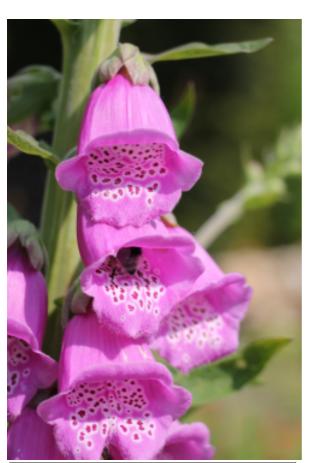
The Link



QR code for The Link

Quendon & Rickling Parish And Church

June 2024



Foxglove	with	humble	hee
LOVEIONE	WILLI	Duillule	DCC.

In this issue				
Church Contacts	2			
Vicar's Letter	2			
Church Services	3			
100 Club	3			
Useful Contacts	4			
Parish Council	5			
District Council	6			
U3A	8			
Hundred Parishes	9			
Community Café	10			
Golf Society	10			
Bowls Club	10			
Maces Farm	11			
S.W. Museum	12			
Newport Post Office	13			
What's On	14			
Personal Information	14			
Fire Safety	14			
Publication Details	15			
Emergency Life-saving	15			

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 3OL

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

Ouendon: Mrs Christine Osbourn 01799 543367 Churchwardens -Rickling: contact - church.jo@yahoo.com

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.

Pete's musings for June

Treasurer -

I remember the day we had our first colour television delivered back in the early 1970's. It was a day the Allen family had been looking forward to and it didn't disappoint. Well, it didn't disappoint me as the change from black and white to colour images was instantaneous and striking. I remember the first thing I watched on that Saturday afternoon was the Rodgers and Hammerstein musical play turned into a film



Carousel. I remember clearly the pageant of colour that assailed my eyes as the song "June is bustin' out all over" combined with its brilliant dance routine was transformed from black and white into vibrant colour making the whole experience seem more alive and enjoyable. It's funny the things which stick in your mind but that experience of being transformed from a world of black and white entertainment to colour is one of them for me. When programmes came on TV that could only be viewed in black and

white, even on a colour TV, of which there were still some being transmitted, they looked and felt drab by comparison once I'd experienced the programmes being transmitted in colour.

Every time June comes around I am reminded of that vibrant dance and singing routine and a little bit of me sings inside "June is bustin' out all over" as we enter the month. For to me, June does sound like a month with more hope for longer daylight hours, better weather, and an uplift in spirits.

Many people who would profess a Christian faith can also speak of a change taking place in their lives: when the penny dropped, the veil was lifted, or something new seemed to come into life within them. These are all ways I have heard people describe their spiritual journey from what might be called nominal faith to living committed

faith in Christ, which brought along with it a new sense of inner life and a new vision of the world. For them the world around them took on a hue and vibrancy that wasn't quite visible to them before. Something had changed for them as they experienced this inner spiritual awakening and life seemed to offer them more colour and the beginning of a new horizon opening before them.

Whilst experience alone isn't the ground of a person's faith, it can

have a part to play in a life of faith for the kind of inner spiritual transformation that takes place when we cross the threshold from "maybe it could be true" to "now I believe it to be true". Another way such a spiritual shift might resonate with my rising hope when June arrives is the growing hope that accompanies such a faith epiphany. It needs to be said that there's no magic wand for people of faith that suddenly takes away all of life's challenges, trials and sufferings. But there is a rising of hope that helps them cope in the face of such things. The commonly held saying, "Hope springs eternal", attributed to Alexander Pope's poem "An Essay On Man" can be true of us all whether we would say we are a person of faith or not. But for those who would profess a faith in Christ it's fair to say they can now locate the person and place from where their hope springs.

