

The Link

Quendon & Rickling
Parish
and Church

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

NEWS

October 2019



*Picture by Robert Arnold
of Sculpture at Herstmonceux Castle*

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

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

Telephone: 01799 540339 **E-mail:** vicar4nqrwchurches@gmail.com

From the Vicarage Study

Rev. Neil McLeod,

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

In the United States we recently heard of two mass shootings. One of these was in El Paso, Texas and the other was in Dayton, Ohio. Someone spoke to me about a headline that they saw on the BBC which stated, "I forgive El Paso gunman for killing my son." They wondered a) how somebody can forgive when there seems to be no expression of remorse from the assailant and b) what is value of forgiveness where there is no apology? Forgiveness is one of the central teachings of the Christian church so how does it all fit together?

I do not know about the parent who spoke after the El Paso shootings, but I have in the past spoken of the parents of Jimmy Mizen. He was a young lad who was killed aged 16 back in 2008. His parents are Christian and they too spoke of the need to forgive the man who killed Jimmy, even though it is unlikely they will ever meet him to discuss it. In 2018 they held a service in Southwark Cathedral to mark the 10th anniversary of Jimmy's death, in which they repeated the need to forgive. His mum said this, "I feel it was absolutely right in my heart to forgive him because by forgiving him I'm able to do all the things I want to do, it allows me to look out the window and see the sun shining and the flowers blossoming. If I didn't it would fill me with so much hate that I wouldn't be able to do these thing."

There are two types of forgiveness: where we forgive others who have wronged us, and where we forgive ourselves for things that we have done wrong. I believe that Jesus died on the cross so that all sins could be forgiven. Personally I do not believe in unforgivable sin as it would diminish Jesus's death. When something is done against us, as in the case of Jimmy Mizen or the son killed in El Paso, we can be left with anger, with hatred or with bitterness. When we do something wrong ourselves we may be left with guilt or shame. These are all negative emotions and I do not believe that they do us any good whatsoever. We can have righteous anger where we are angry about certain things such as sex trafficking, etc., which will motivate us to work against such things, but anger at something done to us personally is different. It is worse.

Jesus said, "I have come that they may have life and life in all its fullness". (John 10) I believe that a full life is not one that can be achieved through anger, hatred, guilt, shame, etc. Being able to forgive, which Jesus's death makes possible, brings us healing and release from the negative emotions that can take over if we are not careful. Jimmy Mizen's mum said that she can enjoy looking out of the window to see the sun shining and the flowers blossom, which she believes she would not be able to do if she hadn't forgiven her son's killer.

We forgive to free ourselves from the hatred. We forgive to free ourselves from the guilt. We forgive to free ourselves from the shame. We forgive so that we can go on to live a full life in Jesus as he would want us to.

Neil

Have you topics which you would like Neil to consider in his monthly message? I would be pleased to pass requests to him, anonymously if you wish.

Robert Arnold, editor, robert@arnold-q.uk

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

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 6th October

9.30am Newport Contemporary Communion
11.00am Widdington Family Service

Sunday 13th October

8.30am Newport BCP Communion
9.30am Newport All Age Worship
11.00am Quendon BCP Communion

Sunday 20th October

9.30am Newport Holy Communion
11.00am Widdington Holy Communion

Sunday 27th October

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

Sunday 3rd November

9.30am Newport Contemporary Communion
11.00am Widdington Family Service

Sunday 10th November

10.50am Newport Remembrance Day Service
6.00pm Quendon BCP Communion,
with Reading the Names of the Fallen

Sunday 17th November

9.30am Newport Holy Communion
11.00am Widdington Holy Communion

Sunday 24th November

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

Sunday 1st December

9.30am Newport Contemporary Communion
4.00pm Widdington Christingle Service

Sunday 8th December

8.30am Widdington BCP Communion
9.30am Newport Morning Worship
11.00am Quendon BCP Communion
3.30pm Newport Messy Christingle

Sunday 15th December

9.30am Newport All-Age Service
3.00pm Widdington Carol Service
6.00pm Quendon Carol Service

Sunday 22nd December

11.00am Rickling Holy Communion
6.00pm Newport Carol Service

Christmas Eve

3.00pm Widdington Crib Service
4.30pm Rickling Crib Service
5.00pm Newport Crib Service
11.30pm Newport Midnight Communion

Christmas Day

9.00am Quendon Family Communion
10.00am Widdington Family Communion
11.00am Newport Family Communion

Sunday 29th December

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.

