

THE LINK

Quendon & Rickling

Parish
and Church

July 2016

You can find **THE LINK**
and much more at
www.quendonandrickling.co.uk

NEWS



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*From the Quendon & Rickling Photographic Competition, Spring 2016
1st prize - Category: Street Scene
"Park Entertainer" by Horst Bienemann*

Visits: If you would like the Vicar to visit you at home or in hospital, or know of anyone who would like him to visit them, please let the Vicar know.

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

Telephone: 01799 540339 E-mail: mcleod444@btinternet.com

From the Vicarage Study

Rev. Neil McLeod,

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

These boots are made for walking.

That's what they're gonna do.

One of these days these boots are gonna...

WALK BETWEEN QUENDON & RICKLING CHURCHES.

I haven't got those lyrics wrong, but I have deliberately changed them. Because on **Sunday 17th July** there is going to be a walk between our two beautiful churches. We'll be setting off from Quendon church at approximately **3.00pm**, and then we'll be making our way across the fields towards Rickling church. Once we are there we can enjoy some refreshments that we'll have earned by walking, and then we can all enjoy a short time of worship together.

Now I'm not much of a walker and I'll probably not be at the front leading, but I am looking forward to the walk and am praying that my dodgy knee holds up. I'm looking forward to it for two reasons:

1. I am looking forward to seeing the landscape from a different perspective as I've only ever seen it when I have driven between the two villages.
2. More importantly it will give me a chance to chat to people who may not normally come to church, and to get to know them.

I am hoping that lots of people from the village come out and join us on this walk between the churches, because they aren't just my churches – **they are your churches too** and we are all part of the same community. So I look forward to welcoming the young and the old; families, friends and those who may be on their own; the people I already know & the people I don't know. Please put **17th July** into your diaries.

Neil

Church Services in the Benefice

Sunday 3rd July

9.30am	Widdington	Family Service
11.00am	Newport	Family Communion

Sunday 10th July

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

Sunday 17th July

9.30am	Widdington	Holy Communion
11.00am	Newport	Holy Communion

3.00pm

WALK BETWEEN QUENDON & RICKLING CHURCHES
Followed by a short service

Sunday 24th July

8.00am	Newport	BCP Communion
9.30am	Rickling	Holy Communion
11.00am	Newport	Morning Worship

Sunday 31st July

9.30am	Quendon	Benefice BCP Communion
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In addition to these services, prayer meetings are held as follow:

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

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

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

Telephone: 01799 540339 E-mail: mcleod444@btinternet.com

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

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

In Memoriam

Barry Edward Barnwell 1944 – 2016

The funeral took place at Rickling Church on 8th June of Barry Barnwell, husband of Shirley. Many friends and family filled Rickling Church to remember Barry.

We offer our sympathy to Shirley and her family.



Contact details for local Police

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

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



Quendon & Rickling Village Coffee Mornings

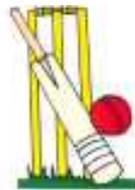
Quendon Village Hall

If you would like to have a village coffee morning for a charity or cause of your own choice

Ring Maureen Hawkins 543201 to book the hall.

Annual Six-A-Side Cricket Day

Teams Captained by Ex-England Professionals



Sunday 10th July 10.30am Start

Quendon & Rickling Church will be providing refreshments from 2.00pm

EXTEND Coffee Morning

A big thank you to everyone who helped make our EXTEND coffee morning/sale such a good event which raised over £350 towards the day trip to Great Yarmouth via Bressingham. This allowed us to halve the fares making the cost of the day out just £8 per person.

We thank you for your time as well as the baking, making, donating and support on the day .

Pat Turner

Rickling Carers Club

On Wednesday 20th July at 2.00pm at Rickling Village Hall Sue Knight from Uttlesford District Council will be coming along to talk about **Responsible Dog Walking** and also **Dog chipping** .

There will also be **Fun Bingo** again and tea and cake

Everyone Welcome



The Hundred Parishes Society

We aim to raise the level of knowledge about our wonderful area. Our website www.hundredparishes.org.uk is a mine of information, with links to more detailed resources and suggestions for walks, as well as advance notice of events related to local heritage, conservation or culture.

