believed and that the reality of its consequences can be known in this life by all.

With prayers for all, Peter

## **Church Services in the Benefice**

### **Services in April**

#### **Sunday 7th April**

9.30am Newport Contemporary Communion  
11.15am Widdington Communion

#### **Sunday 14th April**

9.30am Newport 9.30am All Age Service  
11.15am Quendon Morning Worship

#### **Sunday 21st April**

9.30am Newport 9.30am Communion  
11.15am Widdington Communion

#### **Sunday 28th April**

9.30am Newport Morning Worship  
11.15am Rickling Communion

## **Quendon & Rickling 100 Club**

Congratulations to the latest winners

March 2024

1st Prize L Chandler £32

2nd Prize P Ball £21

3rd Prize J Tissot £10

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.

## **St Simon & St Jude, Quendon Church & All Saints Rickling Church**

Annual Parochial Church Council Meeting

Wed 1st May 7.00pm at Quendon Church

All Welcome

## Quickling Village Pumpkin Competition

After last year's winning pumpkin, grown by Os Osbourn weighing in at a hefty 22kg, the Parish Council would like to invite villagers to come and take part in the Quendon & Rickling Village Pumpkin Competition and try their hand at winning the village silver cup.

- All ages & abilities welcome
- £2.50 entry fee
- Competition seeds, now in stock and available for those interested, will be provided (3 seeds per entry) for the 'Grand Finale weigh in' of the heaviest pumpkin to be held in October at Autumn Daze.
- Silver cup to be awarded for the heaviest pumpkin

Please contact either our Parish Clerk, Keith Williams ([quendonandrickling.clerk@hotmail.com](mailto:quendonandrickling.clerk@hotmail.com)) or Katherine Nuthall ([knqrpc@gmail.com](mailto:knqrpc@gmail.com)) to register your interest. Please include your name and address.

### For Crimes and suspicious activity NOW phone

999

You can report non-urgent incidents or suspicious activity and crimes that have already happened online at <https://www.essex.police.uk/> and click on the appropriate button ("Chat" feature is bottom right of screen). Alternatively phone 101 but online contact is preferred.

**Action Fraud** is the UK's national reporting centre for fraud and cybercrime where you should report fraud if you have been scammed, defrauded or experienced cyber-crime in England, Wales and Northern Ireland.

0300 123 2040

If you have been defrauded i.e. lost money phone or report online at

<https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime>

If someone has tried to defraud you but you have not lost money, phone or report online at

<https://www.actionfraud.police.uk/report-phishing>

**CRIMESTOPPERS** To give information anonymously phone or report it online at [www.crimestoppers-uk.org](http://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.*

### Village Hall AGM

will be held on

Thursday 6th June at 7 pm

in the village hall

## 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 (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 a problem to report it:

<http://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:

[quendonandrickling.clerk@hotmail.com](mailto:quendonandrickling.clerk@hotmail.com)

Telephone: **01279 814473**

### Contact our District Councillors

Email: [cllremanuel@uttlesford.gov.uk](mailto:cllremanuel@uttlesford.gov.uk)

Telephone: **01799 543487**

Mobile Telephone: **07801 039550**

Email: [cllrhargreaves@uttlesford.gov.uk](mailto:cllrhargreaves@uttlesford.gov.uk)

Telephone: **01799 540411**

Mobile Telephone: **07854 687748**

See also DCs' regular reports in *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](mailto: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](mailto:kemi.badenoch.mp@parliament.uk)

Telephone: **02072 191943**

## From the Parish Council Chair

Dear Villagers,

Isn't it lovely to break out into Spring once more? Tree blossom looks very promising, and flowers and vegetables are all raring to grow. For those involved with PUMPKIN seeds in the Village Pumpkin Competition: good luck and remember to whisper sweet nothings to them in the balmy evening hours, I'm sure it helps!

You may have attended or heard about the exhibition (not a consultation) from Pegasi, managing agents for Quendon Estates, regarding their large-scale rental-only development off Belchams Lane. The development of 110 properties on the land between the end of Ventnor Road and Belchams Lane has been sweetened with some infrastructure promises to the village, but, in the view of the Parish Council, over all this remains a planning development we are hostile to and need to voice objection to.