Whatever the prospect of moving into the month of June means to you, may I wish you good things as we all savour the prospect of longer days, gardens in full bloom, and lazy evenings with family and friends spent outside with a glass of your favourite tipple. And if you want to see the routine that has left an impression upon me for over fifty years,

go to the link below or just put Carousel "June is bustin' out all over" onto your search engine and see if you like it as much as I did. https://youtu.be/khL3AVmPj24

n n

Rev Pete

Church Services in the Benefice

Sunday 2nd June

9.30am Newport Contemporary Communion 11.15am Widdington Communion

Sunday 9th June

9.30am Newport All Age Service 11.15am Quendon Communion

Sunday 16th June

9.30am Newport Communion 11.15am Widdington Communion

Sunday 23rd June

9.30am Newport Morning Worship 11.15am Rickling Communion

Sunday 30th June

11am Newport Benefice Service followed by Picnic lunch

Quendon & Rickling 100 Club

Congratulations to the latest winners				
May 2024				
1st Prize	P Ball	£30		
2nd Prize	K Gray	£19		
3rd Prize	M Ingham	£9		

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.

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 0300 123 2040 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 not lost money, phone or report online at https://www.actionfraud.police.uk/report-phishing

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.

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 email address is provided the pack can be sent digitally.

CRIMESTOPPERS To give information anonymously phone

or report it online at www.crimestoppers-uk.org

Allotments (Quendon Hall Estate):

Peter Warwick, No.5 Thistley Crescent, Green Road, Rickling

to attend.

Telephone: **01799 543526**

Highway Problems

The Essex Highways website is available for anyone noticing a problem to report it: http://www.essexhighways.org/Report-aproblem.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 The Parish Clerk is Keith Williams

Email:

quendonandrickling.clerk@hotmail.com

0800 555 111

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: 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

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: **02072 191943**

VILLAGE HALL CAR PARK CLOSURE

The trustees of Quendon & Rickling Village Hall give notice that the car park will be closed on Wednesday 5th June and Thursday 6th June. This is to allow re-surfacing work to take place place.

There are no bookings planned for these two days. For those who leave their vehicle in the car park please do not do so from first thing Wednesday morning, 5th, to the evening of Thursday 6th. Thank you.

The work should be finished and therefore allow parking in order for those wishing to travel by car to attend the Village Hall AGM on the Thursday evening,

From the Parish Council Chair

Dear Villagers,

I hope you had a chance to enjoy the brief hot spell in May - as well as the aurora borealis at night time. A more recent drop of rain has brought us all back down to earth!

We welcomed Ray Hart to the PC in May. You may know Ray from his very wide spectrum of village involvements from Bowls to Golf via Speedwatch and numerous other activities of benefit to the community. His experience and enthusiasm will be a great benefit. There's still time to follow Ray's lead and sign-up!

You may have noticed signs along the B1383 indicating an imminent closure. Our stretch will probably be affected in June or July, and it'll involve surface dressing the road and restoring some sort of cats' eyes, with likely overnight closure. The works have already begun in Great Chesterford and may last off-and-on through to August somewhere along the B1383. Note however the white lines won't be painted back immediately - so do take care when driving on Cambridge Road in the dusk and at night.

Works are moving ahead at the Village Hall - projects are afoot to update the hall inside and out, and re-lay the carpark, funded from the PC reserves for the wider benefit of the village. Look out for future events to promote the refreshed Hall in the coming months!

We're finally getting the village ponds surveyed for Great Crested Newts in June, which should clear the way for pond restoration towards the end of the year. This saga has dragged on longer than we'd wanted it to, but we are grateful that UDC has been flexible enough to extend the grant validity to cover the delay caused by the necessity for this survey, and also to Paul Wilsher for continuing to manage the project.

After two years as chair I've handed over to Gari Spearpoint. Gari and Liz have been in the village for over three years and I know Gari's dedication to the village (and particularly to the state of footpaths!) is total. With children and grandchildren and a plethora of other interests Gari's a busy man but he brings a commitment to the role

that will produce results for sure!

