

The Link

Quendon & Rickling
Parish
and Church

NEWS

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

August & September 2019

Quarry Railway, Hay Tor
By Sandra Arnold



In this issue

Police Contacts	2
Vicar's Message	2
Church Contacts	3
Church Services	3
Open Gardens	3
Cricketers Arms	3
Parish Council	4
Community Café	4
Council Chairman	5
100 Club	5
Broadband Update	6
Hundred Parishes	7
Cycle Ride	7
Quickling Festival 2019	8
Buffy Crowdfunding	10
U3A	10
District Council	11
Member of Parliament	13
Crime Prevention	14
Golf Society	14
Unwanted Communications	15
Emergency Life-saving	17
What's On	17
Publication Details	18

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:** vicar4nqrwchurches@gmail.com

From the Vicarage Study

Rev. Neil McLeod,

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

In the Church of England when a priest reaches the 10th anniversary of their ordination as a Deacon they are entitled to take a 3-month period away from regular duties. This period is called an Extended Study Leave, and it comprises three different parts:

- The first part is that it should contain a spiritual retreat. Ministry can be quite draining so it is vital that priests take time out to focus on their own relationship with God.
- The second part is a period of study, something that may not be possible alongside the day-to-day duties of being a parish priest.
- The third part is to rest and relax. If a spiritual retreat is to recharge spiritual batteries, so a period of rest is needed to recharge physical batteries.

As I now qualify having celebrated my 10 years in June 2018, I am taking a 3-month Extended Study Leave between September and November this year. So far, the plans for my study leave include:

- A retreat in early September focusing upon how the light of life, of God's creation can be seen through the means of photography. I'm not an expert but enjoy taking photos. The retreat also incorporates periods of silence which I'm not used to, so it will challenge me spiritually.
- I'm also likely to spend some time at Trinity College in Bristol which is where I studied before ordination.
- As part of my rest I have booked a break in Venice. I am looking forward to exploring the different sights there are to see.
- My study comes under the title of 'Christian Identity with specific regard to the Transgender Community'. I prefer to study something that is real life as opposed to uses of buildings or saints, etc. I also prefer to listen to people's individual life stories although I have at least two theological books on the subject that I am going to read. I also hope to visit people across the UK to hear their stories. My hope is that the study informs me and us of our Christian identity no matter who we are.

Sometimes I shall be here, and other times I shall be away so you may not see me during the three months. When I am at the vicarage I shall worship elsewhere in other churches. The churches in Quendon & Rickling will continue without me with our normal pattern of worship on a Sunday morning. Our communion services will be covered by Revd. Chris Bishop who has graciously offered to cover the service in the parish. Other services such as Harvest Festival will be covered by others in the church. The Archdeacon will be taking our Remembrance Sunday service in Newport. One change is that our annual Commemoration Service will be moved to January, as it makes sense for me to be there as I'll have conducted the bulk of the funeral services from which families are invited.

I shall return to duties on Sunday 1st December all ready for the build up through the Advent season to our Christmas services. Hopefully I'll be well rested, and recharged physically and spiritually and looking forward to being back with you all once again.

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 4th August

9.30am Newport Contemporary Communion
11.00am Widdington Christingle Service

Sunday 11th August

9.30am Newport All Age Worship
11.00am Quendon BCP Communion

Sunday 18th August

9.30am Newport Holy Communion
11.00am Widdington Holy Communion
6.00pm Quendon BCP Communion

Sunday 25th August

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

Sunday 1st September

10.00am Newport Benefice Contemporary Communion Service

Sunday 8th September

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

Sunday 15th September

9.30am Newport Holy Communion
11.00am Widdington Holy Communion

6.00pm Rickling Evening Prayer

Sunday 22nd September

8.00am Newport BCP Communion
9.30am Newport Holy Communion
11.00am Rickling Holy Communion
3.30pm Newport Messy Church

Sunday 29th September

10.00am Newport Benefice 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: vicar4nqrwchurches@gmail.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

From the Church Registers

Burial: On July 17th 2019 Clodagh Last of Wee Cott Cambridge Road Quendon RIP



OPEN GARDENS

2 DAYS COTTAGE

with Doddinghurst Art Society

Sunday 4th August, 11.30am to 5.30pm

Pilgrims Hatch, CM15 9SJ

INGATESTONE HALL OPEN DAY

Sunday 11th August, 12pm to 5pm

Ingatestone, CM4 9NS

Refreshments & lunches available



The Cricketers Arms in Rickling Green will soon be reopening under new ownership. We are very excited to re-establish the pub as the centre of the community serving fresh, seasonal dishes championing local suppliers and produce. Please follow us on Facebook for announcements, search The Cricketers Arms - Rickling Green. We look forward to welcoming you soon!

www.thecricketersarmsricklinggreen.co.uk

The Link September 2019

Please note that traditionally there is no separate issue of *The Link* in September. The next issue will be for October.

We thank our advertisers for their continued support of this free parish magazine.

Rickling/Quendon Community Café

Quiz and Fun Bingo



**Wednesdays 21st August
and 18th September 2019**

10.00 am – 12.00 pm

**Please contact: Angie and Carole
01799 543807/218061**

**Quendon & Rickling Village Hall,
Quendon, CB11 3XQ**

Quendon & Rickling Speedwatch

Since starting our speedwatch team in January of this year we have recorded and submitted around 500 offenders to Essex police, in addition details of drivers speeding without insurance or MOT'd vehicles have also been reported.

We need these data to assist us in finding a more viable and long term solution to the constant disregard from drivers flouting the 30 MPH through our village.

The most vulnerable members of our community young and old have no safe crossing point, which is incredibly dangerous and for some impossible.

We are aware that the Cambridge Road is not the only problem area in the village, which is why we are hoping to recruit more team members; so if you can spare any amount of time you can apply direct to mary.whiley@essex-fire.gov.uk

Quendon & Rickling Parish Council News

The Cricketers Arms opening end of the month

To nicely coincide with the Quickling Festival on 10th August. This promises to be a great day with lots of events and prizes and other stuff, including beer. Not to be missed!

Community Special Constables

It appears that this is going to be on hold for the time being. According to the coordinator Les Hawkins, and I quote, "Due to the success of the scheme and the number of the posts that are currently vacant, Essex Police will now be proactively supporting recruitment initiatives for these vacancies together with the Parish/Town Councils. As a result of this, Essex Police are placing a temporary pause to the scheme for any councils not already registered."

Broadband

Mobile phone coverage continues to be a problem. The Parish Council has again written to our MP Kemi Badenoch to see if she can put a boot up the appropriate area of government. Gigaclear is holding a meeting on the 23rd July (at Stansted Airport).

Other news from the Parish Council meeting

The 40 mph limit in the buffer zone between the 30 and 50 limits has been approved and will be introduced shortly.