Pegasi are sure they can win agreement direct from the government for their outline plans, although I cannot see how they can be confident when all local opinion at resident, community and District Council level is so opposed to the project. We have written to Mrs Badenoch, our MP, about the proposal and local opposition, expecting

that she will represent us at government level, as she should.

For your information the timeline appears to be that a planning application for the detail of the development would be made in September 2024, and if successful building to begin in 2025.

The Parish Council will inevitably have a role to play in both communicating progress on this matter, and potentially organising a community response to it. However it simply can't be effective without more councillors. Owing to ill-health we have another vacancy and will have three vacancies on a seven-strong council from May so please if you feel strongly about matters or are prepared to lend a hand then do get in touch with a councillor, email the Parish Clerk at [quendonandrickling.clerk@hotmail.com](mailto:quendonandrickling.clerk@hotmail.com) or turn up to the next PC meeting - Village Hall, 10th April 7:30pm - to find out more.

On to less contentious matters.

Consultation on the refreshed Newport, Quendon and Rickling Neighbourhood Plan was undertaken in March. Much of the development focus has been on Newport, but the Plan has much more than development recommendations in it, and documents the sense of place here, attaching importance to green spaces, views and the character of the community, offering protection of its assets. Many thanks go out to Phil Sowter and Brandon Chapman for their tireless work on the refreshed plan. It's available at <https://nqrplan.org/>

We have written to Maces Farm reminding them of their responsibility to restore and repair any damage to the Green caused by movement of large vehicles. As the weather improves we hope to see the edges of the Green look a bit tidier. However the south end of the Green is still subject to casual parking - a reminder there are only two parking spaces there - which is eroding the green itself especially during wet weather. Please adhere to the rules!

The project to refresh the Village Maps is progressing. The two maps are available at the Village Hall and at the Cricketers Arms, but are ten years out of date now, and need redrawing to include new and renamed properties.

The Village Hall is transforming itself inside over 2024. We are supporting the Village Hall in its project to refresh the two halls, make it weatherproof, more modern and warmer. Attempts to secure grants for the initiatives have not been successful, but the Village Hall is a very good use for some of the PC reserves whose purpose is to support the community and enhance its assets.

Well, that's all the news there is from the PC for this month.

Happy Easter to all!

Tom Duncan [tddqrpc@gmail.com](mailto:tddqrpc@gmail.com)

### **FROM THE EDITOR - Update to the potential Pegasi development.**

Pegasi has submitted an Environmental Impact Request for a screening opinion. UDC will decide whether an Environment Impact Assessment will be required for this development proposal.



The document is a hefty 166 pages which gives an idea of the work that has already gone on by Pegasi regarding the proposed development and can be viewed via the QR code

The Parish Council will review and recommend next steps.



### **Letter to Mrs Badenoch regarding Pegasi Proposals**

Dear Mrs Badenoch

I am a constituent and am writing to you today to bring to your notice a developing situation here in Quendon, CB11 3YG. As usual, it's planning related!

This week there has been an exhibition of plans for a large scale rental development for 110 properties by the principal landowner, Quendon Estates, on the south side of Quendon. Two years ago a minimally different version of the same plans met near universal opposition from residents in a very well-attended community meeting, with a straw poll indicating over 95% hostility to the plans, on reasons which still stand today and I outline below.

The managing agents are Pegasi, a firm whose normal activity involves managing client property portfolios for foreign-owned bodies in Mayfair. Their professed intention is to create a rural-urban community with Poundbury as its model, albeit on a smaller scale, and attach it to an existing linear village with its roots in agriculture.

Residents' hostility to the plans centre on three points:

1. The size of the development: the proposal would increase the number of properties in Quendon and Rickling by over 30%, and in Quendon by over 50%
2. The nature of the proposal: all properties will be for rental only. There is no requirement in the local community for that many rental properties.
3. The impact on the existing community. Quendon and Rickling is a small village and is lacking in infrastructure (no retail, limited drainage capacity, water pressure issues). Whilst there is a Priority-1 road through the village there is no train line, bus services are irregular with none offered on a Sunday, and the existing footways both north and south are in very poor condition. There is no village shop and given there are shops within 3 miles in 3 directions any new shop here is unlikely to be a going concern in the long run. Speeding along the B1383 is a continual problem and makes the road dangerous especially on the outskirts of the village.

