

The Link

Quendon & Rickling
Parish
and Church

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

NEWS

July 2018



*Amy Stratford
The Village Green*

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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.

I wonder if you can remember what you were doing on June 28th 2008. I can! For at 10.30am on June 28th 2008 the service in which I was first ordained as a Deacon in the Church of England began. Yes, this year I celebrate 10 years since my ordination in Norwich Cathedral in 2008. It is a day I can remember very clearly, and in many ways it seems like it was just yesterday.

- I made my legal vows at the Bishop's residence in the grounds of Norwich Cathedral on the previous Tuesday, and I got to attend the rehearsal for the service itself
- From the Wednesday afternoon to the Saturday of the ordination service I was on retreat with those being ordained deacon alongside me, and those being ordained priest. (I was ordained priest the following year in 2009). The retreat contained talks & discussions led by a visiting minister and lots of silence. I remember walking around the grounds of the convent in Ditchingham thinking 'How do I be holy?' It's a question that I sometimes still ask myself today, although I think the answer is how to be me – the person who God has made.
- On the morning of the ordination service I woke at 5.00am, not being able to sleep much. After lying in bed for a while I thought I'd get up at 5.40 to get a shower (there were no ensuite facilities) before everyone else. I got that wrong! There was a queue because others couldn't sleep either.
- After driving to the cathedral I met family & friends who had gathered. At the start of the service I sat with my family, and then I was called out to kneel before Bishop Graham, who then prayed for me. I pushed down on my head quite firmly as he prayed for God's anointing on me. Then I sat at the front with others who were being ordained.
- At the end of the service I got to announce the dismissal, 'Go in peace to love and serve the Lord'. I was so nervous, and probably shouted it out so the whole cathedral could hear.
- Finally David & me led the 12 of us down the aisle and out of the cathedral. I had a grin like the Cheshire cat on my face. I was so happy!

I may not be smiling all of the time now – sometimes life as a vicar is difficult – but inwardly that smile is still there. That, of course, shows that I am doing exactly what God wants me to do, i.e. be a parish priest, and I am doing it exactly where he wants me to do it, right here in Quendon & Rickling as well Newport and Widdington. I am here for YOU! Of course, I would love to see you come to church on a Sunday morning or evening, but even if you don't I am here for YOU. That is what I was ordained for 10 years ago now.

Ten years of ministry, and more to come! God has been good to me over the past 10 years, and I know that he is good for you too.

Neil

Police contact information

For crimes and suspicious activity NOW phone	999
For non-urgent incidents and reporting a crime that has already happened	101
Alternatively you can report non-urgent incidents or suspicious activity and crimes on-line at https://www.essex.police.uk/do-it-on-line/	
To give information anonymously phone CRIMESTOPPERS or report it on-line at www.crimestoppers-uk.org	0800 555 111

Church Services in the Benefice

Sunday 1st July

9.30am Newport Family Service
11.00am Widdington Family Service

Sunday 8th July

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

Sunday 15th July

9.30am Newport Holy Communion
11.00am Widdington Holy Communion
6.00pm Rickling Evening Prayer

Sunday 22nd July

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

Sunday 29th July

10.00am Newport Benefice Holy Communion

Sunday 5th August

9.30am Newport Family Communion
11.00am Widdington Family Service

Sunday 12th August

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

Sunday 19th August

9.30am Newport Holy Communion
11.00am Widdington Holy Communion

Sunday 26th August

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

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 Christine Osbourn 01799 543367 and Mrs Maureen Hawkins

Rickling: Lisa Huxtable 01799 542995

Treasurer -

Quendon and Rickling: Mrs Sandra Arnold 01799 543075

WHO IS DISPOSING OF YOUR RUBBISH?

WASTE REMOVAL REQUIRES A LICENCE- CHECK IT, COPY IT OR YOU MAY BE FINED!

Your Rubbish - Your Responsibility. To check your contractor has a licence go to: <https://environment.data.gov.uk/public-register/view/index>

There has been a recent rapid increase in fly-tipping and your assistance is needed to track down fly tippers especially those that are depositing sifted industrial waste by the lorry load in the south and west of the county.