The skip will be in the village soon.

The Foxley 2 development

The contractors have suggested a meeting with the Parish Council but, on the advice from our District Councillor, the Council has declined.

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 dropped off to them.

Next Parish Council Meeting

Will be on 11th September at 7.30pm, although this date may change due to holidays. So keep your eye on the agenda which will be posted on the noticeboards and website.

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**



ALLASPECTSTREESERVICES.CO.UK

**TREE SURGERY
STUMP GRINDING
HEDGE CUTTING
FENCING**

**01279 730659
07940 231964**

INFO@ALLASPECTSTREESERVICES.CO.UK

Quendon & Rickling 100 Club

Congratulations to the July winners

1st	R Hackwell	£35
2nd	C Mandy	£24
3rd	M Atlee	£14

If anyone else would like to participate an application form can be downloaded from the Village Website (www.quendonandrickling.co.uk). Remember this generates a good source of funds for the Village Hall and both our two churches, All Saints, Rickling and St Simon & St Jude, Quendon.

PAVILION FOR HIRE!



There's a pavilion in Rickling Green,
Well kept, spacious and clean,
So for 10 quid an hour,
It's under your power,
For parties, or whatever's your scene.

Call **07758 240332**

or email johnlodge@ntlworld.com
to enquire about renting the pavilion or cricket pitch.

From the Chairman of the Parish Council

Dear Fellow Villagers!!

The summer is now in full swing and hopefully by the time you are reading this, The Cricketers Arms will be open again and you will have sampled your first pint of beer or glass of wine already and welcomed the new publicans, Harry and Sam to the village. I can honestly say that the pub has been missed very much over the past few months, not only to have a drink in but to catch up with fellow villagers. It is such a great meeting place, so do go along and support it!

You will have seen flyers and banners promoting Quickling Festival on Saturday, 10 August. This is the brainchild of one of our councillors, Carrie Williams, who is very keen to incorporate all the villagers in a community event. There is also an article in this issue describing exactly what you will be able to do before and on the day and I really do hope that you will be able to come along and sample some delicious waffles and local gin as well as many other delicacies. We realise that it is quite short notice this year but hopefully if it is a success, there will be many more Quickling Festivals in the coming years! This year the funds being raised will go towards the Community Football Field.

As you all know, the minutes of the monthly meetings are always available on the website for you to read and everyone is very welcome to attend. The more the

merrier!! We have been very fortunate recently to have a number of members of the public attend.

One of the most relevant items raised this month (well, lets be honest, every month!!) is Gigaclear. Tom Duncan, who is our "broadband specialist" has written to Kemi Badenoch, our local MP, explaining our position and that Gigaclear needs much closer supervision as we have effectively been abandoned! He has also written a piece for this month's issue updating you all on where we stand at the moment. I think we are all at our wits end and I can assure you we are doing everything we can to speed the process up. We have also sent Kemi Badenoch a letter regarding mobile phone coverage in the villages, as we know that coverage is still very poor and makes payment services effectively impossible in some cases and requesting that she bring pressure on concerned parties to rectify this problem.

Planning permission has been submitted for Foxley 2 for 9 new houses. The village has the opportunity to meet the developer for this site so they can present their plans to us but we have been advised against this as developers are not really interested in what the locals say, it is just a box ticking opportunity and any questionnaire answers are not published in full! Saying this, as Foxley 2 cannot be stopped it might be an idea for the Parish Council to meet them to discuss potential benefits for the village.

From the Chairman of the Parish Council (cont.)

On Tuesday, 3 September, we will be flying the Red Ensign, the UK Merchant Navy's official flag, on the green to show our support on Merchant Navy Day. It honours the brave men and women who kept our "island nation" afloat during both World Wars and celebrates our dependence on modern day merchant seafarers.

Finally, sorry to "dump" this on you, but I would like to ask everyone who take their canine friends for a walk either on the Green or on the footpaths in the surrounding woods and fields to PLEASE pick up your dog's poo! On one footpath alone, leading from Bradleys Barn, I

counted 40 dog poos left to fester!!! Please carry a dog poo bag with you at all times and place them in the bins provided. I appreciate it may be some way away from where you are but please be considerate! Abandoned poos, in future, will be sprayed with a brightly coloured chalk based marking spray to make other walkers aware of the dangers ahead!! Thank you!

I wish you all a lovely summer and hope to see many of you at the Quickling Festival!

Sally Kitcat

Broadband update

Hello all, a quick note to update everyone with the state of broadband in Quendon and Rickling. Sorry no good news to report at present.

(1) Gigaclear has put our project on hold.

Gigaclear are part way through delivering fibre-to-the-premises to our villages.

We are part of a commercial project that goes from Farnham in the south to Duddenhoe End in the north. As it's a commercial project there is no government subsidy available (ie **SuperfastEssex have no role**) and there is no effective oversight of the project.

Gigaclear have been working to bring another contractor on board to finish off the network but so far after five months they have not found the right partner (at the right price!).

Our MP wrote an open letter to the Gigaclear CEO last week requesting more details of when they will resume work which is a step in the right direction. I too have written to Mrs Badenoch emphasising the lack of supervision and the lack of any way to effectively put pressure on the company when they miss their deadlines. We shall see if anything comes of this.

Gigaclear are active elsewhere in Uttlesford implementing government-subsidised projects for SuperfastEssex most recently in Widdington. They have finished there for the time being and have done the same there as here ie laid the cable but not yet connected any properties up.

I believe that when they connect up Widdington they will soon afterwards connect up our cabinet on the Green. That still leaves several pieces of work to do namely:-

- finish laying fibre along Cambridge Road past the Church
- connect up the new builds
- connect up Brixton Lane

Maybe the first connections will be hooked up by the end of 2019? We shall see.

(2) Openreach.

There was a glimmer of hope that people on Rickling Green Road would be able to be connected up to the new cabinet 9 on the Green, but alas that has not come to pass. I have not heard a convincing reason why not yet.

Openreach still have no definite plans to upgrade Cabinet 10.

Recently there have been reports that some people have been refused connection to standard (snail-paced) broadband, which should not happen. A broadband journalist is investigating that situation in more depth.

(3) Other options.

Where they can, some people have switched across to a 4G package (ie mobile internet). For a fairly good price they can get unlimited broadband at a reasonable speed, but of course that depends whether you can get 4G. You might be able to get a better signal with an external aerial for 4G but if you're listed it's more complicated.

(4) Community Fibre.

Rickling Church End have successfully initiated a Community Fibre project with Openreach covering the houses around Rickling Church. They have used subsidy vouchers so the project won't cost residents anything which is great. Should be implemented by the end of 2019.

We did look into setting this up for Quendon as well but at the time Gigaclear were getting started so we dropped it. In fact it would take a year to deliver, and there's no guarantee we could use vouchers here because Gigaclear are active so a Community Fibre project subsidised by the government would be anti-competitive.

