

# The Link

Quendon & Rickling  
Parish  
and Church

You can find *The Link*  
and much more at  
[www.quendonandrickling.co.uk](http://www.quendonandrickling.co.uk)

## NEWS

July 2019

### In this issue

Church Contacts	2	100 Club	7
Police Contacts	2	Hundred Parishes	8
Vicar's Message	2	Golf Society	8
Church Services	3	News from Westminster	9
Dementia Help	3	U3A	9
In Memoriam	3	Tricycle Association	10
Council Chairman (Not)	4	Police & Fire Commissioner	11
Community Café	4	Crime Prevention	11
Parish Council	5	Summer Security	12
Jumble Sale Report	6	Emergency Life-saving	13
Soccer Pitch	6	What's On	13
District Council	7	Publication Details	14



*Wren*  
*Amy Stratford*

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](mailto:vicar4nqrwchurches@gmail.com)

## From the Vicarage Study Rev. Neil McLeod, Priest-in-Charge of Newport with Widdington, Quendon and Rickling.

**E**arlier this month I went to see 'Rocketman' at the Empire Cinema in Bishops Stortford. I thought it was a fantastic movie; indeed it might even be the best film of the year I have seen so far. Given that it is the year Avengers Endgame was released, that's a bold thing to say for a geek like myself. Yet I thought the performances were excellent, and the way in which Elton John's music was weaved into the film was very good. Whilst some songs were used just in performance, many were used to make a statement about an event or a time in his life. In this way it was much more of a musical than Bohemian Rhapsody which I also liked. By the way, I think 'Rocketman' is the better film.

For those of you unfamiliar with the film it is the account of Elton John growing up from childhood, and his emergence as a major pop star. It also tells in some detail his addiction to drugs and his struggle with his own sexuality. His brief marriage to Renata is covered. I have read somewhere that Elton John, who is one of the film's producers, did not want to shy away from the darker times in his life. So the film is about who he was and who he became, the good bits and the not so good bits. I'm not giving the ending away, as he is a real person and his life is well documented; in saying that he comes through the tough times and in the end finds happiness both within himself and with David Furnish.

It is a story of redemption. In that it can many parallels with the Christian faith for Christianity is also about redemption. It is no surprise that we sing, 'There is a Redeemer' when singing of Jesus's sacrifice for us upon the cross. It is no surprise that the ultimate redemption of resurrection to eternity in heaven was opened for us in Jesus's own resurrection from his death.

The point I'd like to make is that both Jesus's sacrifice and the promise of resurrection were both made for us even though we are not perfect; even though we go wrong. In the film there are a number of people who give up on Elton John as his world and behaviour sinks ever lower. The one person who doesn't judge is his friend Bernie Taupin but he too needs to get away for his own protection. The one person who is never going to give up on us is God himself. There is a hymn called, "Just as I am" that we sometimes sing in church. It is about how God loves us just as we are with faults, with dark spaces, with problems, etc. It is from that love that our redemption story begins in knowing that we can turn to Jesus for forgiveness and acceptance.

'Rocketman' may just be the best film I have seen so far this year, but it is the story of one man. How amazing would it be to part of a church where we're involved in the redemption stories of so many different people? I invite you to be a part of that church. I invite you to take your steps on your redemption journey.

*Neil*

**Please note The Vicar's new address shown in the panels above and below.**

### **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](mailto: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

### **Police contact information**

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

## Church Services in the Benefice

### Sunday 7th July

9.30am Newport Contemporary Communion  
 11.00am Widdington Family Service

### Sunday 14th July

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

### Sunday 21st July

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

### Sunday 28th July

10.00am Newport Benefice Morning Worship

### 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**

### **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.

## Getting help with Dementia through Uttlesford Frontline



Alzheimer's Society research shows that many people worry about "saying the wrong" thing to people living with dementia. And despite almost all of us knowing someone affected, two thirds of people living with dementia report feeling isolated and lonely.

That's why the primary aim of Dementia Action Week in May was to encourage everyone to take action - by starting a conversation with someone we know who's living with dementia. It could be a relative, a friend or a neighbour. But whoever it is, it's definitely time to start talking. Even a chat about the weather could make a difference.

Getting out and about is also beneficial: whether to a dementia café, special cinema screenings, a pub lunch or taking part in an exercise programme. But if you're involved with someone living with dementia just how can you track down what help is available in the community? Who can provide the right advice and information? And, importantly, who can you trust?