If a largish vehicle, most likely a skip vehicle or tipper truck is seen carrying waste think:

What time is it? – most of the waste disposal sites work “office” hours and will be closed by 6pm.

Where are they and where are they going? If they are travelling into a rural area, or a disused industrial area, are they likely to tip it?

What type of vehicle is it? What’s the colour and registration number? What type of waste is being transported? The vehicle may well have a company name displayed on the vehicle, but this does not mean that the company still owns the vehicle nor that it is operating legitimately! If you are behind it and you are not driving, try to take a photograph of it.

If you are suspicious let us know. If they are not doing anything wrong they have nothing to fear.

You can either email me if you are not too sure or ring 101, or report it on-line if you feel that fly tipping is a

strong possibility. Either way please let me know.

IF YOU SEE THEM STOPPING AND YOU BELIEVE THEM ABOUT TO TIP WASTE, DIAL 999.

As always do not put yourself at risk.

Last year tipping of industrial waste reached epic proportions costing councils, and landowners thousands to clear up. In some cases it actually blocked roads but wherever it was tipped it was a blight on the landscape. **PLEASE DO NOT** share your suspicions regarding any potential fly tip vehicles with others, especially on social media, without speaking to the Police first. We don’t want to risk the chance of losing an effective prosecution, nor incorrectly targeting law abiding operators.

Paul Harris

Essex Police Staff No 42077939

Essex Watch Liaison Officer for Brentwood, Epping Forest, Harlow and Uttlesford districts

Tel: **07738 736687** (Please avoid leaving phone messages and email me instead -

paul.harris@essex.pnn.police.uk. Thanks)

You can also find me on TWITTER:

Paul Harris EWLO@PaulEssexWatch

Quendon & Rickling Parish Council News

Attention – Skills needed!!

An organisation called Volunteer Uttlesford is promoting an initiative called “Time Bank” (see panel page 8 in this issue). The idea is to connect residents of the area who have skills or just strong arms and backs to volunteer their labour for the benefit of fellow residents. These will be registered volunteers who will have been vetted (nothing to do with dogs) to verify their credentials. (Ooh-er missus). So if your hobby is building gliders in the loft (although probably not much call for that these days) or other useful skills, then why not contact Volunteer Uttlesford to register. Contact details as follows:

Volunteer Uttlesford 01799 510525
volunteer@volunteeruttlesford.org.uk.

Neighbourhood Plan

The exhibition took place in the village hall where, in addition to an array of documentation, district and parish councillors were on hand to answer questions. The final draft will be going for approval soon, following which (subject to approval) it will be adopted.

Rickling Annual Cricket Day

This year’s event will be on Sunday 1st July. Always a popular occasion, so get there early to avoid disappointment.

Street lighting

There has been a mixed reception to the prospect of additional lighting in the village. Parish councillors have been sounding out residents and some parts are in favour and others think that additional lighting is not necessary. If you have a view about this shining topic (there he goes again) then contact a councillor. Contact details on the website. Or you can always email yours truly and I will pass your views on.

If you see any lights out of order or malfunctioning please let the clerk know and I will arrange for our lighting contractors to do the necessary.

New Parish Councillor

A big Quendon and Rickling welcome to your new parish councillor Andrew Thomson. You will have seen Andrew driving round the village in his van packed with gardening equipment. Andrew’s main responsibilities will be Traffic and the Defibrillator. He will undoubtedly be a great asset to the village.

Trees, hedges and power pylons

If you have a tree or hedge which needs trimming but is next to an electricity pylon you would have understandable concerns about taking your loppers or pruning shears anywhere near electricity cables.

Particularly when you see those signs “Danger of Death”! You will be pleased to learn therefore that UK Power is responsible not only for the pylons but also for clearing any vegetation around them. So, don’t take any chances. If you do have hedging or trees adjacent to said pylons, contact UK Power.

Welcome Packs

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

Notice boards

There are three notice boards in the village, sited at Coney Acre, Thistley Crescent and the Village Hall. If you would like anything posted on the notice boards please contact the Parish Clerk. The agenda for monthly parish council meeting is posted to each notice board.