In summary - no tangible progress. Gigaclear remain the best bet and we are hoping for some action following our MP's intervention.

I'm very happy to discuss broadband topics – do drop me a line.

Tom Duncan

tdd@debdenduncans.plus.com



The Debdencycle 3 Counties Ride in aid of The Royal Engineer charity The Felix Fund* is back!

Sunday the 1st of September

After a year off the local community led event returns and we're looking for riders and marshals. It's a ride, not a race and 100% of your entry fee goes to charity thanks to the volunteers and a couple of companies that cover the costs (Fitness Focus and Bicicletta). No experience is required to be a marshal, you're not allowed to direct traffic so don't worry about that. You'll be in place as a friendly face and just in case (we have a roaming first responder and you'll have his number along with other close marshal's numbers).

The ride starts and finishes at Widdington and you take either a 35 or 50 mile route through the villages to the west, Duddenhoe End, Anstey, The Pelhams, Clavering.

Please see Debdencycle.co.uk for more details or call the lead organiser, Brian Lindsell on **01799 542569**

*Felix Fund aims to assist with the well-being of individuals within the Explosive Ordnance Disposal (EOD) and Search community.



www.hundredparishes.org.uk

THE HUNDRED PARISHES SOCIETY

Recent publicity has been encouraging us to spend time outdoors for many health benefits and as an antidote to the stresses of modern life. The wide open, undulating and exceptionally beautiful agricultural landscape which surrounds the towns and villages of the Hundred Parishes provides an ideal starting point to do just



Chishill Windmill

this.

Sadly, many people have lost any connection with the land and also with the rich language used to describe its features. Robert Macfarlane's books Landmarks and The Lost Words are collections of some of these words, a glossary of wonderful descriptive terms, most of which are no longer part of our everyday conversations.

Whilst standing on a vantage point and viewing a landscape spread below, innumerable features can be



Farnham - footpath near Hassobury

seen. Words on an Ordnance Survey map reveal the range of human impact: for example, grove, wood, park, plantation, common, green lane, moat, castle and spinney.

Willow stub or a pollarded Ash or Elm describe specific trees marking ancient boundaries, while place names such as Ford End in Great Waltham parish, Porridge Hall in Lindsell and Poor Bridge in Clavering intrigue.



Walk around Matching

I encourage you to set off to explore the countryside of the Hundred Parishes, armed with an appropriate OS Map and ideally with willing companions. See how many fascinating features you can spot. To add to your enchantment of the day, experience the overhead foliage moving in the wind and making a sutherland sound! On your travels you may notice a socker, the rift in an oak caused by a lightning strike, or some frith growth of thorns or bramble spreading out from a neglected hedge.

If you are not comfortable setting forth without specific guidance, please take advantage of the suggested walks from railway stations that can be downloaded from www.hundredparishes.org.uk.

Tricia Moxey, Trustee

The Quendon and Rickling Parish Council
are pleased to announce the first annual

QUICKLING FESTIVAL

including

DRAGON'S TREASURE QUEST

ON SATURDAY 10th AUGUST 2019

raising funds for the Q&R Community Football Pitch

Join us from 11am to 4pm for the trail plus village
picnic on Rickling Green, and much much more

PRIZES ANNOUNCED AT 4PM ON THE GREEN

HOW TO GET INVOLVED

- ★ Enter a treasure to be found along the route
- ★ Enter your garden to be opened to the public
- ★ Donate baked goodies to be sold off
- ★ Volunteer to help out
- ★ Join us on the day!

★ **Marked trail to follow, bring along family, friends and furries**

★ **Jam and pickle swap**

★ **Clues, riddles and treasures to be found and deciphered**

★ **Prizes awarded for best entries and most solved questions**

★ **Bake sale on the route**

★ **Children's drawing/craft competition**

★ **Open Gardens on the route**

★ **Pop-up bar and food options**

★ **Fun for all ages - including inflated obstacle course, bouncy castle, garden games, face painting, etc.**

ANYONE CAN ENTER

Contact quicklingfestival@gmail.com / 07908844056
for an entry form, closing date for entries - 10am on Fri 2nd August.
Entries from outside Q&R will be allocated a spot on the route

The "Treasure" entry theme is "We are Q&R", to show off who we are as a community and area, past and present. They can be anything from arts and crafts to display, characters made or painted (anything goes - scarecrows, painted boards, knitted characters, dressed mannequins, etc.), painted pebbles - anything!



QUICKLING FESTIVAL

Sat 10 August 2019

Rickling Green

The Quendon & Rickling Parish Council are delighted to announce the first annual *QUICKLING FESTIVAL* which will take place on Saturday 10 August 2019, on Rickling Green. This year we are raising funds for the upkeep of the Q&R Community Football Pitch.



The event is centred around a circular (Winstanley's) Dragon's Treasure Quest trail through our beautiful villages and countryside, marked on a map with clues and riddles to decipher, and "treasures" to find along the way. The trail is open between 11am and 4pm. The trail will take approximately an hour.



There will be fun for all ages on the green too: we have horsebox-conversion food and drink options available (serving everything from crafted G&Ts, gourmet waffles to "posh" toasted sandwiches) and the newly re-opened Cricketer's Arms will be putting on a BBQ. There will also be an inflated slide, obstacle course and bouncy castle, face painting for the young and young at heart, garden games, music, some carefully selected stalls selling local goodies from plants to beautifully handmade doggy accessories, and a raffle with some excellent prizes.

Want to get involved?

- **Enter a "Treasure" for the trail (first and runner-up prizes awarded)**

Theme: "We are Q&R".

The public are invited to enter a "treasure" to be displayed on the trail - the idea is to show off who we are as a community (and area generally), past and present. *Anything goes*, from something you have painted, made or anything you simply want to display to depict yourself/your house/a famous resident/the area more generally. These can take *any form* – a painting or crafted object, characters (scarecrow, dressed mannequin), painted pebbles or boards, photographs, etc. Alternatively you may wish to open your garden, or part of it, to the public as well.



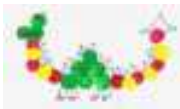
To enter, request an entry form from the below email address. Entries received from off the trail will be allocated a spot on the route. Entries close at 10am on Fri 2 August as the trail map will be produced shortly afterwards.

- **Enter the "Kids' Drawing and Craft Competition" (prizes awarded and winning entries displayed on the trail)**

Theme: "Winstanley's Dragon".

Categories: Ages 6 and under, and 7-12.

Looking for a fun early summer holiday activity? Why not get the young Q&R folk involved and enter? Again, *anything goes*! Winning entries will displayed on the trail and ALL entries will be displayed at the Winstanley Celebration held at the Quendon church in early December.