Help is at hand, thankfully, through a simple-to-use website developed by Uttlesford Citizens Advice - [www.uttlesfordfrontline.org.uk](http://www.uttlesfordfrontline.org.uk). Just enter 'dementia' in the search box to browse through some 40 services available locally, descriptions of what they do and how to get in touch. You can also access a resource sheet compiled by Saffron Walden Dementia Action Alliance.

[www.uttlesfordfrontline.org.uk](http://www.uttlesfordfrontline.org.uk) enables one-stop access to more than 130 organisations in Uttlesford who can provide help, support and information - with full contact details. Information is listed under: Advice; Family; Older People; Mental Health; Transport; Disability; Addiction; Well-Being. Frontline is also available as an app for mobile devices.

### **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](mailto:johnlodge@ntlworld.com)

to enquire about renting the pavilion or cricket pitch.

### **In Memoriam**

#### **Robert Frank King 'Bob'**

**28th April 1923 – 14th May 2019**

Jackie and Ike - Robert and Linda would like to thank everyone who attended Bob's funeral on Friday 7th June 2019. Thank you for all your cards and messages of sympathy. Dad had a long life, he will be missed by all his family; now will join his beloved wife Dora.

## Rickling/Quendon Community Café

Quendon & Rickling Village Hall,  
Quendon, CB11 3XQ

### Quiz and Fun Bingo



Wednesday 17th July 2019

10.00 am – 12.00 pm

Please contact: Angie and Carole  
01799 543807/218061

Quendon & Rickling Village Hall,  
Quendon, CB11 3XQ

A vertical poster for 'BERDEN STREET Fete! 2019'. It features a festive design with a red and white bunting border at the top. The text lists various activities: Tombola, Bottle Stall, Classic Cars, BBQ, Grand Draw, Bishop's Stortford Town Band, Toybola, Kid's Stuff, Jazz Band, Cakes, and a new Vintage Pre-loved Upcycle Stall. It also mentions a Calamity Clown, Prosecco, and a Vintage Bus. Entry is £2, with U14s free. There is free parking. Social media handles for @berdenfete and Facebook are provided. The event is on Saturday July 13th from 2-5pm. Website: www.berdenfete.org.uk, Enquiries: committee@berdenfete.org.uk.

## (NOT) From the Chairman of the Parish Council

Dear Villagers,

With Sally unavailable at time of submission, it falls to me to write our update to villagers in The Link. I've been pleased to be a member of the Parish Council for just over two years and live with my husband, daughter and a number of relatively disobedient animals just off the Green...

Last month's report advised of the appointment of three new councillors and this month we also co-opted Paul Wilsher back onto the Council. This means that the Q&R PC is 'fully staffed' and we are grateful to all our Councillor volunteers for the time, commitment and enthusiasm they bring to the village.

The minutes from June's meeting are available on the village website, but these were some of the main points raised:

- We welcomed Les Hawkins (Specials Supported Policing Coordinator from Essex Police) to the meeting to provide the PC with information about the Community Special Constables scheme. Special Constables are volunteer police officers, holding the same office and the same powers as regular officers. They wear the same uniform, carry the same equipment and are deployed to the same incidents.

They are not paid, but can claim mileage and duty allowances – and this is what the Parish would become responsible for if we were to support one in Q&R. The proposal is to consider the possibility of 'employing' a Community Special Constable (CSC) for Quendon and Rickling whereby a uniformed Police Officer would patrol Quendon and Rickling for a minimum of 16 hours per week. We have already had interest from someone in the village who might wish to take on this volunteer role. The PC will consider it again at the next meeting and welcome feedback from the village about the proposal.

- The planning application for 'Foxley 2' has now been submitted. Residents will have received, by post, details about the proposal. The planners are very keen to present to the village, but as yet we haven't confirmed this meeting. As/when this happens, we will be sure to let villagers know so that all opinions can be heard.
- The potholes on the road leading to the school and the pub are much improved thanks to repair work from parents of pupils at the school.
- Councillor Ray Gooding was at the meeting and we asked him to pursue the change in speed limit to 40mph just south of Ventnor Lodge later this year.

## (NOT) From the Chairman of the Parish Council (cont.)

This should therefore be in place shortly and, though not the 30mph limit we're ultimately striving for, is progress. He's also looking further into speed calming measures for the main B1383. We are pleased that the speed signs the PC were left to repair and hold up with gaffer tape at the North end of the village have finally been replaced. We are awaiting permission from Essex for a sign to be put up on the bridleway to the back entrance of Quendon Hall but hope this shouldn't take much longer.