Allotments

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

Dog Fouling

We all know the problem of dog deposits. There are several dog bins around the village which it is hoped will encourage owners to bag it and bin it. Perhaps all could be reminded of the importance of keeping the area clean for the benefit of everyone.

Highway Problems

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

Police/Crime

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

Contact the Parish Council

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

Q&R Village Apple Press



The apple blossom was really promising again this year

Quendon and Rickling village owns an apple press which you can borrow for a very small fee to press your own apples. Between us we have all the extra tools you might need and a heap of enthusiasm and experience plus a modicum of expertise to assist. Whether you just want to produce fantastic juice or go on to making your own cider we can help out.

We'll be running a village apple pressing day later in the year (in early October) but if you want to press some juice before that please get in touch.

Contact any VPAG member or Tom Duncan via Facebook / [tdd@debdenduncans.plus.com](https://www.facebook.com/tdd@debdenduncans.plus.com)

CRIME PREVENTION ADVICE

When collecting your cash from a cash machine make sure that you know what is going on around you. With contactless cards, thieves can be after your cards as well as your cash. Beware of distraction thefts, it only takes seconds!

When flying out from airports make sure that you keep your belongings with you at all times. If you are with a friend or family member going through the Security Comb, it might be worthwhile placing valuables (phones, cash etc.) in the second person's tray, that way if you get stopped at the X-Ray machine and your tray goes through ahead of you there isn't so much to steal from your momentarily unattended tray. You can then make sure that when the second or subsequent trays go through, you can guard the contents until your friend or family member comes through.

Obituary

Bob Hutton 1948 – 2018

Bob was born in Battersea, London on the 6th February 1948. He moved to Wood Green when he was 7yrs old and went to Eastfield Primary School, and then to Albany High School.

According to his sister he was very clever and in fact stayed on until 16 to go into accounts when he left school.

This was quite rare in the 60's as most people left school at 15yrs. He then worked in the accounts departments of

many large companies, Tricity House, UDT and eventually worked for Alan Sugar at Amstrad. He also worked in 3 jobs selling eggs, keeping accounts and as a disco DJ to make ends meet.

In the 90's he changed his career path and realized that there was a gap in the market to supply car wash chemicals to Albanians and Lithuanians who were setting up hand car washes in the UK. Many of these businesses regarded Bob as their "English Dad" as he provided products and helped them to support their families.

In 2008 he met Angela his second wife, and they were married the next year. In 2010 he was diagnosed with Lewy Body Dementia and in 2011 with Parkinson Disease.

In order to help others Bob volunteered with the NIMROD research programme at Addenbrooke's



Hospital/University of Cambridge to provide data that may help other people who had Lewy Body Dementia.

Bob loved Rickling Green and the people who live here and he was often seen shuffling up the road to the pub or round to neighbours always with a smile on his face; it gave him independence and he felt accepted and "normal"

In 2017 he was admitted into Stanley Wilson Lodge, Saffron Walden due to the falls he was having and for safety. Angela visited him every day to help him with his meals and they would sometimes go out to the town or the pub.

On 21st May 2018 he died in Addenbrooke's Hospital following a fall in the care home and his friends and family were all around him until the end.

Thank you so much to everyone who was so kind to Bob: the "Hello's" and the get-togethers with friends, the visitors to the home and the Bowls Club and the pub all gave him the opportunity to be OK and thank you to all the people who gave him the quality of life he so enjoyed.

He is survived by his wife, two daughters and his sister.



Rickling/Quendon Coffee Morning Club

Wednesday the 18th of July 2018

10.00 - 12.00

Sandwiches available at 12.00



Please contact: Carole or Angela
on 01799 543807/218061
Quendon & Rickling Village Hall
Quendon, CB11 3XQ

Quendon & Rickling 100 Club

Many congratulations to this month's winners.

Pamela Hills.....	No 72	£35
Wendy Stannard.....	No 30	£25
Suzanne Hawkins.....	No 50	£15

Please let me know if you would like to join us.
01799 543637

Advertising in *The Link*

reaches every household in Quendon and Rickling at attractive rates.

It could be promoting YOUR business.

Contact:

Advertising on telephone 01799 543297 or
The Editor, preferably by e-mail with attachments as
necessary at robert@arnold-q.uk;
otherwise telephone 01799 543075.