Best wishes to all for a good growing summer; enjoy the cricket / bowls / pub / garden and perhaps I'll see you at Autumn Daze behind a pumpkin?

Over to you, Gari!

Signing off - Tom Duncan

Signing on - Gari Spearpoint

When we first moved into Rickling Green, just over three years ago, our intention was to be active in village life.

We have been delighted to be involved with the school, bowls club, golf society and of course, the pub! Being part of the Parish Council has been a real privilege. Learning about the history and characteristics of village life has been eye opening and often amusing.

Stepping up to the role of Chair of the Parish Council is something that was not necessarily on my 'bucket list' but one I am delighted to accept. That said, there are large boots to fill from previous incumbents and I shall be picking their brains on a regular basis.

As you are possibly aware, the next twelve months could be interesting for the village and a challenge for the Parish Council. It is with this in mind that the invitation is out there for more locals to join the PC. It's not an onerous role, honest.

It would be great to see you at the monthly PC meeting, usually the second Wednesday of each month except August.

Gari Spearpoint

District Councillors' Report

Blueprint Uttlesford

Like all councils across the country, UDC has faced government income restrictions, a prohibition against raising its own commercial income, the same inflation as all of us experience, and of course no reduction in the services to be provided to residents, businesses and the community.

We are therefore working to reduce the budget by about 25% which is approximately £6.6m whilst ensuring delivery of our priorities as laid out in the Council Plan 2023-27. Blueprint Uttlesford is the Council's change programme focusing on the next five years. It has objectives to deliver the council's wide-ranging ambitions for improving outcomes for residents and the best services possible as set out in the annually reviewed 5-year Corporate Plan.

Savings achieved in 2023/24 totalled £1.2m with 9 out of the ten planned service reviews for the year completed. A further £883k of the following years savings had also been achieved ahead of schedule. Here is the table of service areas to be worked on for each year.

2023/24 Roviews	Year 2 Reviews (2024/25)	Year 3 Reviews (2025/26)	Year 4 Reviews (2026/27)
Sale of assets (inc. major asset and Dunmow Depot)	Sale of assets (inc.major asset and Durmow Depot)	Placeing	Human Resources
Highways Rangers	London Road Flort (phase 1)	Maliroom	Finance
Local Highways Parell	Trade Waste	CMF (phase 2)	ICT
Car Park charges	Waste Services	Democratic Services	Customer Services Centre
Senior Management Team	Environmental Health & Sciencing	Electors	Internal Audit
Revenues and Benefits (phase 1)	Revenues and Benefits (phase 2)	Legal	Executive Team
Environmental Health & Licensing	Communities	Climate Change	Contact, Performance and Risk
Economic Development	Facilities	London Road Rent (phase 2)	Comms and Website
Customer Hormaton Centres	Maseum (phase 2)		Economic Development
Museum (phase 1)	Housing Revenue Account		Homelessness/Housing Strategy
Grants (phase 1) this now includes phase 2 and Day Centres.			

Not in the Blueprint schedule, so extra to our planned activities, UDC has in May completed a refinancing deal which will save £700k a year. Phoenix, which lent funds originally to finance the purchase of Chesterford Research Park, offered a discount for repaying the loan early. A discount of £10.2m was negotiated on the outstanding balance of £35.7m. Even after refinancing the borrowing, the council is £700k a year better off, and has reduced its total external borrowing by £10m.

Neighbourhood Plan

Following the consultation in March/April the revised Plan will be taken to the formal regulation 14 consultation on 7th June. The consultation will run for six weeks. In the meantime, the current Neighbourhood Plan continues to have full weight in the determination of planning application. One of the recommendations will be for UDC to consider designating the location below as a Local Wildlife Site. It is in Newport and is a lowland wetland and home to Reeves Muntjac, fallow deer, foxes, squirrels, mallard, coot, moorhens, Little Egret, Grey Heron, stoats and frogs and toads. As in many areas around here there are buzzards and red kites and occasionally sparrow hawks and tawny owl.