- Much work has been done by one of our Councillors, Ted Crow, on the football field – do find his update in this month's *The Link*. This is set to become an excellent facility for the village and we are incredibly

grateful to all the time and energy he is putting into this initiative. Thank you, Ted!

We'd like to congratulate all those involved in Rickling Runfest 2019. We hope you have been able to raise lots of money and reached (if not surpassed) your target!

We have been doing our best to keep our ear to the ground on what's happening with the pub. We've been advised that the lease for The Cricketers is nearing completion of signing and (fingers crossed!) they are looking at re-opening again in July.

Therefore, I remain optimistic and look forward to seeing you for a drink in the pub soon!

*Ele Stoneham*

## Quendon & Rickling Parish Council News

### And then there were 7...

At the June parish council meeting Paul Wilsher was co-opted onto the parish councillor to fill the vacant slot from the recent parish elections. In fact, Paul has been a parish councillor for a few years now so will be bringing a lot of experience to future meetings.

### Community Special Constables

We had a visit from Les Hawkins who is the head honcho for this scheme. He gave an in-depth address on what the scheme entails, which basically boils down to parishes paying to have an additional (some might say the only) police presence in their village. This is a scheme which the parish council will be considering. Although costings are understandably vague at this stage, it is estimated that for a CSC to attend Quendon and Rickling for 16 hours a month the cost will be in the region of £1,000 pa.

### District Council elections

Neil Hargreaves and Anthony Gerard have been re-elected and their party, Residents4Uttlesford, has by far the largest number of district councillors. They will therefore be forming the next administration.

### Football Field

Concrete footings have now been installed in which to attach the goal posts, which have been fully refurbished. Already a team from Elsenham is in the process of signing up and a group from Saffron Walden has also shown considerable interest.

### Other news from the parish council meeting

As you may well know by now, Brandon Chapman and Tony Jones have stepped down as councillors after many years of loyal service. I would like to thank them both for all their efforts on behalf of Quendon and Rickling, and also their help in my early days as parish clerk. They have been great assets to the village.

The annual audit has now been completed and the full return has been posted to the website.

The potholes near the school have been repaired. Hallelujah!

The re-opening of The Cricketers Arms is looking more and more likely. Maybe July?

It is hoped to have a 40mph buffer zone between the 50mph and 30mph but it is very unlikely that this would be reduced to 30mph

### 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 10th July at 7.30pm.

### 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](http://www.essex.police.uk/ecm)

### Contact the Parish Council

The Clerk, Keith Williams can be contacted by e-mail [quendonandrickling.clerk@hotmail.com](mailto:quendonandrickling.clerk@hotmail.com) or by telephone 01279 814473

## Football Pitch

A few months ago, the Parish Council took over the lease for the football pitch for the next 20 years. The pitch has been in existence since approximately 1974 and was last used regularly over 18 months ago.

Nature has been trying to reclaim the once pristine cut grass and turn it back into meadow. It became my responsibility to turn the meadow back into a quality, well cared-for playing field for the use of football teams, school and villagers alike.

The goal posts have been removed, refurbished and will soon be installed again to await the coming season. Concrete goal post foundations and galvanised sockets have been installed to Football Association guidelines in order that we may remove them easily at season end whilst not offering a safety hazard. Even a trusty old gang mower has been obtained and supplied by a private individual to reduce the many hours of grass cutting to just hours!

A smaller football pitch is being created at the North end of the main playing field which will accommodate five-a-side (5 v 5) matches for children of ages under 7 and under 8.

The old football changing rooms and shower blocks are now sadly, dangerous structures and as such have been fenced off until their removal. The landlord's agents, Strutt and Parker have kindly agreed to remove these buildings; however, a timescale has not yet been agreed until a cost-effective contractor has been sourced. The Parish council are costing a Portaloo facility (which will be placed out of sight) for the benefit of children on matchdays.

We are now part of the Uttlesford District Council Playing Pitch Strategy and may feature in a report which will be published shortly for which I attended meetings at UDC with KKP Consultants and the Essex Football Association. We are also undergoing regular pitch quality inspections from the Essex F.A Regional Pitch Advisor.

Quendon and Rickling Football Pitch will be available for any F.A. affiliated teams to use, subject to Parish Council agreement and we will actively encourage other groups such as Walking Football etc.

Elsenham Youth F.C U18 will hopefully be our first visitors in September 2019 on the large pitch and will be joined by the U7 and U8 teams if I am able to convert the smaller pitch into a playing surface of quality.