Harvest Festival

At this year's Harvest Festival at Quendon Church on Sunday 13th October, we will be supporting Saffron Walden Food Bank. We are asked to bring donations of breakfast cereals. We look forward to seeing you. Revd. Chris Bishop will be taking the service.

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.

Rickling/Quendon Community Café Quiz and Fun Bingo



Wednesday 16th October 2019

10.00 am – 12.00 pm

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

Quendon & Rickling Village Hall,
Quendon, CB11 3XQ

Quendon & Rickling Parish Council News

Parish Council Meeting

Due to an early copy date for this issue of *The Link*, the September meeting (delayed from the 11th of September to the 18th of September) cannot be reported this month.

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.

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

Rickling and Quendon Community Café Christmas Fayre

United Reformed Church Wicken Road,
Newport



Saturday 16th November 2019

2pm -5pm



Phone Carole or Angela on 01799
543807/218061

A cartoon armadillo wearing a yellow shirt with the letter 'A' on it, holding a green sign that says "Armadillos".

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

Advertising in *The Link*

reaches every household in Quendon and Rickling at attractive rates.

It could be promoting YOUR business.

Contact:

Advertising on telephone 01799 543297 or

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

Halloween

Not everyone likes being bothered by "Trick-or-Treat" visitors.

Feel free to cut out and post this on your door.



**All Aspects
Tree Services**

ALLASPECTSTREESERVICES.CO.UK

**TREE SURGERY
STUMP GRINDING
HEDGE CUTTING
FENCING**

**01279 730659
07940 231964**

INFO@ALLASPECTSTREESERVICES.CO.UK

...and while on the subject...



Quendon Bowling Club

Whist Drives

SATURDAYS 7.30pm.

2019:

5th & 19th October
2nd, 16th & 30th November
14th December

2020:

4th January
1st, 15th & 29th February
14th & 28th March
4th & 18th April

**Admission. £2.50 (Includes
Refreshments & Raffle)**



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

Towers and Spires. Almost every parish within the Hundred Parishes has a church of great antiquity. Each one is different. The most notable external feature is often the tower, erected originally to house a bell or set



Tilty with bell turret and cupola



Quendon with white bell tower and cupola

of bells, raised high so their sound would travel above the surrounding rooftops to summon parishioners to prayer or for a special occasion. Almost all our church towers are square with just two being round: Bardfield Saling and Bartlow.



Sawbridgeworth with Hertfordshire spike

Some churches have a spire, usually extending upwards from the square tower base and tapering to a point. The combination of tower and spire may be called a steeple. The shapes of spires vary greatly; tall and thin styles are often referred to as 'Hertfordshire spikes' although they are not confined to Hertfordshire. The tallest local steeples are at Saffron

Walden (193 feet) and Thaxted (181 feet).

A few churches have a bellcote, where one or two bells hang in a small frame above one end of the roof. Several of these were erected to replace a collapsed bell tower. Wimbish seems to be our only parish church with no tower, spire or bellcote, following the demolition of its tower in 1883.



High Roding with bellcote

A few churches have unusual towers or spires including Little Dunmow's separate thin turret, Wareside's octagonal bell tower and High Wych's thin circular spire. The spires of two churches in adjacent parishes, Ickleton and Hinxton, each have a 'sanctus' bell, high up on the outside of the spire - an uncommon design feature.



Sewards End with a 'fleche' comprising four-legged belfry and mini spire



Wareside with octagonal bell tower

Next time you are out and about, please keep an eye open for the rich variety of local church architecture. A picture of each parish church appears amongst the thousand photos in the Society's book, *The Hundred Parishes: An Introduction*, available in tourist information centres and libraries.