I'll leave readers to work out where this is. Photo courtesy of Susan Brown



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 facebooks.

Our contact details are:



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

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.

07874-385541



www.u3asites.org.uk/stansted

Stansted Mountfitchet U3A

Encounters of the Third Kind

Boldly venturing on a European holiday alone, Stansted member Susan Sedgebeer was pleased to happen upon a fellow u3a member from Bishop Auckland. The happy coincidence, miles from the UK, led to an interesting arrangement. Fast forward to Sunday 7th April when eight Stansted members drove to Cambridge to meet up with a large party from Bishop Auckland u3a! They joined together for a guided tour of the city given by the knowledgeable Tony Rodgers MA BSc. All 'Thirdagers' had a super time and recommend being a tourist in your own city!

The Garden Group recently looked into the History of the Cottage Garden with the help of Andrew Sankey, gardener, author and lecturer. Forget any chocolate box notions with hollyhocks at the gate. The original Cottage Gardens were a key source of food for their inhabitants (as well as the site of their al fresco restrooms). Any hollyhocks were self-seeded, not deliberately planted.

The itchy feet of the Bus Pass Group took them to the Botanical Gardens in Cambridge for their recent outing. The beautiful array of lilacs, orange blossom and magnolias did not disappoint the travellers. Inside the hothouses, where they took refuge from the cold winds, they found the exotic Jade Vine. This plant is usually pollinated by bats - with none available the Botanical Gardeners have had to do this by hand to ensure a crop of juicy fruits later in the year.

Sadly, the group arrived in Cambridge by means of the train, having taken the decision that the buses were less than reliable. Let us hope this does not become a permanent

situation.

Finally, do please remember that new members are always very welcome. Please check out the website: u3asites.org.uk/stansted or phone 07874 385541 to find out more information about the variety of activities on offer.

Julia Cook



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

The Hundred Parishes includes much of the extensive barley-growing area of the Hertfordshire and Essex borders. The malting of barley in preparation for its use in the brewing industry was a significant activity in several of our larger villages and market towns, especially along the River Stort, from the 18th to the 20th centuries.

Evidence is still to be found in the form of place names indicating the location of former maltings, such as Malting(s) Lane in Much Hadham and Chrishall; and in the names of buildings that were once maltings or associated with one nearby. Thus there are a number of Malting(s) Cottage(s), as in Linton, Bartlow, Much Hadham, Aspenden and Ugley; and Old Maltings as at Manuden. Arkesden and Great Chesterford. In Little





Hallingbury there is Malting Farm and The Old Brick Malting.

As well as conversion to private houses, surviving maltings have been renovated and converted to a variety of uses. Great Dunmow's is now a museum and community resource. In

Wethersfield the maltings is now the village hall and shop, while the station maltings in Newport and those in Central

Arcade in Saffron Walden are commercial premises. Multistorey maltings in Sheering have been converted into apartments and in Stanstead Abbotts to a business centre.

The classic form of a malting reflects the various processes which took place within the building.



Grain was hauled in through the lucam or hoist housing at one end of the building where it was then steeped in water to start the germination process. The grain was laid out on germination floors before growth was halted at a particular stage by applying heat in the kiln at the other end of the building. The process of initiating and then halting

germination is known as malting.

Ken McDonald, Secretary

Rickling/Quendon Community Café

Quendon & Rickling Village Hall, Quendon CB11 3XQ

Fun Bingo/Raffle



Wednesday 19th June 2024 Coffee Morning 10.00-12.00am

Please contact: Angie 01799 218061

Letter to the editor

I just wanted to say thank you to you and your husband for all of the hard work that you have done, and are still doing, for the village. Without you the Link would have disappeared long ago. I always look forward to receiving my copy and it will be a very sad event if and when the Link can no longer be published.