You must all remember, the whole area, the pitch and grass surroundings are for all the villagers to enjoy. Out of the football season, I positively encourage you all to have picnics, walk, and play in the areas which I am keeping clean and cared-for. Should you be walking dogs, please try to keep them off the actual playing surfaces as we really want to keep these spotless for families and children alike.

The Parish Council will be approaching our school to offer use of the area for school sports and any other lesson time activities they may require.

Should you be in a position to offer any advice or more importantly, assistance in maintaining the pitches and surroundings this would be greatly appreciated. For vehicular access for everyone (there is a car park area) please contact myself [ted@cpsuk.com](mailto:ted@cpsuk.com) or any of the Parish Council.

Have a great summer!

*Ted Crow*

## Jumble Sale 11/5/2019

**A** huge thank you to everyone who supported my charity jumble sale to raise much needed funds for the Kyangala Trust in Africa. We made a whopping £1,500 which will help improve the daily lives of those in that village. We had a lot of fun (and certainly slept well that night!) and sold some weird and wonderful items. The atmosphere was lovely, lots of bartering, not to mention the incredible cakes people made and enjoyed. I was well supported with a team of 16 volunteers, without whom the day would not have been possible; thank you. I have already been asked for a repeat performance next year so watch this space!



*Amy*

Color names if  
you're a girl...



Color names if  
you're a guy...

Doghouse Diaries  
"We take no as an answer."

## Report from District Councillors Anthony Gerard and Neil Hargreaves

### Neighbourhood Plan

The Steering Group is now on the final stages with the Neighbourhood Plan. UDC has been given our Consultation Statement. Effective publicity and consultation is a requirement for the plan to be found sound and the Statement details all the various events, publicity and consultation activities, and the contacts with the many statutory consultees – a bit like you see on a planning application, except more of them. The Steering Group responses and adjustments to the Plan are also noted. The Consultation Statement, and the rest of the evidence base, is on the Plan website <https://nqrplan.org/evidence-documents>.

UDC has also been given the latest draft of the Plan and asked to consider if it needs an Environmental Impact Assessment. This is another statutory consideration. We think the answer is No, but it is UDC who must decide this. The next stage will be another six week consultation. Then UDC will appoint an appropriately qualified and experienced person to carry out the independent examination of the neighbourhood plan, known as the 'independent examiner'. This appointment has to be agreed with the Steering Group. In practice it seems we can choose who will examine the Plan, so we are now checking out with neighbouring areas which have been through this to see what they thought of their examiner!

The consultation version of the Plan will be published shortly. Superficially it looks similar to the previous consultation version. However, there is a great deal of detailed change, and removal of some parts which we have been unable to achieve or facilitate, such as a new Health Centre, and a major site allocation at the quarry south of Newport. We have also hardened up the wordings of policies to make them clearer and more robust, and easily used by planning officers in decision

making.

### Local Plan

The Inspectors have written to UDC, prior to the start of their hearings, to require confirmation of whether the new R4U administration is supporting the submitted Plan. The options at this point are carrying on or withdraw. Although, if the Inspectors find fault, UDC can invite them to recommend alterations. My main objection was that the 14,000 house requirement is overstated by about 2,000. However we cannot at this stage withdraw and resubmit because new rules now apply and the number would be forced up by the government to just under 16,000. So rather than cutting out one of the new settlements we would have to find more sites, which could well be in our area.

There would also be a serious implication for the Neighbourhood Plan. To carry weight in decision making, a Local Plan area must have a five year supply of permissions, otherwise the balance is tilted towards building pretty much anywhere. Currently UDC has a 3.46 year supply. But a Neighbourhood Plan carries weight in its first two years so long as the district supply is at least 3 years worth. But if the housing requirement goes up to 16,000 then we would not even have a 3 year supply and so would have protection from neither the Local nor the Neighbourhood Plan. The decision on the future of the Emerging Local Plan must be taken before the end of June.

### 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*

## Quendon and Rickling Golf Society

The Golf Society went for the first time ever on a two day trip this month. We decided at our AGM last autumn that we would go to the excellent Thorpeness Golf Club and Hotel up near Aldeburgh on the Suffolk coast for a two-game overnigher. It's a beautiful area up there and a lovely golf course with good vistas and landmarks to spot besides following our little golf balls round the 18 holes! There's lots of heather, gorse and bracken lining the edges of the fairways and should a ball disappear well off-side the best idea is to abandon it on the advice of the club as this is the domain of adders. Needless to say we left many balls behind.