Recently, members were treated to a fascinating talk by geologist Gerald Lucy. His presentation on the last hundred million years put into perspective the miniscule period of man's existence, around 250,000 years, and the even smaller time span for which there is recorded history. Today's coastal erosion is part of a continuing process that has seen gradual but dramatic realignments of the Earth's surface over the last 4 billion years. The changes over such a long period of time are difficult to comprehend. The continents as we know them were once one big land mass. Fossils in the Himalayas date from when that area was beneath the sea. British coal was formed long ago when the UK was somewhere near the Equator. Nearer home, and much more recently, the River Thames once flowed through Harlow and Chelmsford before joining the Rhine (there was no North Sea then). Our local flintstones were created in a thin layer of chalk by chemical reaction; and our so-called Hertfordshire puddingstones were dumped by a retreating glacier. Gerald gave us much to think about.

Our next talk will be in Stansted Mountfitchet at Crafton Green Community Centre on the evening of July 11, starting at 7:30pm and open to members and non-members. Our speaker, Tony Morton of Essex Wildlife Trust, will address another aspect of our heritage with a talk about woodland in and around the Hundred Parishes. Please come along – the £5 entry fee for non-members includes tea and biscuits.

Ken McDonald, Secretary

Quendon & Rickling Parish Council News

Parish Council Meetings

It would be great to have more public participation at our Parish Council Meetings. The next meeting is on the 19th July at 7.30pm at the Village Hall, so if you can spare the time please do come along. (Please note there has been a change to the previously advised date)

An Agenda will be published on the village website and on all notice boards on the Thursday prior to the meeting. Here are the proposed dates for rest of the meetings this year:

7th September, 12th October, 16th November, 14th December

Any changes will be advertised.

Accounts for the Year ended 31st March 2016

This is a Notice of Public Rights, which gives any person the right to inspect and make copies of the accounting records for the financial year to which the audit relates and related documentation.

Those records will be available for inspection by any person interested.

For the year ended 31st March 2016 these documents will be available on reasonable notice by application to Sue Joannou – Clerk & RFO to Quendon & Rickling Parish Council, 4 The Green, Rickling Green, Essex, CB11 3YG

01799 541984 quendonandrickling.clerk@hotmail.com

Commencing on **Monday 6th June 2016** and ending on **Friday 15th July 2016**

Dog Fouling

Uttlesford District Council has a clear message on Dog fouling:

Please clean up after your dog – Bag it and Bin it.

Failure to clean up after your dog could result in a £1000 fine!

To report incidents of dog fouling call the council's Customer Service Centre on 01799 510510.

Alternatively, fill in an online form at

www.uttlesford.gov.uk/animalfoulingreport

Welcome Packs

The Parish Council provides a Welcome Pack of information for new residents to the Village. It is quite difficult to keep track of, so if anyone knows of any newcomers to the village do please let me know on the contact details below and I will drop off a welcome pack to them.

Allotments

Anyone interested in taking up an allotment should call Peter Warwick on 01799 543526.

We understand that there are still some plots available and it may be possible that some existing ones may be divided up.

Neighbourhood Watch

We are still looking for volunteers to coordinate a Neighbourhood Watch team in the Parish. If anyone is interested in getting involved, please contact me on the details below.

Local Plan

Details of the Local Plan can be found on the UDC website. In the meantime, it is noted that following the call for potential sites, landowners in the Parish have put forward 5 potential sites. Details of these can be found on the UDC website via the following link:

<https://cms.esriuk.com/uttlesford/Sites/cfs/>

Highway Problems

The Essex Highways website is available for anyone noticing a problem to report it:

<http://www.essexhighways.org/Report-a-problem.aspx>

A tracking facility for all reported faults is available.

Police/Crime

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

Children's Activities

Armadillos, a Bumps, Babies, Toddlers and Parents group meets every **Tuesday (term time)** from **9am-11am** at **Rickling School Hall**

Buffy Bus

This is no longer visiting the Parish; the Wednesday service has been rescheduled to stop at Cherry Garden Lane, Newport between 9.15am and 10.30am

Contact the Parish Council

The Clerk, Sue Joannou can be contacted by e-mail quendonandrickling.clerk@hotmail.com or by telephone **01799 541984**.