Please let me know if there is anything I can do to help.

Kindest Regards, Patsy Sowter

QUENDON & RICKLING GOLF SOCIETY

Just a short reminder that our next fun gathering will be at Great Hadham Golf Club on Thursday 13th June.

If you are not already a member of the village golf society but would like to join us, you would be very welcome. Just give me call or email and I will give you all the details.

Keep Golfin'

Brandon Chapman

543518 pebbles4@btopenworld.com

Quendon Bowling Club News

Bowling

Well the bowling season has now started in earnest, at the date of writing (19th May) we have already played 9 matches with mixed results. We had a flying start with a win over Stansted in the Herts and Essex seniors league and some good results, but not full points wins in both the Steeple Bumpsted and N W Essex leagues. Considering we are playing in leagues above those of last year this is not too disappointing.

We have a full programme of matches, including weekend friendlies, that is available on our club website (Quendon Lawn Bowling Club). You are always welcome to spectate at any of the home matches, for most of which the bar will be open.

County Match

On Saturday 8th June the club will be hosting a county match between teams representing North West Essex and East Herts. If you want to see bowls of a high standard it will be a good match to watch; there will be some players who have played at the nationals.

Social Members / Evenings

Our social evenings and events will continue through the bowling season, our new programme will be posted in the Parish notice boards and also on the Quendon Bowling Club and other local Facebook pages. For the June main event, on Saturday 22nd, we invite you all to join us for a Caribbean Party Night. Remember you don't need to bowl to be a social member and take advantage of our facilities, events programme and bar at club prices.

New Members

If you want to give the game a try we have an accredited coach to help you along and even if you are not interested in bowling please come and see then facilities we have to offer for social members.

The Clubhouse is also available for hire by the hour, half day and full day. If you need a venue for your club, meeting, party celebration please contact us either by Facebook or calling 01799 541196

Maces Farms June Update 2024

Writing this as rain pours down the office window but we still are clinging on the recent blue skies and warmer temperatures that has brought an abundance of growth on the Farm. Before this period the crops looked stressed with the constant wet, windy and cold weather but remarkably looking a lot happier. The day length is longer now, and the main driver of growth is sunlight, but we do not want the crops to

go through their growth stages too quickly as that can hinder yield.

We have several legume fallow fields, which is part of a stewardship scheme, and eventually these will come back into crop rotation. Legumes like Clover, Vetch and Lucerne can fix Nitrogen from the air and store them in



their roots. When the plant dies the roots get broken down by soil biology and then becomes available food for the next cash crop.

We carefully manage this by taking Nitrogen test samples throughout the season, so in turn save on applying too much artificial fertiliser.



For those keen footpath walkers of the farm, you may have noticed bare field areas. These are our wild bird food plots and will provide bird food for the next 2 winters. Fingers crossed they establish well.



The Farm will be helping again for the Annual Quendon and Rickling Runfest on Saturday the 8th of June. We will be providing car parking and is a great fundraiser for the school so why not come along or even participate and support the local school.

Let's hope the start of summertime is a good one!

Mark Gemmill Mgemmill@pegasi.co.uk



DIGGER AND OPERATOR FOR HIRE

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

07940 231964 01279 755545







Saffron Walden Museum

Visiting the Museum

Our standard opening hours are:

Tuesday, Thursday -Saturday 10 - 5pm; Sundays & Bank Holidays 2 - 5pm

Closed Mondays (apart from bank holidays)

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

Please note that during the Winter months, November-February, the museum closes earlier at 4.30pm, rather than at 5pm

www.saffronwaldenmuseum.org

Object of the Month for May

May's Object of the Month was a Red Kite from the historic bird collection at Saffron Walden Museum.

Red kites became extinct in England and Scotland by the 1870s due to hunting and

persecution. However, after receiving legal protection, and being reintroduced from the surviving population in Wales and birds from Scandinavia, they have made a remarkable comeback and are once again living in Essex.