Thirteen of us met on Sunday June 15th in the bar of the hotel and fortified ourselves before eleven golfers headed out onto the course. The two non-players did a bit of caddying and a lot of ball searching along with commentary and encouragement - very professional! The weather was good - no rain which was so nice after such incredibly wet weather leading up to this weekend. It was windy which made it tiring but, after a really enjoyable game, everyone made it back to the hotel for a drink before it was time for a quick spruce up and back to meet up in the bar to hear the scores of the day. Our winners on Sunday were Susie Hartley and Mervyn Waite whose score was just ahead of 2nd placed Jane Waite and Anthony Gold. Dining at the hotel was good and to spend down time chatting about everything from the inevitable politics to cars, sport, holidays and village stuff was a pleasure which left us last in the dining room where they began setting up breakfast for the next day to encourage us to move on.....

Monday dawned with blue skies and it's so good to have a leisurely breakfast that someone else cooks so when we began our game mid morning we were well set up. We played a team game with two four balls and one 3-ball. One player was picked as the 'phantom' which means that his score was added to that of the 3-ball to equalise the teams - sounds odd, but it works, and that player effectively plays for two teams. Our winners were Jan Rackham, Alan Price, Anthony Gold and Brandon Chapman who came in just one point ahead of the second placed team.

We all thank Jaine Fieldhouse who organised the whole weekend so perfectly from start to finish. It was very good fun and we intend to make a repeat visit again next year - a very successful first. No photo this time but many good memories. If you want to join us for any of our golf days please contact [janewaite@hotmail.com](mailto:janewaite@hotmail.com).

We have our annual match against Manuden Golf Society at Saffron Walden Golf Club on the 15th of July starting at 13.00. Contact Tony Jones - [jonesthedrill@btinternet.com](mailto:jonesthedrill@btinternet.com) - for more details.

## THE HUNDRED PARISHES SOCIETY



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

The buildings of the Hundred Parishes display a range of traditional construction methods and materials, some dating back many centuries. A notable feature, rarely found outside East Anglia, is pargeting. Pargeting is decorative render applied to the face of a building, either "incised", where a pattern has been cut or pressed into plasterwork, or "raised", where an image has been attached to the wall. Either type may have been crafted by hand in situ or created first using a mould or template. The incised forms were basic and not expensive, unlike the elaborate raised forms. There are several fine and varied examples across the Hundred Parishes.



Perhaps best known are the 17th-century raised images on the former Sun Inn in Saffron Walden. They depict two giant figures (whose identity is a matter of debate) and also

various birds and plants – even a little dog. Also dating from the 1600s is the raised decoration on The Crown House, Newport where legend (albeit without



evidence) suggests that King Charles II may have visited his mistress, Nell Gwynn.

A fine example of incised patterns can be seen in Braughing, where panels of different patterns cover the face of The Old Forge.



In Linton High Street, Chandlers has a mixture of small, ancient raised panels and extensive, more modern incised patterns.

The art of creating and conserving pargeting is now pursued by only a few craftsmen.

An example of imaginative modern design can be seen in



Newport, opposite the village store, and also in Radwinter on a relatively new house called Bourne Side. Radwinter also has pargeting on its almshouses and parish hall which were built in 1874 after a disastrous village fire.

I have mentioned just a few specimens. Other parishes also have examples of pargeting.

**Ken McDonald, Secretary**





## Stansted U3A



It was a full house for Dr Neil Faulkner's seminar on the life and times of Lawrence of Arabia, who he described as a 'Romantic Orientalist'. He explained how this enabled Lawrence to get close to the leaders of the Great Arab Revolt. Dr Faulkner is an archaeologist. Apart from writing a book on Lawrence, Dr Faulkner is also mounting a dig at Monte Cassino, and invited anyone who would like a free holiday to come to the dig and get stuck in. I haven't heard how many have joined up yet!

Do come to St John's Hall, Stansted on 18th July when James Taylor will be entertaining us with a talk on 'The Brilliant British Humour in the Forgotten Art of the Picture Postcard'; have a cup of tea and a biscuit, relax and enjoy yourself! Arrangements have been made with the Residents' Asscn. of St John's Road, that parking for U3A members will be allowed from 1.00p.m. – 4.00p.m. during meetings.



At Copped Hall

Two outings will be on offer, first come first served, one to Beth Chatto Gardens in August and another to Brick Lane Music Hall in October. The July meeting of the Art Appreciation Class will also enjoy a presentation on Street Art. New Members very welcome.