To enter, submit a photo of your entry to the below email address. Entries close at 10am on Weds 31 July to allow time for judging and to be including on the trail map.

- **Donate something for the cake sale, or to the jam and pickle swap on the day**
- **Volunteer to help on the day**

For more information, get in touch with the organising team by calling 07908844056 or email quicklingfestival@gmail.com.

We look forward to seeing you there.

Buffy Playbus is Crowdfunding for a Sensory Den

We are crowdfunding to raise £5,315.00, in order to create a dedicated sensory area on our new playbus. This will enable all pre-school children, whatever their abilities, to have fun and enjoy themselves in a unique and innovative setting.

Buffy Playbus are delighted to announce that we have been awarded funds from The National Lottery Community Fund and also Uttlesford District Council to buy a replacement bus, which will be launched summer 2019.

Children and their families are at the heart of everything we do on Buffy therefore we need the help of the Spacehive Community to raise the funds needed for the installation of our Sensory Den.

The space will be dedicated to the sensory needs of all children. We will use lighting, soft materials, inviting colour schemes and interactive play to provide a safe and comforting environment where children can learn and play. This area will give a feeling of independence and help build self-confidence as children explore different stimulating activities in a relaxing manner. This will be a special place where children feel entirely at ease and are able to initiate and control effects of the experiences they create. The project has real power to make a big difference.

Since 1994, Buffy Playbus has shown that it is very capable of adapting to the needs of vulnerable and isolated families, by providing a well-regarded and

welcoming service throughout the district of Uttlesford. During this time we have supported over 90,000 individuals enabling them to learn new skills and make supportive friendships, leading to stronger communities and more resilient families. The inspired initiative of a

mobile service in a widespread rural area, is invaluable in bringing good quality play and learning facilities, under the guidance of experienced early years workers, directly to where they are needed most. Over 280 families are registered with our service and regularly visit our play sessions.

The new bus provides an amazing opportunity to reach a wider range of families, so that early development can be enhanced and isolated children can be better equipped for their transition into future education.

Donors will be offered a wide range of rewards depending on their level of contribution to the crowdfund, which can include: a free party on the bus, invitation to cut the ribbon at our launch event in September, free entrance for all the family for one month, your name displayed on the new bus interior. Most importantly providing our communities with access to a range of multi-sensory activities.

Please Pledge today to support our Big Bus for Little People, go to <https://www.spacehive.com/buffy-playbus-sensory-den> or find out more at www.buffybus.com



Stansted Mountfitchet U3A

07874-385541



www.u3asites.org.uk/stansted

Stansted U3A – Events in August and beyond

Our General Meeting in August is a special event. The Committee is inviting members and visitors to a Tea Party on August 15th in St John's Church Hall, Stansted, 1.30 for 2.00pm. You are welcome to join us for tea, coffee, homemade cakes, a little Fizz if desired, and a friendly chat.

We have many interest groups covering a very wide range of activities and are pleased to report that the new Creative Writing group is now up and running and that two new groups are being planned. Book groups are very popular and our two existing Book Groups are pretty full so a third one is being organised. There is presently no floristry group but if you would like to improve your floristry skills a new member who is a local florist has offered to set up a group which would meet monthly. If you are interested in joining either or both of these groups please contact us on the phone number or web address above.



Walkers

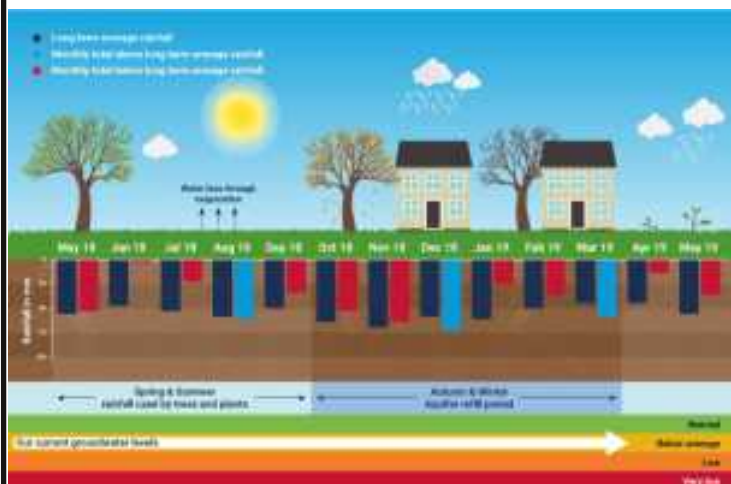
There are a number of visits planned in the next few months. On August 14th you could join a coach trip, costing £22, to the Beth Chatto Garden near Colchester. At the height of Summer the garden is probably at its best. Apart from strolling through the gardens, you can seek refreshment in the Tea Room or Gravel Garden Restaurant. A fantastic Day Trip to the Brick Lane Music hall is planned for October 16th for a Music Hall lunchtime show. The cost is £55.50 and includes a three course lunch as well as the Music Hall Show. For full details of these events and how to book please see the Trips and Holidays page on the Website,

www.u3asites.org.uk/stansted/home.

Report from Affinity Water

May rainfall below average and water resources remain below average

Our central region received 61% of the long-term average rainfall in May and groundwater sources remain below average.



As usual for this time of year, groundwater levels start a natural decline as most rainfall is used by trees and plants for growth or is lost to evaporation.

October to March is the critical recharge period when rainfall is expected to reach the aquifers (porous rock where groundwater is stored), which is used to supply 60% of Affinity Water customers.

The dry and relatively warm weather in April and May has also decreased moisture in soil. When soil is dry, this decreases the amount of rainfall that is able to reach the aquifer as rainfall is absorbed by the soil.

We have welcomed the rain that has fallen so far in June, which has reduced the demand for water. We will be providing more information on total June rainfall in the July update.

Whatever the weather, we continue to ask customers to save water. This is good for your local environment and will help you save energy, and money!

Here are a few simple things you can do to save water:

- Take advantage of the recent downpours and install a water butt, which collects rainwater from your roof. Water stored now can be used during drier periods instead of relying on treated drinking water for your plants or even washing the car.
- When potting up your planters use a small amount of gel crystals. They absorb water and can help retain the moisture in the soil
- Fix dripping taps. You could save over 5,500 litres of water a year. If you need to find an approved plumber visit www.watersafe.org.uk.*

*You can also refer to the back pages of *The Link*! Editor

Report from District Councillors Anthony Gerard and Neil Hargreaves

Neighbourhood Plan

We are continuing to progress towards the Examination. UDC have confirmed that in their opinion the Plan does not need a 'Strategic Environmental Assessment and Habitats Regulations Assessment Screening'. However, this is subject to confirmation from Natural England, the Environment Agency and Historic England. UDC have given them their views and they have till 14th August to respond.