Should anyone wish to receive e-mail updates/notices, please send me your e-mail address and I will add you to the village circulation list.

Quendon & Rickling 100 Club

Please come & join us, always room for more!

Thank you. Clare 01799 543637

Many congratulations to this month's winners.

1st.....No 6..... £35.....Ann Marritt

2nd.....No 60..... £25.....Maureen Brittan

3rd.....No 2..... £15.....Pauline Fowler

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

Those who take a really keen interest in planning may have noticed that we have finally submitted our response to the CALA application at Ventnor Lodge. If you haven't seen it, I can tell you that we have objected to the application on the grounds, principally, of unsustainability.

We had tried, over several meetings to persuade CALA that those facilities which exist within the village are limited and overstretched. We had hoped that we would be able to elicit from them a commitment to renovate and repair the village hall, which would have gone a long way to securing its future use and thereby mitigating the effect, to some extent, of the additional people who would live in the village.

For their part, CALA insisted that any financial contribution to the village would have to be within the realm of a s106 Agreement and as such would limit their contribution to one which was appropriate and legally acceptable regarding a development of just twelve houses. Consequently, the only offer made to date, and that only verbally, was one of £10,000 to £15,000. Quite clearly this would not be enough to even begin work on underpinning the hall.

We have repeatedly tried to arrange further meetings with CALA but as time has passed they have become less and less approachable and increasingly reluctant to agree any action to assist our community.

Our own planning team, Lindy, Brandon and myself, but almost entirely Lindy, have put a considerable amount of work into this and I think it is a great shame that we have not been able to achieve the repairs that are sorely needed to the hall. Some work continues behind the scenes and I remain moderately hopeful that we can find a positive result. Either way, my thanks to Lindy who really has put in a tremendous amount of work.

I will of course keep you posted with progress and the result of UDC's Planning Committee hearing.

Alan.

Man went to the doctor with a strawberry growing out of his head.

Doctor, 'I'll give you some cream to put on that.'

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29 HIGH STREET
SAFFRON WALDEN
ESSEX CB10 1AT

Armadillos
BUMPS, BABIES AND TODDLER GROUP

RICKLING SCHOOL HALL
TUESDAYS 9AM - 11AM
(YERM TIME ONLY)

COME AND JOIN US !

**£2 INCLUDES
TEA & SNACKS**

ARMADILLOS@RICKLING@HOTMAIL.COM

Rickling CofE Primary School

It has been really busy again for the children. With the SATS under our belts, we started off the first week after SATS with a rounders tournament at the Joyce Franklin Academy in Newport! Three team from **Maple Class** and one team from Farnhams took part. The 'A' team from Rickling won!!! Farnham and Rickling 'B' teams came first and second respectively and the 'C' team came second — a big "Well done" to all the players !!

Beech class have also had a fantastic trip to Colchester Zoo and the weather was kind to them! The last week of half term saw Big Planet Little Planet, where all the classes have been looking at countries around the world, and learning about their traditions and cultures. **Maple Class** had a visit to the cinema to see Jungle Book and had the entire cinema to themselves - what a treat!

On Friday 10th June saw children and staff celebrate the Queen's 90th birthday with a royal picnic lunch. The children, dressed in red, white and blue and wearing gold crowns, sat at a long banqueting table which was adorned with school-made royal table mats and bunting. Following the lunch, the children enjoyed a selection of cakes, watched a live link to Windsor Castle, finding out all about the reign of Queen Elizabeth II.

Maple Class news...

Among the cricket tournaments and trip to the cinema to see The Jungle Book, Maple have been studying the country of India. From writing a travel guide for Lonely Planet, to creating short stories in Sanskrit for our buddies, our literary powers have been put to the test. We have also created some beautiful Taj Mahal artwork, learnt a traditional Hindi nursery rhyme and the girls wowed us with their performance of a Bollywood dance.