Armadillos
BUMPS, BABIES AND TODDLER GROUP

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

COME AND JOIN US !

£2 INCLUDES
TEA & SNACKS

ARMADILLOS@HOTMAIL.COM



www.hundredparishes.org.uk

THE HUNDRED PARISHES SOCIETY

Insect-pollinated plants produce a variety of volatile chemicals which attract passing bees, wasps or flies. Gardeners select scented flowers such as roses, lavender, sweet peas, stocks and honeysuckle so we can enjoy their fragrances too. But have you noticed that in built up areas you need to get really close to smell such perfumes? If we can't smell the flowers, then what is the impact on insects?

An article published in the New Scientist in February this year described how recent research had found that the various chemicals present in traffic fumes quickly disrupt the chemical signatures of these plant fragrances, making them unreadable by insects. Thus, if the vital pollinating insects cannot sense the flowers they need for their essential supplies of nectar and pollen, pollination may not occur, and seed production could be compromised.

Much of the area within the Hundred Parishes is largely rural with low levels of traffic pollution, but there are

higher levels of traffic fumes close to major roads, motorways or larger towns, especially those with narrow streets. On sunny days the pollutants in these fumes will be interacting destructively with the volatile chemicals from the flowers leaving the insects confused and hungry.

The Essex Air Quality Consortium was formed in 1995 and now oversees the monitoring of air quality across the county as this has implications for human health.

It is more important than ever to have an abundance of flowers in every garden, high street, side road, lane and verge to combat this pollution.

Many local gardens welcome visitors during the summer. These are included in the What's On page of www.hundredparishes.org.uk. If you need ideas for an interesting outing, perhaps with visitors, do please check this website for Attractions and What's On.

Tricia Moxey, Trustee. 01277 364522.

District Council News

Cllrs Hargreaves and Gerard have been working hard on the Local Plan and the Neighbourhood Plan as well as other issues and hope to give us a bumper update next month!

Rickling CE School News

Well we are already at half term and what a busy term we have had! Well done to all our Year 6 children for completing their SATs and we know they will have done their very best and we are very proud of all their efforts leading up to them.



Beech Class had a wonderful day trip to Walton on the Naze and had some lovely weather for exploring the area. Oak and Acorn class had a great school trip to Willow Farm last week, too

The highlight, of course, of the last couple of weeks was the Royal Wedding Celebration - see photos! Huge thanks to everyone for helping organise this special day.



We have now received planning permission for the Multi-Use-Games-Area to go at the bottom of the school grounds when this is handed over by Cala Homes. Building will commence in the Summer holidays.

Mr. A. Gardiner, Executive Headteacher

Quendon and Rickling Golf Society

The Golf Society met again on Wednesday May 30th at Essendon Golf Club in Hertfordshire. In contrast to our last visit there we enjoyed a beautiful sunny, dry day and our 16 players were treated to great conditions on a lovely old parkland course. The day started as ever with a catch up chat over coffee and sarnies and then it was out onto the course to play for our once-yearly challenge as to who could win our Bandit Trophy. We played in groups of four which makes for a fun, social round of golf and everyone did their best to score well for the Trophy or failing that to get their name on the sign on the 9th green where we had a nearest the pin challenge. Back in the clubhouse later in the day we tucked into fish and chips whilst Jaine and Jan, who were our organisers for the day, went through our score cards and checked all the numbers.

It turned out to be a close run thing but Mervyn Waite is our 2018 Bandit with 36 stableford points, which for you non golfers is an indicator that he played exactly to his handicap. Handicaps of course are awarded to all golfers and mean that, once they are applied to the score, everyone is on a level playing field and as likely to win, or not as the case may be, as anyone else depending on how well they play.

Mervyn was closely followed by Chris Howarth on 35 points and Ike Hutchin on 34. Nigel Ackerman won the closest to the pin prize. Chris had to dash off early but here are our other winners.