Our recent visit to Copped Hall, near Epping was most interesting. Volunteers have been bringing back this lovely Georgian/Victorian Mansion from the dead. We enjoyed a tour of the partly restored rooms and basement and took a tour of the 4 acre walled garden, where many of us bought plants, grown by even more volunteers. Even though the weather was as wet as only an English Spring day can be, we all thoroughly enjoyed our day out.

Full details of any of the above can be found on our website [www.u3asites.org.uk/stansted/home](http://www.u3asites.org.uk/stansted/home)

*Eileen Quinn*

## News from our Member of Parliament

### Local MP welcomes new police officers

Kemi Badenoch, the Member of Parliament for the Saffron Walden constituency, has welcomed the nine new officers that have taken up their places on streets across Uttlesford.

"When I was elected I promised constituents to deliver more officers for our local area. The effort put-in to achieve this is paying off and I can announce that the local policing team in Braintree and Uttlesford now have nine more officers, with another 12 to come.

"It is vital that neighbourhoods and businesses across our constituency can feel safe and protected and this is undoubtedly encouraging news and a move in the right direction.

"I know that residents have also been concerned by

traveller sites in the area, so I am also glad that there will be an additional seven officers to help tackle rural crime across Essex.

"I commend Roger Hirst, the Police, Fire, and Crime Commissioner, Chief Constable Ben-Julian Harrington and Essex Police on their work and I look forward to building on this positive news."

In the last year, Essex Police has grown and now has a strength of 3,062 full-time equivalent officers – 59 more than originally planned.

Further investment means there are plans to grow Essex Police and bring officer numbers up to 3,218, an increase of 368 in total over 2018/2019 and 2019/2020.

(20190518 – Press Release )

### 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](mailto:robert@arnold-q.uk), or telephone 01799 543075

## Tricycle Association

The Tricycle Association was formed at the end of 1928, and held its first official run in February 1929. This year marks the 90th Anniversary of the T.A., which we are celebrating with some special events. The T.A. is a national organisation with around 500 members, in seven geographical regions. Each Region organises a programme of racing, touring and social events during the year. There are also a few nationally organised events, such as the National Dinner, Prize Presentation and AGM.

The T.A. did not have a national newsletter until July 1944. In the first issue of 'The Tricycle Association Bulletin', it was announced that a Mid Summer Run would take place after the T.A. 50 mile (Tricycle Trophy) event that was being held early on Sunday 16th July 1944 on the 32nd Course, north of Bishops Stortford. Overnight accommodation and the event headquarters were at Ventnor Lodge, Quendon. These premises, along with other local houses and club huts, provided accommodation for cyclists racing on this course over many years. The 1944 Mid Summer Run departed from Ventnor Lodge, and took a lanes route to Hoddesdon for lunch and Hatfield for tea. This route would almost certainly have passed through Manuden and Much Hadham.

For one of our 90th Anniversary Events, we will be riding round a 25 mile circuit, which starts and finishes at Hopley's Cafe at Much Hadham on Sunday 14th July 2019. Our circuit will pass through Little Hadham, Furneux Pelham, Stocking Pelham, Rickling Green, Manuden (lunch), Farnham and back through the Hadhams. There will also be an extra 8 mile loop from Furneux Pelham, Little Hornead, Braughing and back to Furneux Pelham for those who want to ride a longer route! We hope that you will enjoy watching our tricycles and tandem tricycles passing through your very pretty lanes and villages.

For more information on The Tricycle Association, please visit our website at [www.tricyclessociation.org.uk](http://www.tricyclessociation.org.uk). If you happen to have any photographs of Ventnor Lodge, other local cyclists' accommodation, riders taking part in pre-1960s events on the Quendon course or even any old tricycles, I would be very pleased to hear from you!

*Chris Hewitt,*

Regional Captain, Thames Valley Region, The Tricycle Association.

Tel: (01582) 763622.



**All Aspects  
Tree Services**

ALLASPECTSTREESERVICES.CO.UK

TREE SURGERY  
STUMP GRINDING  
HEDGE CUTTING  
FENCING

**01279 730659**  
**07940 231964**

INFO@ALLASPECTSTREESERVICES.CO.UK



**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

## Quendon & Rickling 100 Club

Congratulations to the June winners

1st S Cundy £35

2nd N White £24

3rd S Gemmil £14

If anyone else would like to participate an application form can be downloaded from the Village Website ([www.quendonandrickling.co.uk](http://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.

## News from the Police and Fire Commissioner's Office

Essex Police officers can now be more visible in their communities thanks to their colleagues at Essex County Fire and Rescue Service.