Beech Class News...

The children had a fantastic trip to Colchester Zoo especially Mrs Austin whose dream came true, when she fed not one, but two elephants!! They have been learning about American culture including the cooking of a variety of culinary delights, including Mississippi mud pie!!

Oak Class News...

The children have had a wonderful time researching China. We have made Chinese drums, tasted Chinese food, learnt how to use chopsticks, and write our names in Chinese. On Friday we performed a Chinese New Year song using instruments. Mrs Ingham and Mrs Hickey are very proud of the children this term.

Acorn Class News...

In Acorn for Big Planet Little Planet, we have learnt about England, the Queen, English traditions, English food and culture. We have even made some yummy scones and learned how to dance a traditional English dance!

Finally we would like to say a massive "Thank you" to the **Friends of Rickling School** who held the annual summer fete on Saturday 11th June. The weather behaved and it was a well turned out and successful event.

Kind regards

Mr. A. Gardiner

Assistant Headteacher

Quendon and Rickling Golf Society at Thetford Golf Club

On Wednesday May 23rd a small group of our members and a couple of guests met at Thetford Golf Club at midday prior to our game that afternoon. This event had been fraught with problems having been arranged earlier in the month but postponed due to the funeral of a Saffron Walden member on that day and then the new date sadly coincided with another memorial service. However the eight members who could come along arrived in good spirits and we welcomed Ian's guest Kim and Jane's guest Janice who brought us up to the giddy number of 10 participants.

Brandon organised the day and assured us of prizes for everyone before we even started playing which is a first! Bacon rolls and coffee fortified us and I saw the odd beer and glass of wine being quaffed, for extra stamina I'm sure, and the three teams set off on to the excellent course. Thetford Golf Club is set in the Forest and I'm sure a bird's eye view of its boundary would show a considerable acreage with fairways and greens dotted about within the large space. The result was that we were hardly aware of any other players as we went round - millionaires golf! Our team format ensured a good game for everyone and the condition of the course made it very enjoyable for us all. There was a bit of wildlife about and we saw rabbits, muntjac, hares and lots of different birds as well as mention of adders in the heath - it's not all about the game you know!!

On return to the clubhouse we had steak and ale pie which went down a treat and Brandon announced the overall winners as Susie Hartley, Ian Ritchie and guest Kim. There was only one person who got their ball on the green at the nearest the pin hole - Susie Hartley again - which raised a few laughs at the accuracy, or lack of it, of the rest of us.



Prizes went out all round just for being there and we look forward to being more numerous at our next event which is our annual match against Manuden villagers at Saffron Walden Golf Club on Friday July 8th. Contact Tony Jones 01799 543320 for more details.

Thanks to Brandon for a challenging but ultimately really good day - we shall go back to Thetford for sure in the future. No winners picture here - just everyone!

Neighbourhood Watch

Observer Competition

We ran a competition in the Spring edition of the Observer and we made the draw after the recent AGM. The lucky winner of the Fake TV was Colin Blakeburn from Saffron Walden.

This is a brilliant security device (it is a small box which gives the effect of there being a TV in the room in which it is located) and we are offering this for a limited time at only £22.50 (normal price is £28.50).

They are available from Graham Jackson:
g.jacksonlnhw@hotmail.com

CRIME PREVENTION ADVICE (from Essex Police)

Your identity and personal information are valuable so it's important to protect them.

Criminals can use your personal details to open bank accounts and get credit cards, passports and driving licences in your name. This is known as identity crime.

Identity theft and identity fraud are two types of identity crime.

- Identity theft is when someone gains enough information about an identity (e.g. name, date of birth, address) to commit identity fraud. It's the misappropriation of the identity of another person without their knowledge or consent.
- Identity Fraud occurs when a stolen identity is used to gain goods or services by deception e.g. open a bank account, gain benefits or apply for credit cards.

So here's our advice

- Criminals commit identity theft by stealing personal information, usually from documents they find in the rubbish.
- A stolen identity can result in identity fraud which can affect your personal finances and chances of getting a loan, credit card or mortgage.
- If any of your cards are lost or stolen, cancel them straight away and never give card details or personal information over the phone or on the internet when other people can see or hear.
- Don't carry cards unnecessarily. If you don't need them, leave them in a safe place.