Well done everyone and big thanks to Jaine and Jan for putting together such an excellent day. We shall meet again on Monday July 16th at Saffron Walden Golf Club where we are pitting our players against Manuden's finest in our very own Inter-village Trophy competition. Enjoyment guaranteed, and we have a great record in retaining this trophy for the last few years so wish us luck. If you would like to join us in any of our upcoming games you would be very welcome and just need to get in touch via email with me janewaite@hotmail.com



TIME BANK UTTLESFORD in QUENDON & RICKLING

Not so long ago we all knew our neighbours and knew which of them would do us a favour if we needed – and our neighbours knew if we would be happy to do them a favour in return.

Life has changed, society has changed and nowadays it's not so easy as it was to ask our neighbours for help, particularly if we don't know if we can ever pay them back - here is the role for TIME BANK. People generally feel happier about accepting help if they know they can do something in return ... and everyone has something to offer, even if at first you can't think of anything! Through Time Bank there is a structured system in place whereby people can 'help back' when they have received help, making everyone feel valuable and connected to their society and community.

What can Time Bank do for us in Quendon & Rickling? Time Bank is basically a way of connecting residents to one another through a register of offers and requests of help. It is particularly valuable for isolated and



vulnerable residents who may need extra support at times – and this support can come from the rest of us residents. In this way we all become more connected, know each other better and have a more cohesive community. Communities that are more cohesive have been shown to have lower crime levels – yet another plus.

Why is it called Time Bank?

When you have offered help to someone you earn a Time Credit which is put in your Time Bank Account and can be spent on help for yourself at any time or may be put in the 'Community Pot' to be donated to someone who, for whatever reason, is unable to offer help but who needs help.

If you would like to sign up and join Time Bank Uttlesford please contact me, Tessa Deriziotis, on email: volunteer@volunteeruttlesford.org.uk or **01799 510 525** (work). I can come and speak to groups or individuals about Time Bank too. The more residents that join, the better it works!

QUENDON BOWLING CLUB a History - continued

CHAPTER VI.

Concluding 50 years.

The year 1977 saw the start of the building project. New plans, more to the projected cost were submitted, much less grandiose than previously drawn up. This did not however deter the architect whose scheme was turned down from presenting a bill for nearly £500, shocking the committee with its size. The Club was prepared to pay half, and this was done eventually, some other person unknown paying the rest. A new building committee was formed to oversee the work: H Clayden, D Rayment, D Alcock (C.O.W.), S How (Admin.), L .Weare (Treas.), H Norgett(Sec). These then would be the prime movers in the scheme that was to take most of their spare time over the next few years.

Affiliation to the N.W.E. league was completed.

Another piece of good fortune came the Club's way, with the acquiring of the Bar (now fitted in the clubhouse) from the publishing group Longmans of Harlow. This did not cost a penny, but was in poor condition, painted black, and cut badly. However, over the period of storage, (in Len Weare's garage) it was made into something like a bar, and with panelling surround, is like as seen today.

It was however the Pavilion that caught the imagination. With the new plans (courtesy of D Alcock's connections) being passed by the Council, all manner of ideas for raising money were being mooted, and every fund raising activity was to be set up. Loans were being sought from

the Essex Playing Fields Assn., and the National Playing Fields Assn. After many meetings and vettings, these only yielded sums of £200 and £650 respectively, not very princely sums. Trumans the brewers chipped in with £750 (the loan secured the Clubs furniture), but mostly from the members' own efforts. Loans totalled £3,310 from them, a non-member £100. Gifts from members on fund raising activities, drives, raffles, Ladies section, Derby draw, bricklaying sponsorship, and other sundry efforts totalled £2,078. One amusing device was the charge of 5p to enter the loo, and 10p to be let out. It was a wonderful effort as over £10,000 was realised. All this not only paid for the Pavilion, but kept the Club in the black with its usual expenditure.

Ordering of material began early, and feelers were sent out to various bodies for any surplus building blocks. This bore fruit with a lorry load of breeze blocks being picked up by our volunteer workforce. Work began by the members on clearing the site in 1978, with drains, sewerage connections, footings in concrete and brick under the watchful eye of the Building Inspector. Lorry loads of Thermalite blocks, some 20,000, were off loaded along with fletton bricks. These considered enough to reach roof height.

The "ancient ditch" was now considered no longer ancient, and it was left to the club to remedy its course.