Community Policing Teams now have access to a number of fire stations across the county and can use them as drop in locations for when they are deployed to certain areas on duty. It means that police officers, PCSOs and Special Constables can spend more time being visible to the public instead of travelling to and from police stations – a real benefit especially in the more rural areas of Essex.

- Chelmsford and Maldon Community Policing Team now have access to Burnham Fire Station.
- Braintree & Uttlesford Community Policing Team can now use Halstead and Coggeshall fire stations, and Dunmow, Leaden Roding and Newport
- Brentwood & Epping Forest Community Policing Team can use Ingatestone Fire Station

However, these fire stations are not open to the public to report crime. If people need to contact Essex Police, they should do so in the usual way, either by calling 101 or 999 in an emergency or online <https://www.essex.police.uk/do-it-online/>

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. Thanks)

You can also find me on TWITTER: Paul Harris EWLO@PaulEssexWatch

## CRIME PREVENTION ADVICE

Recently I have noticed quite a few burglaries where access has been gained by kicking the front or back door in. Many were wooden doors fitted with only one lock, or a rim night latch positioned either centrally or higher up the door. Neither of these positions supply much protection to the bottom of the door which is susceptible to sustained kicking. Best practice is to locate a rim night latch about one third down from the top of the entrance door and a mortice deadlock about one third up from the bottom. This provides far better protection to the door. However before you go and fit an extra lock to your door, the position of the locks may be dictated by door's construction; fitting a lock at a wooden joint will reduce the door's strength. If you are unsure get some advice first (see below).

Modern PVC or composite doors (and some modern wooden doors) are usually fitted with multiple locking points BUT they are only functional if they are properly used: remember to lift the handle to engage them and then lock the door. Locking the door but failing to lift the handle, frequently relies only on a thin central latch which could leave the door prone to levering open or being kicked in. Burglars often try door handles and if they can be pressed all the way down they know the door is not properly locked and is a potential target.

The Crime prevention website gives lots of advice and suggestions for improving door security. If you want someone to fit extra locks, ensure you use a locksmith registered with the Master Locksmiths Association. Go to <https://www.essex.police.uk/advice/home-security/> or <https://thecrimepreventionwebsite.com/> for more information.

There appears to be an upsurge in the theft of vehicle parts. Thieves are gaining entry by various means into fairly new vehicles such as BMWs and Mercedes and stealing parts from within especially steering wheels, but also including parts of the dashboard and sound systems. Apparently some BMW steering wheels can be worth anywhere from £500 to £1,500!

## CRIME PREVENTION ADVICE (cont.)

All of this takes time so anything that can warn you or increase the time that they will need will help put them off.

- If you have a suitable garage please use it. If they are unaware of what car you own, they are more likely to move on to one they want and can see.
- A steering wheel lock such as those designed to deter the theft of the vehicle itself is a good idea, especially if it serves a dual purpose by covering access to the centre of the steering wheel there by making it difficult to remove it from the steering column.
- Also consider upgrading your car alarm or fitting a retrofit alarm system, and don't forget to apply the warning sticker!
- Not all car theft devices are good or have been properly tested. We advise the use of Secure by Design or Thatcham approved devices which have been tested to meet or surpass minimum standards.

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. Thanks)

You can also find me on TWITTER: Paul Harris EWLO@PaulEssexWatch

## Shed and garden crime (spring/summer)

As spring disappears into summer and we find ourselves spending more time keeping the garden tidy so we also see an increased number of shed and outbuilding thefts.

**Working in the garden:** it is easy to get engrossed in what you are doing when working in the garden; if the house is empty it is wise to close and lock the door (don't forget the key though!). Remember when you finish working in the garden or stop for a break put your tools away, "it adds insult to injury" if your tools are used to break into your house.

**New tools and lawn mowers:** be mindful of how you dispose of the packaging to your new purchases; don't advertise it to the thieves and burglars with your empty boxes on display outside for roadside collection. Fold boxes inside out or break them up and put them in bag for collection.

**Property marking:** it's a good deterrent if your property is visibly security marked with your house number and post code such as [www.creproducts.co.uk](http://www.creproducts.co.uk) or labelled if a forensic (hidden) property marking system is used such as [www.smartwater.com](http://www.smartwater.com) or [www.selectadna.co.uk](http://www.selectadna.co.uk). You can also record the serial numbers of any property free of charge at [www.immobilise.com](http://www.immobilise.com). If your property does get stolen with property marking and/or recording on Immobilise there is a greater chance of you getting it back.