UDC have also suggested that the Consultation Statement needs further work. In particular to show how consultation responses may have resulted in alterations to the Plan. So this is being done. The Plan will go to another six-week consultation, so we need to show that everything has been considered and that there are no weaknesses for developers to raise further issues (in order to push their sites and block any policies which might disadvantage them).

The consultation responses will go direct to the Examiner. At the Local Plan examination, currently in progress, the meetings are public and there is interaction between speakers, councillors, council officers and the Inspectors. But a Neighbourhood Plan examination is only on paper and we don't get to meet the examiner. He or she may make alterations or even deletions and,

barring errors of fact, it is take it or leave it. They can however ask questions via UDC. It seems a somewhat odd process as there is no negotiation over anything deemed to need changing.

Here are extracts from the UDC report on the Neighbourhood Plan. Note they only comment on policies. There are also many recommendations. For these we can say what we like! The extract gives a useful independent summary of the statutory/policy parts of the Plan:

The Newport Quendon & Rickling NP would, if adopted ("made"), form part of the Statutory Development Plan and as such will contribute to the Framework for future development consent of projects. However, the plan will sit within the wider framework set by the National Planning policy Framework (NPPF), the strategic policies of the Uttlesford District Council Local Plan (2005) and the emerging Local Plan 2011 - 2033. The Draft Newport Quendon & Rickling NP includes the following policies:

Business & Local Economy

- NQRBL1 Support of new and existing businesses
- NQRBL2 Change of use on upper floors.
- NQRBL3 Business parking.

Report from District Councillors Anthony Gerard and Neil Hargreaves (cont.)

- *NQRBL4 High speed internet connection.*

These policies support new and existing businesses at existing business locations and within walking or cycling distances of homes of an appropriate scale to their location and where they will sustain and enhance the rural economy in the Plan area. Change of use to residential on upper floors will be supported where the ground floor uses remain in business use. More parking to support businesses will be encouraged provided there is no damage to the Conservation Areas.



The red line is Conservation Area and the black is the Local Plan and Neighbourhood Plan development limit.

Air Quality

- *NQRGSE1 Air quality impact of development proposals*
- *NQRGSE2 Cumulative impact of developments on clean air and traffic congestion*

These two policies require the consideration of impacts on air quality of new development. Developments of 10 or more dwellings will need to be accompanied by a Transport Assessment as well as an Air Quality Impact Assessment. Where adverse impacts are identified, mitigation measures will be required.

Water/Climate Change/Flooding

- *NQRGSE1 Discharges into watercourses.*
- *NQRGSE2 Locally supplied evidence of flood risk.*

Policy SE1 above requires that any development that will lead to discharges into watercourse only be permitted where it can be demonstrated that risk of flooding will not be increased or at least not made worse. Policy SE1 requires decision makers to take into account locally available information with regard to flood risk.

Footpaths

- *NQRGSE3 Footpaths and access to the countryside.*

Policy NQRSE3 seeks new footpath links when development comes forwards

Health and Education

- *NQREH1 General Practice*
- *NQREH2 Primary school places*

Policy NQREH1 General Practice supports the timely expansion of GP practice

Policy NQREH2 requires permissions for residential development to be conditional of availability of primary school places.

Direction of development

- *NQRHA1 – Coherence of the villages*

This policy provides criteria for the location of new development in the plan area.

It supports, in principle, new development within the Newport development limits boundary (uses the same boundary as that emerging through the Local Plan):

Resists development beyond these boundaries in Newport further along the B1383 (both north and south)

Resists development outside the Cam Valley (defined in accompanying map)

Resists development outside the Quendon and Rickling development limits other than for development appropriate in the countryside.

- *NQRHA2 – Building on Brownfield Sites*

Policy encourages development on existing brownfield sites.

- *NQRHA3 – Connection with the countryside*

Establishes two areas where new development will not be supported due to the value these areas have to providing the settlement with connection to the countryside

- *NQRHA4 - Building in the countryside*

Whilst the plan as a whole does not support development in the countryside, this is a policy providing criteria for those scenarios where development does come forward (for uses appropriate in the countryside presumably).

- *NQRHA6 Foxley House, Quendon, site allocation. (Ref '2 Que 15')*

This policy allocates land at Foxley House, Quendon for

Report from District Councillors Anthony Gerard and Neil Hargreaves (cont.)

the development of 19 dwellings. It is linked to an emerging site allocation in the emerging Local Plan and provides five site specific criteria including need to consider the Conservation Area, access arrangements and provision of footpath directly into the village. The site is directly adjacent to the conservation area and is surrounded by residential development to the north, west and south and by the B1383 to the east.

In the process of allocating Foxley House, the NP group have assessed all available sites and have prepared a site assessment report which is available to view alongside their plan on their website <https://nqrplan.org/evidence-documents>. This site was assessed both by Uttlesford District Council and Newport, Quendon and Rickling Neighbourhood Plan group to be suitable, available and deliverable for development. The site is approximately 0.9ha

Housing, Planning and Design

- NQRHD1 Parking Standards
- NQRHD2 Housing Design
- NQRHD3 Use of Specimen Trees
- NQRHD4 House sizes
- NQRHD5 Affordable homes and local connection -
- NQRHD6 Affordable housing -

The above policies are non-site-specific but provide requirements with regard to off-street car parking provision, design, trees, mix of sizes of homes on a scheme and a policy seeking provision of affordable housing.

Roads and Moving Around

- NQRTR1 Extension of speed limits and footways
- NQRTR2 Mitigation of traffic impacts
- NQRTR3 Safe access to schools and village facilities

Policy NQRTR1 above requires funding towards implementing speed limits and installation of footways in the event that ribbon development is permitted along the B1383 (something not supported by the plan). Policy NQRTR2 requires contributions from developers towards the mitigation of traffic impacts such as promotion of sustainable transport measures. Policy NQRTR3 requires developers to provide safe routes to school where necessary to achieving better connectivity within the villages.

Sport, Community and Leisure

- NQRSL1 Retention of existing community facilities
- NQRSL2 Financial contributions from development
- NQRSL3 Provision of amenity space and for ball sports
- NQRSL4 Retention of sports fields

Policy NQRSL1 above protects existing community facilities. Policy NQRSL2 seeks contributions towards the provision of additional sport and leisure facilities in the parishes. Policy NQRSL3 encourages developers to exceed the provision for amenity space and ball sports set out in the Local Plan. Policy NQRSL4 protects existing sports fields.

The pre-submission Neighbourhood Plan and the full UDC screening assessment are both on <https://www.nqrplan.org/evidence-documents>.

Councillors Surgeries

We are available every Thursday morning from 10.30 to 11.30 in Dorrington's in Newport and we take turns to attend the parish council meetings in the Village Hall. We are also active on the village Facebook group.