If you look up to the sky and see a large bird with angled wings and a forked tail soaring above, you have spotted a red kite. Essex Wildlife Trust members recorded their sightings. The birds were seen over Stansted, Bishop's Stortford, Great Dunmow and Much Hadham in the south, and up to Duxford, Littlebury, Saffron Walden and Ashdon in the north.



Upcoming event



No-mow season is upon us in the Castle grounds which will allow the wonderful selection of flowers and grasses to dazzle us with their diversity once again.

Why not enjoy a picnic in one of the mown circles on the edge of the meadow area, and keep an eye out for the nationally very rare fiddle dock growing in quite large numbers near the gate closest to the Common.

Also look out for crow garlic at the top of the mound below the tree nearest to the Castle (an Austrian pine, Pinus nigra). This wild member of the onion family looks a lot like chives, and has the same onion-garlic scent to the leaves.

The lily-of-the-valley is in full bloom in its tub at the corner of the tennis courts. Make sure to spot its pure white flowers and let them put a spring in your step this spring.

Newport Mobile Post Office Service

Following the closure of the post office in Newport a new mobile service has commenced.

Where: Outside Waterloo House, High Street, Newport, CB11 3PG

Opening times will be Tuesday 13:15 – 14:45

Services

A wide range of services will continue to be available.

Access and facilities

There is a step into the mobile vehicle, however an electronic tailgate is available to facilitate easy access for wheelchair users and those with disabilities.

Parking is available close to the mobile van.

AI and personal information: what are your rights?

You might have seen a lot in the news recently about organisations using AI to speed up their processes and automate actions. This may lead to quicker outcomes for customers, but it's helpful to know what your rights are if you're not happy with any of the decisions made without people being involved.

When a decision is made about you without human intervention, it's called "automated decision-making", or automated processing. In many circumstances you have the right to prevent this from happening. Some examples of automated processing are an online decision after you've applied for credit.

You have the right to not be subject to a decision based solely on automated processing, to understand the reasons behind the automated decision and to object to it being used.

For further information https://ico.org.uk/for-the-public/your-rights relating-to-decisions-being-made-about-you-without-human-involvement/ or use the QR Code

Home Safety Fire Advice

From the Essex County Fire and Rescue Service.

Here are 10 top tips for staying safe:

Make sure you have smoke alarms on every floor of your home

Smoke alarms save lives, but only if they are working. Test regularly

Never leave cooking unattended

Avoid using a chip pan with hot oil

Don't overload electric sockets

Keep matches/lighters away from children

Keep clothes away from heaters/open fires

Put out cigarettes properly and dispose of them carefully

Don't charge items such as mobile phones, overnight

Plan an escape route and everyone knows how to get out in the event of a fire

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 Café	3rd Weds/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 C	llub David Soloman 07817248301

What's On (cont.)

Social Evening	2nd & 4th Fridays	19.00-23.00	Quendon Bowling Club
Village Hall AGM	I 6th June	19.00	Q&R Village Hall
Communion	9th June	11.15	Quendon Church
Golf Society	13th June		Much Hadham Golf CLub Brandon Chapman 543518
Communion	23rd June	11.15	Rickling Church
Open Gardens	23rd June	14.00 -18.00	Berden

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/

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, or at Talbots, Cambridge Road, Quendon, CB11 3XJ; otherwise telephone 01799 543075

Please supply copy by the 19th of the preceding month.



Reconnect to your life

Whatever your hearing difficulty, angli-EAR Hearing uses the most up-to-date tests and equipment to find the best solution for you.

Independent audiology experts you can trust

BOOK ONLINE

www.angliearhearing.co.uk



Binwash



Low cost & highly efficient service!