**Shed security:** with sheds coach-bolt and plate the padlock hasp sections to the frame and door; use a good quality "Close Shackle" padlock or a key operated mortice lock; don't forget the hinges ensure they cannot be unscrewed. Protect windows with a wire mesh and fit a curtain or white wash the windows to prevent prying eyes. Consider a shed alarm if you do not have one. There are shed alarms available that contact you on the phone when activated and this is a clever device with many applications [www.uwatch.co.uk](http://www.uwatch.co.uk). Products that are fit for purpose can found by looking for the "Secured by Design" or "Sold Secure" logos, or on their websites [www.securedbydesign.com](http://www.securedbydesign.com) or [www.soldsecure.com](http://www.soldsecure.com).

**New plants:** larger plants etc. can be secured to land or rootball anchors or plant through chicken wire covering the area with soil. Cement or bolt down containers to the ground. Your local garden centre or DIY store should be able to help.

**Rogue Traders:** the rogue trader also takes advantage of the fine weather to con the unsuspecting. Although you may think you would never be taken in by them, they can be very convincing, especially to the elderly or vulnerable; "I am laying some gravel up the road and see you need some....."; "I notice your trees or shrubs need a prune..."; so many stories. Look after the elderly or vulnerable near you and step in should you need to with a little advice; also another face sometime puts the rogue trader off. If you need a trader and have no personal recommendations, look at [www.buywithconfidence](http://www.buywithconfidence) for traders checked out by Trading Standards.

Stephen Armson-Smith 74324

Crime Prevention Tactical Advisor; Designing Out Crime Officer

Braintree and Uttlesford Districts Heritage Crime Prevention Lead

Telephone 101 extension 407110; Mobile 07525 409720

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

## 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 &amp; 3rd Sats</i>	19.30	Quendon Bowls Club	Tony Green 01799 218796
Parish Council	10th July	19.30	Q&R Village Hall	
Berden Fete	13th July	14.00-17.00	Berden	See P4
BCP Communion	14th July	11.00	Quendon Church	
Tricycle Event	14th July			See P11
Golf Soc v Manuden	15th July	13.00	Saffron Walden GC	Tony Jones <a href="mailto:jonesthedrill@btinternet.com">jonesthedrill@btinternet.com</a>
U3A Meeting	18th July	13.00	St. John's Hall Stansted Mft.	
Evening Prayer	21st July	18.00	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/](http://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](mailto: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](mailto: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](mailto: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](http://www.binwash-uk.com)

**01799 529899**  
[enquiries@binwash-uk.com](mailto: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](http://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](http://www.peasgoodandskeates.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](mailto:robert@arnold-q.uk), or  
telephone 01799 543075



'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 sofa bed. 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)

Please mention

*The Link*

when responding to  
advertisements here.

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

Creative Cascades

Bespoke water features, ponds and stone firepits

Garden relaxation spaces with lush planting

Pond cleaning and maintenance

[www.creativecascades.co.uk](http://www.creativecascades.co.uk)

01279 771084 / 07889 655908

[info@creativecascades.co.uk](mailto:info@creativecascades.co.uk)

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.myszn.co.uk](mailto:paddy@waldensweeps.myszn.co.uk)

[www.waldenchimneysweeps.co.uk](http://www.waldenchimneysweeps.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](mailto: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](mailto:camwoodhome@outlook.com)

Website: [www.camwoodhome.co.uk](http://www.camwoodhome.co.uk)

Electrical Safety Register Approved Contractor

*Cwena Spa*  
by Karen Davaston-Harris



Complete relaxation and rejuvenation  
in our unique Cwena Spa experience

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

To book call: 01799 541888  
visit: [www.karendavastonharris.co.uk](http://www.karendavastonharris.co.uk)  
or email: [beauty@karendavastonharris.co.uk](mailto:beauty@karendavastonharris.co.uk)



- 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](http://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](mailto: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](mailto:andrew.d.thomson@btinternet.com)

[www.caringforgardens.co.uk](http://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 (Lampton) 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](mailto:info@quendonosteopathy.co.uk)

Web: [www.quendonosteopathy.co.uk](http://www.quendonosteopathy.co.uk)

ONSITE PARKING  
AT THE NEW CLINIC



*More than just a service*



Heating



Plumbing



Renewables



Bathrooms

All Domestic & Commercial  
works undertaken

[www.shelfordheating.co.uk](http://www.shelfordheating.co.uk)

T: 01223 833426 E: [sales@shelfordheating.co.uk](mailto: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](mailto:camwoodhome@outlook.com)  
Electrical Safety Register Approved Contractor



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](mailto:robert@arnold-q.uk), or  
telephone 01799 543075