- If your driving licence is lost or stolen, contact the issuing organisation straight away.
- Get in the habit of checking your bank statements. If you spot any transactions you didn't expect, contact the company concerned.
- Destroy unwanted documents using a shredder. Don't throw away bills, bank statements, receipts or unwanted post in your name without shredding it first.
- Keep personal information somewhere safe like a lockable drawer or cupboard.
- And when it comes to Passwords and PINs:
 - Keep passwords safe and don't store them anywhere that means they may be stolen such as your purse or on your mobile phone.
 - Try not to use the same password for more than one account.
 - Never give personal or account details to anyone who contacts you unexpectedly even if they claim to be from your bank or the police. Take a phone number and call them back using another line to make sure they are genuine. Remember a bank will never ask for your PIN or your whole password.

CRIME PREVENTION ADVICE (from Action Fraud) Counterfeit Cheques

Businesses are being contacted for the sale of goods or services by fraudsters, who request to pay by cheque. The fraudster sends a cheque with a higher value than the amount expected, and then sends the business a request for the difference with instructions on how it should be paid back. This is usually by bank transfer or through a money transfer service, such as Western Union or PaySafe. Once the 'refund' has been provided, it is realised that the cheque provided was fraudulent and no funds are credited to the business's account.

Criminals are targeting a wide range of services including paintings or other artwork, photography and lessons, with various amounts requested to be refunded. The average amount requested to be refunded is £1,818. The highest amount requested was over £80,000.

- Be cautious of payments where the amount provided is higher than expected. Refuse to provide the service

unless the correct balance is received or wait until the cheque has cleared before refunding the difference.

- Always contact banks on a trusted number found on their website or correspondence that is known to be authentic to confirm whether the cheque has cleared.
- Do not feel pressured to provide a refund before the cheque has cleared.

If you have been affected by this, or any other scam, report it to Action Fraud by calling 0300 123 2040, or [visiting www.actionfraud.police.uk](http://www.actionfraud.police.uk)

Alan Johnson, Chair – Uttlesford NhW Steering Group

Report from District Councillors Neil Hargreaves and Joanna Parry

At the time of writing the consultation period is closed for the Cala Homes Ventnor Lodge application for 12 houses and we await the officer's recommendation, after which it will go to the Planning Committee. Note however that anyone can still email UDC planning about it and have comments loaded to the website even though you can't submit online. It has been a subject of annoyance on other applications that developers routinely carry on submitting documents and responses after the close date and have them published, with apparently no right of comment from anyone else. Developers never use the online system, they just email the officer, and we can all do the same at any time.

Jo Parry says the issues with the Local Plan development remain largely as reported last month. A slightly better project plan document has been issued, but only at the very last moment before the June Working Group meeting. From the brief glance I have had, it still is inadequate as the key control document for such a major and vital project. For example it uses colour coding and symbols but has no key for them. Despite this being raised by R4U councillors at the meeting, no explanation was given. This lack of quality control is something we have had to deal with on UDC recommendations for planning applications, where it seems as though there is no self checking or review of documents before issue. Patently bad material is published, and in the past typically accepted by the Planning Committee. Our R4U members of the committee challenge these matters and have had some success, but it would be so much better and efficient if it were correct in the first place, and this is one of the issues Jo and I will be raising with the chief executive

Connecting the Plan development with the Cala Homes application is the matter of contributions to local infrastructure. The pattern is that developers have grand presentations where they are desperately keen to improve your particular nice bit of the world and make vague offers of assistance. But the moment they smell victory on the application (pretty much every developer application which is not totally bonkers is approved in the end) they become unavailable when parish councils want to discuss financial contributions and they get away with making only the most basic contributions for education as instructed by Essex. Unless there is something very specific to the application like a road or a new main sewer pipe, applications of this size are usually allowed by UDC to get off free. But it does not have to be like this. UDC could have implemented Community Infrastructure Levy (CIL). This charges builders a levy per square metre on every building. UDC hired a French merchant bank to calculate how much this should be. It has the advantage of also being charged on every property, even commercial – at present individual and small developments get off entirely free, despite making the same per house demands on local services as any other house. And the big gain for parish councils is that 20% automatically goes to the parish for spending at their discretion. They therefore do not need to go cap in hand to developers. UDC however dropped CIL, without a really convincing reason, seemingly putting it in the 'too much work' category. At the Plan Working Group this is being raised every time, but is still being ignored.