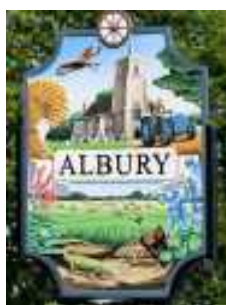
Village Signs. The tradition of village signs is believed to have started around 100 years ago on the Sandringham Estate in Norfolk. The idea has spread and is particularly popular in the Hundred Parishes. Around two-thirds of the parishes have a welcoming sign that usually tells us something about the place and its history.



The installation of a village sign has often been prompted by a significant event or anniversary. The Queen's Silver Jubilee inspired the erection of Stansted Mountfitchet's knight signs at either end of the village in 1977. The arrival of the new millennium (was it really 20 years ago?) saw a rush of signs, followed by the Queen's Golden Jubilee in 2002. The 800th anniversary of Magna Carta inspired the installation in Little Dunmow in 2015.



Signs are generally made from wood or steel and their designs often show great imagination and artistic skill to depict aspects of life or history that are important to that parish. Several include a plane, recognising the part played by their local airfield in the



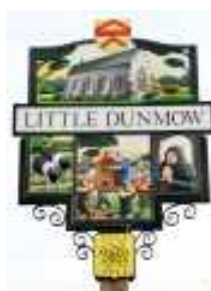
Second World War.

Some parishes have more than one sign: for example, Much Hadham has its own plus others in the hamlets of Perry Green and Green Tye. Some signs, such as Finchingfield, have different images on front and back. Most are at the entrance to the village or in a prominent place, whilst a few are somewhat off the beaten track, for example in Broxted and Thaxted.

I would be interested to hear of any signs older than those in Stansted Mountfitchet or newer than the one erected in Albury in May 2019. I would also like to hear if any have been listed.

If you are a photographer or artist, there is much scope for trying to 'capture' these charming works of art.

Ken McDonald, Secretary



Report from District Councillors Anthony Gerard and Neil Hargreaves

Neighbourhood Plan

The headline news is that the Neighbourhood Plan has moved on to the next stage, which is the 'regulation 16' consultation. This runs from 17th September to 29th October and this time it is run by UDC not by the Steering Group. We have selected an examiner, who will be appointed by UDC and he will receive the consultation responses. Moving to this stage means that a number of legal compliance matters have been satisfied to the satisfaction of UDC and statutory consultees. There was some delay while English Nature wanted the Plan to include detail of how it would remediate the impact of the 'Foxley 2' site on Hatfield Forest! Fortunately, UDC dealt with this one.

The examination process will start after the 29th October and how long it will take is not in our control. If say it is two months then we may have the Plan at referendum in January

The Plan and supporting evidence are on the UDC website at <https://www.uttlesford.gov.uk/nqrnp> (information at time of going to press).

Implementing manifesto promises

Some changes have been made to the procedures at the Planning Committee to give residents and parish councils more involvement. These include allowing:

- one parish council member to speak for 5 minutes, previously three minutes
- other speakers for 4 minutes, also previously it was three minutes
- up to two parish council representatives to be allowed to attend committee site visits



And for some refused applications agreement of the full refusal reasons is now being deferred to the following meeting. Previously it was done on the spot, which meant that the officer who had just put an application forward for approval had to immediately codify refusal reasons. Having robust and comprehensive reasons is important should applicants take refusals to appeal. It may also dissuade them.

A recent example is of developer Cala in Newport. They have been required to reduce a 10-foot-high bund in front of houses on the new Wicken Lea development back to the height they originally got permission for. This was the outcome of combined action by local residents, parish and district councillors, the new Planning Committee and the UDC Enforcement team.

Cala presented no valid reason for raising the bund but carried on despite knowing they had no permission and they ignored a warning from UDC. They applied for retrospective permission and the committee refused it unanimously. Raising the bund was pretty clearly to avoid the expense of shifting the spoil which they had excavated to build a large flood attenuation pond. It is understood that they considered appealing but, possibly for fear of bad publicity, issued a graceless acknowledgment that they would comply, which they have done. The photos show the removal team at work.



At the committee meeting at which permission was refused, both myself and parish councillor Judy Emanuel were brought into discussion with the officers and the chair and it was agreed that we would draft the reasons for the officer to consider. This was at the first meeting under R4U and I felt that the committee was for the first time functioning as an inclusive body. The refusal and prompt enforcement action by UDC is good news for all as it has put down a marker that the new regime will be rigorous in its dealings with developers. The word will get around and let's hope this creates a virtuous circle where applicants stop trying it on. Thus, saving work for all.