You will be aware that Uttlesford DC is working on a new Local Plan and has made good progress such that the Draft has been issued and a consultation run with residents. The Local Plan comes down very firmly against developments such as this as attachments to smaller communities without sustainable transport solutions and infrastructure. However the Plan is not fully published yet and we have been informed that Pegasi are hoping to get permission before the Plan has full weight, nevertheless the UDC intention and its support from residents here is clear and against this development. It's worth adding that this precise site has been rejected on at least three

occasions for development based on lack of sustainability.

I understand that Pegasi are confident they can obtain planning permission (I suppose planning-in-principle) direct from the government, given UDC being in Planning special measures, although no such permission has been sought yet, and certainly the PC here has not been informed.

As our representative I would ask you please to ensure that local views are respected in any government decision on this project. These residents' views are based upon a serious concern that the nature and sense of place of our community will be irrevocably affected by such an oversized development to the village.

Please help us to be heard.

Many thanks

Quendon & Rickling Parish Council

## **District Councillors' Report**

### **Intended sale of UDC share of Chesterford Research Park (CRP)**



UDC is selling one of its seven commercial investments and I thought it would be useful to explain why and what the benefits are. There is a significant capital gain to be made and the government requires that such assets be sold. The rental income from it, compared against its selling price is less than half the return from some of our more recently purchased assets, so it is also a good time to sell. CRP is a magnificent facility and a new owner with different financial objectives, bigger resources, and without the government restrictions on councils, will find it an attractive buy. The total value of the commercial portfolio is about £20m more than was paid for it and every tenant has paid every rent on time. Further, its value is £269m but the external borrowings are only £209m. So the investments are worth about £60m more than the borrowings. This difference is made up of the £20m capital gain, internal borrowing from cash in hand, and paying down of the borrowings. The sale proceeds after tax, assuming a satisfactory price is obtained, will be used to pay off more shorter term loans. The resulting reduction in interest payments will be a benefit to the General Fund which pays for vital council services.

The sale has not been included In the 24/25 the budget as it is not urgent. The commercial portfolio is showing a £1m profit after interest, rising in 25/26 to £2.8m



and £6.1m in 28/29. Unfortunately, the government requires that much of these profits be used to reduce borrowings to zero instead of the intended use on council services. This implies an odd belief that freehold land and buildings with top quality tenants, and upwards only rent reviews, may become worthless! Even with these mandatory debt repayments we are on track for a usable surplus of £3.1m, and if the asset sale goes ahead the surplus will be greater.

Another reason to sell this particular asset is that the arrangement with the co-owner Aviva is to build out the site, for which there is plenty of space. This has a high profit margin because there is no land purchase cost and indeed our most recent addition, not built yet, has the highest yield of any of our assets. However, UDC would need to borrow to do more of this, and borrowing from any source for commercial gain blocks councils from borrowing from the Public Works Loan Board (PWLB), under recent government rules. We have ambitious plans to build social housing but this needs PWLB funding and we would get an interest rate discount as well on borrowing, over possibly 50 years. This explains the comment about a new owner without government restrictions being able to go for maximum revenue and gain, whereas UDC has different priorities.

And if you are thinking why not use the sale proceeds to build the houses, councils are not allowed to use general fund capital proceeds for providing council services or investing in social housing. Feel free to raise that with our MP...

### **Neighbourhood Plan Refresh**

An online consultation is running from 18 March to 14th April 2024 and is available via the NQR Plan website [nqrplan.org](http://nqrplan.org) and the village Facebook, and paper copies will be at the Newport Parish Council office at Waterloo House on the High St opposite Dorringtons.

As Quendon & Rickling is not required to take any scale of development in the Local Plan this consultation is primarily about site allocations for Newport.

However, the policy updates and proposed Green Space allocations apply throughout the Plan area. Some policies need to be clarified in the light of use, others updated for changes, and new policies and site allocations made. New policies include on river pollution, light pollution, Local Green Spaces, gated communities and housing mix and tenure. A Master Plan including improved medical provision, Newport primary school expansion and Early Years provision is being considered. Please do participate and if you have no views on Newport sites you can just put 'No comment' to allow you to move to the next section.

The current Neighbourhood Plan was 'made' in 2021 and has been very successful in supporting developments netting over £6m in benefits, and in the dismissal of 15 appeals for refusal of smaller inappropriate developments. It will carry full weight in planning decisions until 2026 or until the new one replaces it.