On a lighter note, what is wrong with the street names Church End, Birds End, Greys Hollow, Rickling Green, Hallfield, Woodside, Coney Acre, Brick Kiln Lane and Ricking Green Road?

The answer is that they were about to be banned, if presented as new names, under UDC's new road naming policy. This was passed by the Cabinet despite an R4U councillor asking them not to. The policy would have banned several words including 'The', punctuation marks, words of more than three syllables, names of more than two words, and several popular endings such as View and Way and End. It also listed 19 topographical endings which officers were interpreting as compulsory, and helpfully explained for example what a Crescent is, and that a Square is a square. Parish and town councils were not consulted.

Fortunately there is a call-in process and I was able to get the required three members of the Scrutiny Committee to request a review the decision, the Scrutiny committee was convened specially, and it is now going back to Cabinet. I have suggested how the policy can be improved (largely by copying Cambridge's excellent document) and also strengthened to add a power to refuse any name considered unsuitable. Just in case there is something no-one ever thought of while writing the policy!

Neil Hargreaves

July 2016 at...



www.saffronscreen.com

X-Men: Apocalypse (12A)	Fri 1st 8pm & Sat 2nd 3pm
Our Kind of Traitor (15)	Sat 2nd & Sun 3rd 8pm
Zootropolis (PG)	Sun 3rd 3pm
Mustang (15)	Mon 4th 8pm
Romeo and Juliet – <i>Garrick Theatre</i>	Thurs 7th 6.50pm
Whiskey Tango Foxtrot (15)	Fri 8th & Sat 9th 8pm
Alice Through the Looking Glass (PG)	Sat 9th, Sun 10th, Sat 23rd & Sun 24th 3pm
Everybody Wants Some!! (15)	Sun 10th 8pm
Versus: The Life and Films of Ken Loach (12A)	Mon 11th 8pm
A View from the Bridge – <i>Wyndham's Theatre</i>	Thurs 14th 7.20pm
Me Before You (12A)	Fri 15th, Sat 16th & Sun 17th 8pm
Warcraft: The Beginning (12A)	Sat 16th & Sun 17th 3pm
Dumbo (U) <i>Cinema for Tinies</i>	Sun 17th 11am
Embrace of the Serpent (12A)	Mon 18th 8pm
Richard III – <i>Almeida Theatre</i>	Thurs 21st 6.50pm
Love & Friendship (U)	Fri 22nd & Sat 23rd 8pm
Bayou Maharajah (15 tbc)	Sun 24th 8pm
When Marnie Was There (U)	Mon 25th 8pm & Tues 26th 3pm
Top Cat Begins (U)	Thurs 28th & Sun 31st 3pm
Leonardo da Vinci: The Genius in Milan	Thurs 28th 7.20pm
Money Monster (15)	Fri 29th & Sat 30th 8pm
World Cup '66 – Live	Sat 30th 2.30pm
The Daughter (15)	Sun 31st 8pm

Tickets: Evening: Full price £7.70, 65 & over £6.90, other adult conc: £5.90, 18 & under: £5.50 (£4.10 Mon nights)

Day: Full price £6.70, 65 & over £5.80, other adult conc: £5.10, 18 & under: £4.30

For Special Event Tickets, please see website

Available from the Saffron Walden Tourist Information Centre, online at www.saffronscreen.com,

or at the cinema Box Office (opens 30 mins before screening) at

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

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THE LINK is delivered free of charge by volunteers to every household in the villages of Quendon and Rickling. It is also available by post and online at: <http://www.quendonandrickling.co.uk>