Another hiccup was the lapsing of the Club's licence, but after some vigorous lobbying by the redoubtable Gordon it was renewed for another ten years.

QUENDON BOWLING CLUB a History - continued

It would be well at this time to look at the bowling that the Club was now undertaking. During '79 some 54 games were played, of which 32 were won, with 15 losses, 1 drawn and 6 called off. Even then, in the Captain's report, it was stated that he would have "Been unable to fulfil the commitments without the ladies". Certain members were admonished in that they were too choosy, pointing out the Club must honour the fixtures.

Interest however was on the progress of the building work, and despite a hard winter, the brickwork was up to plate level, and the roof timbers purchased. The trusses were completed early in the year '79, and the building made watertight. Some difficulty was met prior to asphaltting when the weather penetrated under the tarpaulins and made the whole area a skating rink. Consternation, but the Club's worthies, who were in attendance, coped very well, and the operation was finished to schedule.

The financial aspect of the project, as well as the day-to-day running of the Club, was under the care of Len Weare, and it must have been a worrying time moneywise, but with a tight hold on expenditure, other Club expenses (sprayer, spreader, fertilizers, rates etc.) were met without recourse to overdrafts.

Quendon Bowling Club was now attracting more members than was deemed desirable, and a limit was set for 80 members; unfortunately, of those accepted into the Club, some 20 persons were not accounted for in the subs paid, as they were not asked for on application. This was now remedied.

This year also saw the introduction of the Rink Book, whereby any game other than matches should be recorded and the rinks allocated by the greenkeepers.

More next month

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
Gemma C.	01799 540358	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.

The Link is produced on behalf of Quendon & Rickling PCC, who do not necessarily share or endorse any opinions expressed by contributors or advertisers.

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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<http://www.alternative.uk.com/> E-mail: info@alternative.uk.com

What's On

Where no organiser is shown for any event in Q&R Village Hall, contact the Hall Manager, Christine Osbourn on 01799 543367 for details

Event	Date	Time	Place	Notes
EXTEND Exercises	Mondays	10.30	Q&R Village Hall	Pat Turner 01799 543314
Saffron Searchers	1st Monday in month-		Q&R Village Hall	-
Dog Training	Mondays	-	Q&R Village Hall	Pauline Everton
Rainbows	Mondays	16.00-17.00	Q&R Village Hall	(Pre-Brownies)
Prayer Meeting	Mondays	16.30	Quendon Church	
Pilates	Tuesdays	09.00-10.00	Q&R Village Hall	Jan Crawley 077421 82272
Dance Exercise	Tuesdays	Morning	Q&R Village Hall	Christine Alexander
Dance Exercise	Tuesdays	Afternoon	Q&R Village Hall	Christine Alexander
Armadillos	Tuesdays (term-time)	09.00	Rickling School	Stevie Green 01799 542734
Coffee Group	3rd Weds in month	10.00-12.00	Q&R Village Hall	Angela 01799 218061/Carol 543807
U3A Choir	Wednesdays	10.30	Q&R Village Hall	
Wednesday Club	Wednesdays	-	Q&R Village Hall	Christine Osbourn 01799 543367
Carpet Bowls	Wednesdays	19.00	Quendon Bowls Club	David Edwards 07804 954095
Prayer Meeting	Thursdays	09.00	Rickling Church	
Line Dancing	Thursdays	-	Q&R Village Hall	Dawn Bond 01787 460274
Rickling Runners	Thursdays	19.30	The Green	Stevie Green 01799 542734
DiddiDance (2-4yrs)	Fridays	10.00	Q&R Village Hall	
Social Evening	Fridays	19.00	Quendon Bowls Club	David Edwards 07804 954095
Whist Drive	1st & 3rd Sats	19.30	Quendon Bowls Club	Tony Green 01799 218796
Cricket Day	1st July	No information supplied to	<i>The Link</i>	
BCP Communion	8th July	11.00	Quendon Church	
Evening Prayer	15th July	18.00	Rickling Church	
Q+R Golf Society	16th July	13.00	Saffron Walden G.C.	Tony Jones 01799 543320
Coffee Morning	18th July	10.00-12.00	Q&R Village Hall	
Holy Communion	22nd July	11.00	Rickling Church	

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