Neil Hargreaves

Contact our Member of Parliament

Surgeries are an opportunity for you to meet with me, your Member of Parliament, and seek advice or assistance on confidential issues. For all other enquiries please send an email as it's often possible to meet sooner or speak over the phone. Should you wish to attend a surgery, please contact me at the earliest opportunity. Street surgeries do not require an appointment.

kemi.badenoch.mp@parliament.uk

Advertising in *The Link*

reaches every household in Quendon and Rickling at attractive rates

This space could be promoting YOUR business

Contact: Advertising on telephone 01799 543297 or

The Editor preferably by e-mail at robert@arnold-q.uk, or telephone 01799 543075

Welcome to Quendon Bowling Club

The club is looking for ladies who would like to learn how to play Bowls.

Ring 01799 541158 for more information

Q+R Golf Society

It's been a busy few days for the Golf Society. On Sunday a group of us met at Jane and Mervyn's home for a summer barbecue and wiled away the afternoon in the sunshine with lots of eating and chatting whilst the Wimbledon men's final and cricket world cup were decided in the background. We had our own mini chipping contest as it was such a major sporting day and Tony Jones proved himself the man to beat which was very fitting as he was our Team Captain the following day when we met at Saffron Walden Golf Club for our annual match against Manuden village's team. I could say we discussed strategy but I'd be lying and we just had a good time!



For the last 11 years we've been meeting Manuden villagers sometime in July at Saffron Walden to contest a Trophy kindly donated by Nigel Ackerman all those years ago. This year twenty of our golfers met Manuden's best on Monday 15th ready for the challenge. Good weather and good golf followed and of the ten matches we emerged at the end of the afternoon with the score of six and a half to Q+R and three and a half to Manuden. We

gathered gradually on the terrace overlooking the course with well earned drinks as our matches ended and we watched the later golfers come down the 18th hole and give us the news as to how their matches finished. For we Q+R's, of course, our team won again. I think this is for the fourth time in succession or maybe even the fifth but who's counting! It certainly was a very enjoyable afternoon and team spirits were high for both teams. We're a sociable lot and with almost 50 people sharing a well earned meal provided by the Club there was much noise and laughter as we reviewed the game and caught up on each other's news.

John Burgess, Manuden's captain, presented the Trophy to our captain Tony Jones and here's a picture of the victorious team too. Manuden aren't even thinking of giving up which is great news as it's such a good day and we'll repeat the whole thing next July and see what happens then. Thanks to both captains for all their work and big congratulations to our team.

CRIME PREVENTION ADVICE

Catalytic Converter Theft

Protect your vehicle from catalytic converter (CAT) thieves - they have been active here!

If yours is stolen, you will know because your vehicle's engine will sound different. Vehicles with high ground clearance, such as some 4X4s, are especially vulnerable, although the current trend also includes others.

- Park your vehicle in a locked and secure garage/compound at all times.
- If this isn't possible park in a well-lit, area covered by CCTV where you can.
- Park so as to make access to the underneath of your vehicle and catalytic converter difficult; against a wall or parallel with another vehicle.
- Report suspicious activity by looking out for people 'working' under vehicles as they may not be the owners or lease holders, even if they have fluorescent jackets on.
- Consider installing a Thatcham approved alarm to your vehicle. Ones that activate if your vehicle is lifted or tilted are particularly effective.
- Mark your catalytic converter by etching your vehicle registration onto the metal shell, or by using a Secured By Design (SBD) approved forensic marking

solution which is heat-resistant. This makes it easier for police to trace the converter back to your vehicle and links offenders to a crime.

- Consider fitting additional security on your vehicle(s) by installing an SBD or Thatcham approved CAT security product such as a clamp.

Paul Harris, Essex Police Staff No 42077939

Tel: 07738 736687 (Please avoid leaving phone messages and email me instead - Paul.Harris@essex.police.uk.)

TWITTER: [@PaulHarrisEWLO](https://twitter.com/PaulHarrisEWLO)

Summer Crime

During the summer months burglars take advantage of open gates, windows and doors.

An open or insecure garden gate will provide the thief with access to the back of your home. If you have unoccupied rooms that are accessible to others from outside or off flat roofs make sure the windows are closed. If you need ventilation in these rooms whilst at home at least lock the larger window and only have the small window open even during the daytime. If you only have bigger windows consider a lockable window restrictor and a small alarm sensor on the window to detect entry.

Leave any accessible door open or insecure and an opportunist thief will pop in and anything lying around

CRIME PREVENTION ADVICE (Cont.)

will be gone. It only takes a second for a thief to steal.

Tips for a crime free summer:

1. Don't leave property on display in the car. Don't assume that by pressing the button on the remote it is locked; try the handle too.
2. Don't attract a thief with visible insecure and unattended pedal cycles.
3. Keep side or rear gates, sheds and garages shut and securely locked.
4. Before going out or turning in for the night don't forget to check all doors; someone may have closed it, but did they lock it?
5. Check windows are closed. Make sure in case of fire that keys to windows and doors are readily accessible to occupants but not in view of possible burglars.
6. If you have an intruder alarm activate it when going out and activate the zone for the unoccupied area whilst in.
7. Don't take car keys to bed with you; where possible leave them in noisy drawer/location. Keep the keyless fob in a "Faraday" bag.
8. If you do hear a suspicious noise in the house that you are not happy, with dial 999 and make a noise, shout out; it could cause any intruder to flee. Remember

your life is more important than your property. If safe to do so, get a good description of the person/s and if possible the car index number and direction of travel.

9. Don't drop your guard when out. If you don't pay attention to your camera, mobile phone, sunglasses, purse or wallet and a thief sees them, they will steal them.
10. Be wary of announcing to the world on "social media" that you are away and your house is empty. Make sure your profile does not contain private information that would identify you or your address to a stranger.

Cancel regular deliveries when away and get a friend to keep an eye on your property; ensure neighbours have contact numbers for a key holder. Let someone park their car on your drive. Create the illusion that your house is occupied (TV simulator, lights and radio on timers, a doorbell that you can answer from your mobile phone); it is less likely to be broken into.

Stephen Armson-Smith 74324

Telephone 101 extension 407110; Mobile 07525 409720

Essex Police, The Police Station, Blyths Meadow, Braintree, Essex CM7 3DJ

Unwanted Communications

(This is an extended version of information on our village web-site, www.quendonandrickling.co.uk)

The majority of email providers and financial institutions offer a way for you to report any scams that you receive. If you receive a suspicious email, forward it to the relevant company or organisation which can be found below.

Note that spammers and scammers are very wily and frequently use "spoofed" sending addresses. You have probably even received spam e-mails ostensibly from yourself! Your Editor uses SpamCop to deal with all spam e-mail. SpamCop uses the normally hidden header text in e-mails to identify the true origin of e-mails, as well as the true destination of any hyperlinks in the e-mails, to notify the relevant internet hosts of the wrongful activity of their subscribers. It does work, because sometimes when a complaint is made, the response is that the host has already indicated that the spamming complained of will stop.