All correspondence for THE LINK should be addressed to the editor,

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

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What's On

Event	Date	Time	Place	Notes
EXTEND Exercises	<i>Mondays</i>	10.30	Q&R Village Hall	Pat Turner 01799 543314
Saffron Searchers	<i>1st Monday in month</i>	-	Q&R Village Hall	-
Dog Training	<i>Mondays</i>	-	Q&R Village Hall	Pauline Everton
Rainbows	<i>Mondays</i>	16.00-17.00	Q&R Village Hall	(Pre-Brownies)
Prayer Meeting	<i>Mondays</i>	16.30	Quendon Church	
Pilates	<i>Tuesdays</i>	09.00-10.00	Q&R Village Hall	Jan Crawley 077421 82272
Dance Exercise	<i>Tuesdays</i>	Morning	Q&R Village Hall	Christine Alexander
Dance Exercise	<i>Tuesdays</i>	Afternoon	Q&R Village Hall	Christine Alexander
Bowls Club Night	<i>Tuesdays</i>	18.00	Quendon Bowls Club	David Edwards 01799 540167
Armadillos	<i>Tuesdays (term-time)</i>	09.00	Rickling School	Stevie Green 01799 542734
Rickling Carers	<i>1st Weds in month</i>	10.00-12.00	Q&R Village Hall	Angela 01799 218061/Carol 543807
U3A Choir	<i>Wednesdays</i>	10.30	Q&R Village Hall	
Wednesday Club	<i>Wednesdays</i>	-	Q&R Village Hall	Christine Osbourn 01799 543367
Prayer Meeting	<i>Thursdays</i>	09.00	Rickling Church	
Line Dancing	<i>Thursdays</i>	-	Q&R Village Hall	Dawn Bond 01787 460274
Upholstery Class	<i>Thursdays</i>	9.30-12.30	Q&R Village Hall	Adult Education Harlow 03330 132158
Upholstery Class	<i>Thursdays</i>	13.00-16.00	Q&R Village Hall	Adult Education Harlow 03330 132158
Rickling Runners	<i>Thursdays</i>	19.30	The Green	Stevie Green 01799 542734
DiddiDance (2-4yrs)	<i>Fridays</i>	10.00	Q&R Village Hall	
Karate (4-adult)	<i>Fridays</i>	16.00-17.00	Q&R Village Hall	Sensei Claire Kemp 0781 648 8834
Golf Society	8th July	Afternoon	Saffron Walden G C	Tony Jones 01799 543320 See Ps6-7
BCP Communion	10th July	09.30	Quendon Church	
Cricket Day	10th July	10.30	Rickling Green	See P3
Hundred Parishes	11th July	19.30	Crafton Green, Stansted Mountfitchet	see P3
Churches Walk	17th July	15.00	Quendon Church	See P2
Carers Club	20th July	14.00	Q&R Village Hall	See P3
Holy Communion	24th July	09.30	Rickling Church	

Emergency Life-saving

Should someone suffer a cardiac arrest or show symptoms of a heart attack e.g. pains in the chest, then your first action should always be to phone the ambulance service on 999. The service will refer you to our Automated External Defibrillator which is at the front entrance to Quendon & Rickling Village Hall. Anyone can save a life by using it until an ambulance arrives. In addition you can seek help from any of the volunteers listed below.

Name	Home Telephone	Locality
Alan Price	01799 542527	Northern end - Cambridge Road
Jane Price	01799 542527	Northern end - Cambridge Road
Robert Arnold	01799 543075	Northern end - Cambridge Road
Chris Phillips	01799 542351	Middle - Cambridge Road
Sue Phillips	01799 542351	Middle - Cambridge Road
Nigel Ackerman	01799 540678	Middle - Cambridge Road
Anne Howes	01799 543545	Southern end – Cambridge Road
Sandy Turner	01799 540557	Rickling Green
Pat Turner	01799 543314	Rickling Green
Janice Hart	01799 541196	Rickling Green/Brick Kiln Lane/Rickling
Clare Willoughby	01799 543637	Rickling Green/Brick Kiln Lane/Rickling



For further information see www.communityheartbeat.org.uk/

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

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