Professional machinery

High pressure wash and dried

Disinfected and deodorised

4 weekly schedule or 1 off visit

www.binwash-uk.com enquiries@binwash-uk.com

NICK SHUTES PAINTING AND DECORATING LTD

High quality interior and exterior redecoration Woodwork repairs and replacement

> Fascias, soffits and cladding 01799 542385 or 07885 778213

www.nickshutesdecorating.co.uk



More than just a service







All Domestic & Commercial works undertaken

www.shelfordheating.co.uk

T: 01223 833426 E: sales@shelfordheating.co.uk

CAMWOOD HOME IMPROVEMENTS

Boiler Installations and services Cylinder installations Heating Kitchen refurbishments Garage conversions

References available - Fully insured Free advice & estimates - Competitive rates Office: 01279 814296 Mobile: 07714 300920

Email: camwoodhomeimprovements@outlook.com Gas safety registered engineer





Call: 01799 542424 Text: 07791 058406





A caring and professional service from a local business, day or night

Shire Hill, Saffron Walden 01799 523314

High Street, Saffron Walden 01799 513513

Also at Duxford, Cambridge and Haverhill

www.peasgoodandskeates.co.uk





Quendon

Jacolin Sheaf (Lampon) D.O. 4a Red Cottages, Cambridge Road, Quendon, Saffron Walden, Essex CB11 3XH

Structural Osteopathy,
Cranial Osteopathy.
Treatment of back and neck pain,
muscle and joint pain,
Tension headaches,
trapped nerves and sports injuries.
One-to-one Pilates instruction.
Specialist Clinic for
pregnant mothers,
habies and children.

Tel: 01799 543444

Email: info@quendonosteopathy.co.uk
Web: www.quendonosteopathy.co.uk

ONSITE PARKING AT THE NEW CLINIC

Somnium Water Features



Bespoke contemporary water features.

Finishes include steel & aluminum.

Built-in eco filtration designed by us. www.somniumdesign.co.uk 01279 771084

TONY WOOD

Qualified Registered Electrician

All electrical works undertaken

Re-wires, new circuits, extensions Replacement Consumer Units Electric showers, heating, additional sockets Internal and external lighting

> Free advice & estimates References available Competitive rates **Fully insured**

Please ring Tony on 07714 300920 01279 814296

Or e-mail camwoodhome@outlook.com Electrical Safety Register Approved Contractor

Register



- Boiler Servicing & Repairs
 Full Central Heating Systems
 - Bathrooms
 - Underfloor Heating

 Landlord's Safety Certificates All work undertaken, fully insured & guaranteed

Phone 01799 542920 Mobile 07816 355483





WILLOWS FIELD CHIMNEY SWEEP

07888 627465

willowsfieldchimneysweep@gmail.com

Willow Landscaping



www.willow-land-scapes.co.uk

Local family firm

Garden design and landscape builders

Patios / planters / raised beds / steps / paths / grading
Design drawings from £350 + vat

01279 771084



Grass & Hedge Cutting Fencing Turfing

Patio & Driveway Cleaning Grounds Maintenance Contracts

Contact Will Grange - 07516783138

CHIROPODIST

Mrs Julie Golden

HPC Registered/State Registered

Home Visiting Practice

Est.1994

01279 873492

Mobile 07916 075451

A professional service at a competitive price









Consultation - Installation Renovation - Personal Service

Other products too! Just ask.

01279 626389 andrewbanks.co.uk





Mother and Daughter duo. Est 1998 All types of internal and external decorating. Minor wood work and plaster repairs.

Free estimates.

Fully insured.

Contact Liz on 07815 817283 or liz.ellett@btopenworld.com



AVAILABLE FOR:

 CROWN REDUCTION/ THINNING - TREE REMOVAL - POLLARDING - FELLING - SITE CLEARANCE - FENCING - DECKING - TURFING -GRASS & HEDGE CUTTING - CONTRACT GROUNDS MAINTENANCE

CALL OR EMAIL FOR A FREE NO OBLIGATION QUOTE

TEL: 07834 785716 / 01279 850257