Information is also included below on how you can reduce unwanted telephone calls and paper post. The Telephone Preference Scheme is said to be respected by reputable companies, but of course is ignored by the disreputable ones! The Mailing Preference Scheme is very good for reducing addressed spam post. The Post Office's opt-out scheme for unaddressed junk mail is less satisfactory, as it depends on the compliance of the Post Office staff. Neither of these schemes will stop delivery of leaflets by individuals, nor will they prevent delivery of *The Link*!

Who to contact if you receive scam or phishing e-mails

Banks

Alliance & Leicester

Bank Safe Online

Barclays

Britannia

Co-operative

HSBC

Lloyds TSB

NatWest

Paypal

phishing@santander.co.uk

http://www.banksafeonline.org.uk/report_scam.html

internetsecurity@barclays.co.uk

ihaveseenascam@co-operativebank.co.uk

ihaveseenascam@co-operativebank.co.uk

phishing@hsbc.com

emailscams@lloydstsb.co.uk

phishing@natwest.com

spoof@paypal.co.uk

Unwanted communications (Cont.)

RBS phishing@rbs.co.uk
Santander phishing@santander.co.uk
TD Bank Financial Group phishing@td.com

Credit Cards

American Express spoof@americanexpress.com
Mastercard scams@fraudwatchinternational.com
VISA phishing@visa.com

Email Providers (but note comments above on spoofed addresses!)

Aol <https://help.talktalk.co.uk/app/ask>
Bling <https://support.msn.com/default.aspx?productkey=edfsmsbl&st=1&wfxredirect=1>
Blueyonder <http://netreport.virginmedia.com/netreport/index.php>
BT (British Telecom) abuse@bt.com
Freeserve (Orange) http://web.orange.co.uk/p/communicate/general_abuse_form
Google http://mail.google.com/support/bin/request.py?contact_type=abuse
Hotmail <https://support.msn.com/default.aspx?productkey=edfsmsbl&st=1&wfxredirect=1>
Live submit-abuse@rfc-ignorant.org
MSN <https://support.msn.com/default.aspx?productkey=edfsmsbl&st=1&wfxredirect=1>
Orange http://web.orange.co.uk/p/communicate/general_abuse_form
Sky abuse@sky.com
TalkTalk <https://help.talktalk.co.uk/app/ask>
Tesco support@tescobroadband.com
Tiscali <https://help.talktalk.co.uk/app/ask>
Virgin <http://netreport.virginmedia.com/netreport/index.php>
Waitrose customersupport@waitrose.co.uk
Wanadoo (Orange) http://web.orange.co.uk/p/communicate/general_abuse_form
Yahoo <http://help.yahoo.com/l/us/yahoo/mail/classic/abuse.html>

Many spam e-mails have disguised origin addresses. You can join the battle against the spammers by using SpamCop.net which uses the source code of e-mails to direct the complaint to the correct host. You can find details at <https://www.spamcop.net/anonsignup.shtml>

Also report spam e-mails to <https://ico.org.uk/make-a-complaint/nuisance-calls-and-messages/spam-emails/>

Telecoms

Vodafone www.vodafone.co.uk/contact
Ofcom www.ofcom.org.uk/contact-us/

Unwanted telephone calls and spam text messages can be reported to the Information Commissioner's Office <https://ico.org.uk/make-a-complaint/nuisance-calls-and-messages/>

Online stores

Amazon stop-spoofing@amazon.com

Useful Contacts

Action Fraud phishing@cityoflondon.police.uk
Foreign Email scams scams@fraudwatchinternational.com
Office of Fair Trading scam line enquiries@oft.gsi.gov.uk
HMRC phishing@hmrc.gsi.gov.uk
Companies House fraud@companieshouse.gov.uk
Cyber Crime Website www.cyberstreetwise.com
Action Fraud www.actionfraud.police.uk
Telephone Preference Service <https://www.tpsonline.org.uk/tps/index.html>
Mailing Preference Service <https://www.mpsonline.org.uk/>
Unaddressed mail https://personal.help.royalmail.com/app/answers/detail/a_id/293/kw/unaddressed

Note that this depends on your local post office's compliance!

Joining the battle against spammers, scammers and the like can be quite satisfying, even if it takes a few moments of your time. After all, you are doing something to help limit this irritating and often very dangerous scourge and it can give vent to your spleen!

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	<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
Armadillos	<i>Tuesdays (term-time)</i>	09.00	Rickling School	Stevie Green 01799 542734
Community Café	<i>3rd 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
Carpet Bowls	<i>Wednesdays</i>	19.00	Quendon Bowls Club	David Edwards 07804 954095
Prayer Meeting	<i>Thursdays</i>	09.00	Rickling Church	
Line Dancing	<i>Thursdays</i>	-	Q&R Village Hall	Dawn Bond 01787 460274
Rickling Runners	<i>Thursdays</i>	19.30	The Green	Stevie Green 01799 542734
Buffy Playbus	<i>Fridays</i>	09.15-10.30	Rickling Green	Term-time
Social Evening	<i>Fridays</i>	19.00	Quendon Bowls Club	David Edwards 07804 954095
Whist Drive	<i>1st & 3rd Sats</i>	19.30	Quendon Bowls Club	Tony Green 01799 218796
BCP Communion	11th August	11.00	Quendon Church	
Quickling Festival	10th August		Throughout Quendon & Rickling See Ps 8 & 9	
BCP Communion	18th August	18.00	Quendon Church	
Holy Communion	25th August	11.00	Rickling Church	
BCP Communion	8th September	11.00	Quendon Church	
Parish Council	11th September	19.30	Q&R Village Hall	<i>Provisional date</i>
Evening Prayer	15th September	18.00	Rickling Church	
Holy Communion	22nd September	11.00	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
Sandra Arnold	01799 543075	Northern end - Cambridge Road
Andrew Thomson	01799 543253	Northern end - Cambridge Road
Karen Thomson	01799 543253	Northern end - Cambridge Road
Thelma Wilson	01799 543313	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
Wendy Stannard	01799 541869	Middle - Cambridge Road
Anne Howes	01799 543545	Southern end - Cambridge Road
Sandy Turner	01799 540557	Rickling Green
Pat Turner	01799 543314	Rickling Green
Joanne Hales	07903 596011	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

Copy for each month is normally required by the 19th of the preceding month to allow for assembly, printing and delivery.

The Link is assembled using Scribus software and is printed through the generosity of

ALTERNATIVE Managed Services

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

Advertising in *The Link* really gets your message out!

One of the reasons firms stop advertising here is that they don't need to do so any more.