### **Ward Initiative Funds**

This year we have allocated £1000 to Rickling School PTA, £1500 to the Quendon

Bowls Club, £1000 to Buffy Bus and £500 to a karate club which meets at Newport Village Hall. The bowls club and the karate club applied for UDC Major Sports Fund grants but out of about 30 applicants didn't make the cut. What the committee then does is ask if any might fit the government Levelling Up funds we bid for, and if that doesn't work then ward members are encouraged to use their funds.

We have maintained our grant fundings for 24/25, but the government funding is now mostly used, with no replacement on offer.

### **Councillor Surgeries**

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

Our contact details are:



[cllremanuel@uttlesford.gov.uk](mailto:cllremanuel@uttlesford.gov.uk)  
**01799 543487 or 07801 039550**

[cllrhargreaves@uttlesford.gov.uk](mailto:cllrhargreaves@uttlesford.gov.uk)  
**01799 540411 or 0785 467748**



### **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](http://www.uttlesford.gov.uk/keepmeposted).

07874-385541

u3a

[www.u3asites.org.uk/stansted](http://www.u3asites.org.uk/stansted)

### **Stansted Mountfitchet U3A**

For 300 years, the Royal Gunpowder Mills at Waltham Abbey developed and manufactured explosives for muskets, rockets and wartime munitions. Today, it is a museum. Richard Thomas, a site guide, spoke at our February meeting, looking back through the centuries to China, and the discovery of what we now call gunpowder. It was fascinating, and a trip to the Waltham Abbey Museum now looks on the cards.

In February our Gardening Group enjoyed a talk by Dave Willett on Great Gardens and Gardeners. This included the history of cultivated gardens such as the Hanging Gardens of Babylon, through the development of the medieval plot essential for food production, to renaissance gardens like Versailles, the landscape movement and Lancelot Brown, and the work of Arts and Crafts designers such as Gertrude Jekyll, much of which resulted in gardens we can still enjoy today.

As I write, we are looking forward to hearing from David Morson. Last year he talked about the historical relationship between Russia and Ukraine. At our first Saturday seminar in 2024, he will take on another of the world's most sensitive and tragic

flashpoints – ‘The Arab Israel Question : A History of Conflict’. David, with degrees in history, politics, sociology and religious studies, will provide the opportunity to discuss and understand the historical background, from biblical times onwards, showing the established facts, the complexities, the dilemmas and the difficulties that have created probably the most intractable and long lasting conflict in the world today.

And then on to something very different! Graham and Mary Brace spend their retirement travelling to photograph wild life and conservation. In April, at our General Meeting, they will share their experiences and the amazing photographs they took of ‘Wildlife in Brazil’.

That’s the u3a: always something different, sometimes challenging, often heart warming, you learn a lot and laugh a lot – do join us!

Pauline Green

## Quendon Bowling Club News

### **Bowling**

Although our outdoor bowling season does not start in earnest until May the preparation of the green continues apace to catch up on days lost to the rain. We have fertilised, scarified, tined and even mowed. The mild weather has meant our seeding has germinated well and all is looking good.

### **Open Weekend**

We will be having an open weekend on the 20th and 21st April. The Club will be open from 10.00 until 5.00 both days with club members and our Bowls England qualified coach on hand for you to give it a try. Don’t be fooled into thinking that it is an old persons game, the current indoor world champions are 38 years old for the men and 28 years old for the women. Come and join us in the clubhouse where refreshments will be available as well as the bar.

### **Social Members / Evenings**

Our social evenings are on the 2nd and 4th Fridays of the month, with cash bingo included on the 4th Fridays. Doors open at 7.00pm and for the bingo eyes down 8.00am. Our evening with Elvis was a great success with all tickets sold over a week before the evening. Our St Patrick’s Day quiz was also a success with new faces joining us. Remember you don’t need to bowl to be a social member and take advantage of our facilities and bar at club prices.

### **A Thought**

Bowls keeps you healthy, it is primarily aerobic and also provides cardiovascular exercise. During an average team game, you will bend more than 50 times, walk approximately 1.3 kilometres, swing your arm more than 50 times to deliver a bowl weighing more than 1.4 Kg.

There are also mental and social benefits, we will always welcome new members, people feel safe in familiar surroundings and company both on or off the green and great friendships can be formed



# THE HUNDRED PARISHES SOCIETY

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



The Society's logo is a wood-cut by the late Eric Ravilious.

Eric Ravilious and Edward Bawden were both Royal College of Art students when, on a cycling holiday, they happened upon Great Bardfield in Essex. There, they rented Brick House, starting a fascinating period for the village. Over the next two decades, numerous artists came to live there; they became known as The Bardfield Artists.



In 1932 Bawden married fellow student Charlotte Epton, a potter, and his father bought Brick House as a wedding present for them. In the same year Ravilious married Tirzah Garwood, an artist and engraver, and they lodged for a while with the Bawdens at Brick House.



Bawden's work can be seen today on three Victoria Line stations - Victoria, Tottenham Hale and Highbury & Islington - for which he designed the logos.



Another artist, John Aldridge, bought Place House in Great Bardfield in 1933 and soon became friends with Bawden. They produced Bardfield Wallpaper together for the company Cole & Sons to distribute.



In 1952, painter Stanley Clifford-Smith moved into Bucks House and later to the Old Bakehouse. He was very involved in Open House exhibitions that were held in the 1950s when the public could view and buy art in the studios and homes where it had been created.



Marianne Straub, a textile designer, moved to Great Bardfield in 1953, buying Trinity Cottage. She was the senior designer for Warner & Sons of Braintree.

Other Bardfield Artists included Kenneth Rowntree, Michael Rothenstein and Walter Hoyle.

A good selection of the Bardfield Artists' work can be seen at Fry Art Gallery in Saffron Walden – it reopens on April 7th – see <https://fryartgallery.org/> for opening hours. In Great Bardfield, books and other information about the artists can be purchased at the new premises of Between The Lines bookshop.

Ken McDonald, Secretary

## Rickling/Quendon Community Club

Quendon & Rickling Village Hall,  
Quendon CB11 3XQ



### Fun Bingo/Raffle

Wednesday 17th April  
Coffee Morning  
10.00-12.00am  
Please contact:  
Angie 01799 218061

## BERDEN Open Gardens

Sunday 23rd June 2024

2 - 6pm

Plants from £1  
Cafe  
Live Jazz  
Bee Keeping  
Books  
Raffle  
lots more!

*Plus*

Berden's Open Gardens include  
Little London, Brick House End  
& Berden Priory's unique  
water tread mill

Passport to all gardens only £5 per Adult  
Children under 16 free

Free Car Parking at CM23 1AY  
Raising funds for St Nicholas Church, Berden

<https://berden.org.uk/events/>



For further details contact John Tippett 01273 777446 [john.tippett@openworld.com](mailto:john.tippett@openworld.com)

East Anglian Traction Engine Society - Registered Charity No. 296027

# SAFFRON WALDEN CRANK - UP

STEAM AND VINTAGE VEHICLE SHOW

Steam Engines \* Tractors \* Vintage Cars  
\* Trade and Crafts \* Bar & Food  
Traditional Fairground



Carver Barracks, Wimbish, Saffron Walden CB10 2YA

ADULTS £7.50 each, CHILDREN FREE - GATES OPEN 10.00

Tickets available to pre-book now at reduced rates! Visit our website.

[www.swcrankup.co.uk](http://www.swcrankup.co.uk) - 07882 175438

# 27th & 28th APRIL 2024



### **Let's Talk, Stansted! - 10 things to know about us!**

1. We are a local voluntary organisation, formed just over 3 years ago, at the height of the Covid pandemic, following the tragic deaths of two local men by suicide.
2. Our mission is to support the mental health of our community and ensure that people don't need to struggle on their own. Our vision is that together we can normalise conversations about mental health in the community and take the strain off the already stretched NHS resources.
3. Even though we go by the name "Let's Talk, Stansted!" our remit also encompasses the villages around Stansted, including Henham Elsenham, Quendon and Rickling and others.
4. To date we have funded the training of over 30 Mental Health First Aiders. In the same way as a first aider can potentially save the life of someone having a heart attack, a Mental Health First Aider can do the same for a person having a mental health crisis.
5. Anyone needing a listening ear, or some other kind of help or support, can contact us by emailing [info@letstalkstansted.org](mailto:info@letstalkstansted.org) and someone from the team will get in touch as soon as possible.
6. We work together with other local organisations and charities and can signpost people to various sources of help.
7. We organise and run a variety of regular and ad hoc activities that are known to support mental wellbeing, including a walking group, open water swimming, men's veg shed, yoga, talks and social events.
8. Over the next few months, we will be organising activities and events for Time to Talk Day, National Debt Awareness Week, Stress Awareness Month and others.
9. If you are interested in running a group, getting involved in fundraising or helping out with events, we are always looking to welcome new volunteers and new ideas so please get in touch!
10. To find out more, please visit our website [www.letstalkstansted.org](http://www.letstalkstansted.org) and follow us on Facebook <https://www.facebook.com/groups/letstalkstansted>