It could be promoting YOUR business

Contact: Advertising

on telephone 01799 543297

or The Editor

preferably by e-mail at

robert@arnold-q.uk,

otherwise telephone 01799 543075

Clare's **gents hairstylist**
@ Rickling Green

★ Appointments from
7am Mon-Sat

★ FREE easy parking

★ Fully qualified
& insured



Call: 01799 542424

Text: 07791 058406



- Boiler Servicing & Repairs
- Full Central Heating Systems
- Bathrooms
- Underfloor Heating
- Landlord's Safety Certificates

All work undertaken, fully insured & guaranteed



DD 01799 542920
M 07816 355483



Binwash

We
clean
your
Wheelie
bins!

Commercial & Domestic



**Monthly Cleaning
from just £4.00!**

* Households only

- Professional equipment
- 4 weekly schedule or one-offs
- Same day as waste collection

www.binwash-uk.com

01799 529899

enquiries@binwash-uk.com



Electrician

All types of work carried out

Electrical contractor

C D Collins

Crofts View

Newport Road

Wicken Bonhunt

Saffron Walden

Essex, CB11 3UE

Tel/Fax 01799 540194

Mobile: 07831 131 754

Please mention

The Link

**when responding to
advertisements here.**

**An advertisement this size is
only £45 for a whole year!**

**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

PEASGOOD & SKEATES THE FAMILY FUNERAL SERVICE

Arrangements can be made in the
comfort of your own home

Private Chapels of Rest

Pre-paid funeral planning

A personal caring service from a
Local business, day or night

Shire Hill, Saffron Walden
(01799) 523314

66b High St, Saffron Walden
(01799) 513513

46 Moorfield Rd, Duxford
(01223) 833463

www.peasgoodandskeates.co.uk



'ALLO 'ALLO!

Would you like to escape to a traditional French village almost untouched by time?

At Fougerolles du Plessis, you can wind down to a slower pace, taste the fresh local produce, and absorb all the history surrounding you. There is a 4-6 berth fully equipped self-catering ground floor apartment with outside space available for £400 per week. Two twin bedrooms plus a double sofabed. All information and guidance provided from arrival to departure to assure your relaxing break.

Contact Angela on 01799 218061 for more information. (limited places / deposit required)

Pesteco

Fast, effective pest control

We have the solutions for all your pest related problems

Ants	Flying insects	Moths
Bedbugs	Harlequin Ladybirds	Rabbits
Beetles	Fleas	Rats
Cluster Flies	Mice	Squirrels
Cockroaches	Mites	Spiders
Crawling insects	Moles	Wasps

01279 842881 07773 252000



info@pesteco.co.uk



Creative Cascades

Bespoke water features, ponds and stone firepits

Garden relaxation spaces with lush planting

Pond cleaning and maintenance

www.creativecascades.co.uk

01279 771084 / 07889 655908

info@creativecascades.co.uk

Advertising in

The Link

reaches every household in
Quendon and Rickling at
attractive rates

This space could
be promoting
YOUR business

It's just £90 for a whole year!

Contact:

Advertising on telephone
01799 543297 or

The Editor

preferably by e-mail at
robert@arnold-q.uk, or
telephone 01799 543075

Paddy McKeown

WALDEN Sweeps

- Services offered include:
- Chimney and Flue Sweeping
- Wood Burning Stoves
- Open Fires
- Agas/Rayburn
- Bird Nest Removal
- CCTV Examinations

t: 01799 599981
m: 07956 099788
e: paddy@waldensweeps.myspn.co.uk

WWW.WALDENHIREYSWEEPS.CO.UK

ina nelson electrical installer

Female Electrician

- Electrical Installation
- Fault Finding
- Inspection & Testing
- Certification

C&G 2330, 17th Edition, C&G
2391 Test and Inspection.
Part P Registered. NIC EIC
Approved Domestic Installer.

1, Bonnetting Lane,
Berden,
Bishops Stortford,
Essex, CM23 1AG

Tel: 01279 777357
Mob: 07837 420647
inanelson@hotmail.com



CAMWOOD HOME IMPROVEMENTS

Bathrooms
Kitchens
Conversions

Fully Qualified Tradesmen
All other aspects of building
References available - Fully insured -
Free advice & estimates - Competitive rates

Office: 01279 493780 Mobile: 07714 300920
Email: camwoodhome@outlook.com
Website: www.camwoodhome.co.uk
Electrical Safety Register Approved Contractor

Cwena Spa
by Karen Dovaston-Harris



Complete relaxation and rejuvenation in our unique Cwena Spa experience

- Hydrotherapy exercise Pool & Jacuzzi
- Steam room, Sauna and Relaxation beds
- Full range of beauty treatments
- Full range of advanced aesthetic treatments

To book call: 01799 541888
visit: www.karendovastonharris.co.uk
or email: beauty@karendovastonharris.co.uk

STEPHENS-CHIMNEY SWEEP

- Fully Insured
- Smoke Test
- Cows Fitted
- Flexi Liner Installs
- Sweeping
- Stove Installations
- Nest Removal
- Stove Servicing
- Advice Service
- CCTV

Tel: 0800 112 3600
Mob: 0791 870 8626
www.stephenschimneysweep.co.uk




Interested in TIME BANK?

Join our local Time Bank register to offer and receive ad hoc help with every day jobs such as: small gardening issues, dog walking, befriending, cups of tea, baking, light housework, dietary advice, running errands, and much more ...

Contact: Tessa Deriziotis on:
01799 510 525 (work)
07904 890991 (home)
volunteer@volunteeruttlesford.org.uk



Please mention

The Link

when responding to advertisements here.

An advertisement this size is only £45 for a whole year!

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

Caring for Gardens



Andrew Thomson

Tel: Quendon 01799 543253 or
Mobile 07876331710
andrew.d.thomson@btinternet.com
www.caringforgardens.co.uk

For anyone who needs help from a caring gardener. No job is too small and weekly work is always especially welcomed.

 **NFU Mutual** Insured

Quendon OSTEOPATHY

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,
babies and children.

Tel: 01799 543444
Email: info@quendonosteopathy.co.uk
Web: www.quendonosteopathy.co.uk

ONSITE PARKING AT THE NEW CLINIC

SHELFORD HEATING

More than just a service






Heating Plumbing Renewables Bathrooms

All Domestic & Commercial works undertaken

www.shelfordheating.co.uk

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

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 495780
Or e-mail camwoodhome@outlook.com
Electrical Safety Register Approved Contractor

Electrical Safety Register



Advertising in
The Link
reaches every household in Quendon and Rickling at attractive rates

This space could be promoting YOUR business

Contact:
Advertising on telephone
01799 543297 or
The Editor preferably by e-mail
at robert@arnold-q.uk, or
telephone 01799 543075