### **Upcoming community police events**

The community Policing teams will be offering free tool/property marking at the following locations:

Wendens Ambo Village Hall – Saturday 13th April between - 10am – 1pm

Little Hallingbury Village Hall – Sunday 20th April between - 10am -1pm

Takeley Community Cafe- Saturday 18th May between – 10am -1pm



# JACKS

GROUNDWORKS

## DIGGER AND OPERATOR FOR HIRE

- Excavations • Driveways
- Foundations • Footings
- Drainage • Soakaways
- Septic Tanks

07940 231964

01279 755545



## 2024 Talks at St Nicholas Church Berden

29 years as Stansted Airport Chaplain

Wed 22nd May @ 7pm

Come and listen to The Rev'd Canon Chris Bishop share his experiences during his 29 years as airport chaplain at Stansted Airport



Hungry For Heaven

Wed 26th June @ 7pm

Join us to hear from The Bishop of Colchester, The Right Reverend Roger Morris. In Berden for one night only!



History of St Nicholas Church

Wed 28th August @ 7pm

Find out more about the history of the Church from Churchwarden and local historian Mark Trapmore



History of McMullens Brewery

Wed 18th September @ 7pm

Join us to hear from Fergus McMullen about the McMullen family Brewery's history and sample some beer!

All events are FREE but donations are encouraged to support St Nicholas Church. If you would like to give a future talk or reserve a seat at an event please contact [natalie.trapmore@outlook.com](mailto:natalie.trapmore@outlook.com)



Saffron Walden Museum

The museum for north-east Essex



## Saffron Walden Museum

### Visiting the Museum

Our standard opening hours are:

Wednesday-Saturday 10-4.30pm; Sundays & Bank Holidays 2-4.30pm

Closed Mondays (apart from bank holidays)

Wednesdays are currently reserved for pre-booked group visits by schools and other parties in term time.

[www.saffronwaldenmuseum.org](http://www.saffronwaldenmuseum.org)

### Upcoming Exhibition

Plants: The Struggle for Survival

runs from Sat 30 March until Sun 7 July 2024

Explore our relationship with plants that heal or harm, feed us or frustrate us, and uncover the secrets of their survival over



hundreds of millions of years. Fossil fronds, Victorian collectors and modern roadsides - this is the story of Plants: The Struggle for Survival.

### **Easter Holiday Activities**

Family activities

30 min sessions between 10.10am-12.40pm or between 2.00pm-2.30pm)

Wed 3 April: Chicken easter egg holder

Wed 10 April: Running Bunny

Book in advance via Art Tickets website or drop in on the day. £2.40 each

### **From Our MP - Kemi Badenoch**

Besides a lot of trips as part of her role as Business secretary Kemi Badenoch has made a number of visits in the Constituency. She reported:

#### **Funding for local charity Touchpoint Stansted**

It was great to join the Stansted Airport team, local councillors, and the community to award Touchpoint £50,000 from Stansted's Community Fund Grant!

TouchPoint Stansted is a local charity connecting and supporting people in Stansted and the wider Uttlesford district.

Their cafe and gardens next to Stansted library have become a vital hub for the community and the funding will be helping to refurbish the building next door to give them more capacity.

The charity also received over £33,000 from the Government's cost of living fund recently and has benefitted from the Government's Shared Prosperity Fund.

I will continue to support the team at Touchpoint and thank them for all their work across the district.

#### **Visit to Well Pharmacy as Government launches Pharmacy First scheme**

Earlier this month the Government launched the Pharmacy First scheme, allowing local pharmacies that have signed up to treat more common health conditions, helping to reduce pressure on GPs and freeing up appointments - something that was welcomed during my recent visit to Well Pharmacy in Saffron Walden.

Backed by up to £645 million of Government money, the Pharmacy First approach builds on the other measures outlined in the Primary Care Recovery Plan last spring, including tackling the 8am rush by giving GPs new digital tools and providing more GP staff and more appointments.

Further details are available at <http://www.england.nhs.uk/>

And don't forget you can get a free blood pressure check at your local Well Pharmacy - I managed to get mine done during my visit! Thanks to the team for all their hard work.

## Maces Farms April Update 2024

Now sounding like a broken record but the wet weather has continued and is playing havoc with the running of the farm. The job 100% relies on having enough weather windows to put the seed into the ground, to care for it and to eventually harvest it.

Without enough windows will inevitably influence the amount of food we will produce.

To keep positive, we have managed to get some fertiliser on, and the crops have responded well despite being under stress at times. Its always a nice feeling when the countryside greens up, the birds get louder, and flowers come out and the sign of new life awaits us all in the spring.

Spring drilling of Oats and Sugar Beet should be under away by now so I think the key is not to push and be patient to achieve the best possible seed bed.

On the back of the weather delays please be understanding that if the footpaths around the Farm are not marked out very well, we will get round to marking out when it starts to dry up. I know a few are very wet so maybe try a different route at times. Its also peak ground nesting bird season so please always stick to the footpaths and if you have dogs then please keep them under control.

I think I ended the same last month but hopefully the weather improves, and everyone can enjoy some sunshine and we can start farming again.

Mark Gemmill

Farm Manager

[MGemmill@pegasi.co.uk](mailto:MGemmill@pegasi.co.uk)



## From APOPO - March Update

On International Women's Day, 8 March, APOPO highlighted the exceptional women at our tuberculosis (TB) research project in Addis Ababa, Ethiopia. The program is conducted in collaboration with the Armauer Hansen Research Institute (AHRI) and integrates our HeroRATs for TB detection. Leveraging the rats' remarkable sense of smell, this project is an efficient second-line method for identifying TB.

The process begins with our HeroRATs, who detect TB's distinctive odour in human sputum samples from patients who initially tested negative for TB at our partner clinics. This odour is made up of a unique combination of volatile organic compounds that the rats have been trained to recognize. When samples are flagged by our

HeroRATs, APOPO's lab staff confirm the results before alerting the clinics, ensuring prompt treatment for the patients.

At the heart of APOPO's TB detection initiative in Ethiopia are the women who bring their dedication and expertise to various roles within the project, from rat handlers to lab technicians and researchers. Their contributions both advance public health efforts and the fight against TB in Ethiopia. APOPO is committed to creating a diverse and inclusive workplace and actively encourages women to apply for positions across all levels of our organization.



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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
Saffron Searchers	1st Monday/month	20.00-22.00	Q&R Village Hall	
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
Community Club	3rd Weds/month	10.00-12.00	Q&R Village Hall	Angela 01799 218061

## What's On (cont.)

USA Choir	Wednesdays	11.15-13.15	Q&R Village Hall
Carpet Bowls	Wednesdays	19.00	Quendon Bowls Club David Soloman 07817248301
Social Evening	2nd & 4th Fridays	19.00-23.00	Quendon Bowling Club
Morning Worship	14th April	11.15	Quendon Church
Communion	28th April	11.15	Rickling Church
Churches APCM	1st May	19.00	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. 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	Home Telephone	Locality
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
Chris Phillips	01799 542351	Middle - Cambridge Road
Sue Phillips	01799 542351	Middle - Cambridge Road
Wendy Stannard	01799 541869	Middle - Cambridge Road
Ljiljana Ortolja-Baird	07793600697	Southern end
Paul Carrol	07889 344869	Southern end - Cambridge Road
Joanne Hales	07903 596011	Rickling Green
Janice Hart	01799 541196	Rickling Green/Brick Kiln Lane/Rickling
Ann Merrit	01799 542110	Rickling Green/Brick Kiln Lane
Tom Duncan	01799 541299	Brick Kiln Lane
Sue Joannou	07805 037586	Rickling Green
Jacolin Lampon	07710 281382	Southern End - Cambridge Road

For further information see [www.communityheartbeat.org.uk/](http://www.communityheartbeat.org.uk/)

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

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

*The Link* is delivered free of charge to every household in the villages of Quendon and Rickling and is available online at: <https://www.quendonandrickling.co.uk>

All correspondence for *The Link* should be addressed to the editor, Sandra Arnold, by e-mail: [sandra@arnold-q.uk](mailto:sandra@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.**



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