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

UDC finances

While work continues on the big items such as the airport application and the Local Plan, we are also putting together a revised process for new council commercial investments. These are needed because the government has slashed council income from central government and also prevents us raising council tax, currently about £5m pa, by more than £5 a year on band D, which would bring in very little extra cash. One of the council's largest income sources used to be the rate support grant. This was dropped and replaced by the New Homes Bonus (NHB), which was £8,000 per completed house and intended as a bribe to encourage house building. It was worth about £4m a year to UDC. The previous administration, flush with cash from all new the housing, then did not take the opportunity to raise council tax and even reduced it. The government then withdrew the NHB with no replacement. (It was somewhat odd as houses are mostly built by developers not councils.) The government did make a grand announcement at a party conference that councils would receive 100% of business rates. This has also been reneged on. Although the starting point is a business rates share of 40% to UDC,

which would be about £17m, UDC only receives just over £2m after government deductions. The result of these funding cuts is that the council will have an annual deficit of about £3m pa. In order to fill this gap the council will be doing more commercial investments. Some of these may be within Chesterford Research Park (we have already bought the land so the return would be higher than our current investment there) and some elsewhere in the district, surrounding counties or other locations in the UK.

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

Other News from Uttlesford District Council

You can get email newsletters and alerts on a whole range of topics via Keep me posted – sign up and find out more at www.uttlesford.gov.uk/keepmeposted.

Consideration for Neighbours

Too late for the last edition of The Link came a request to issue a plea for more neighbourly consideration. It is still appropriate to include it now.

Of course gardening activities result in waste that needs to be disposed of, and not everyone composts at home. Though the local District Council offers a green waste collection system (<https://www.uttlesford.gov.uk/gardenwaste>), some residents still prefer to use a bonfire. If you do so, please have consideration for your neighbours who may wish to relax outside and may have laundry on the line. On the day of the plea, a Sunday, the north of Quendon was engulfed for at least the morning in a cloud of smelly bonfire smoke, which was very unpleasant.

This came on top of the same morning's peace being shattered, starting at about 9am, by what sounded like a noisy string trimmer, and then the tranquility of most of the afternoon was wrecked by a motorised hedge cutter!

These are not unusual events.

Irrespective of religious affiliations, many of us regard Sunday as a day of rest, relaxation and recreation, when if it's not raining, the outside should be pleasant. Even if you do not share this view, please have regard for your neighbours in your activities.

Quendon & Rickling 100 Club

Congratulations to the August and September winners

August			September		
1st	R Lockwood	£35	1st	S Gemmil	£35
2nd	P Ball	£24	2nd	M Dallimore	£24
3rd	P Ball	£14	3rd	K Whitting	£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.



Security News and Advice from Stephen Armson-Smith, Braintree & Uttlesford Crime Prevention Officer - 090819

Heating Oil

Before it gets to autumn you may be thinking about topping up your heating oil tank for winter; with the value of fuel it is worth considering its security.

In the more isolated parts of the countryside it is primarily domestic properties that have been targeted by the heating oil thieves, but we have also seen such thefts at farms and other businesses.

There are a number of security devices available that will help protect your fuel supplies - details of which can be found via your fuel supplier or local plumber's merchant. One such system is Tank Commander from <http://www.scrabosecurity.com/> which has "Secured by Design" accreditation. Others can be found by searching the member companies at www.securedbydesign.com. These products will detect a dramatic drop in fuel and call you on the telephone. There are also other systems that will add on to an existing intruder alarm system, whilst others protect the filler cap and there are of course the conventional locks.

Another consideration would be defensive planting, gates or fencing around the tank concealing and restricting access it, where possible locate the tank under lighting in view of lived in rooms within the house.

If you would like further advice regarding security please look at the Essex Police website <https://www.essex.police.uk/advice/>, the crime prevention website <http://thecrimepreventionwebsite.com/>.

Naturally we also ask locals to report any unusual activity to police **in an emergency** on **999** or **after the event** on **101** or to Crimestoppers anonymously on **0800 555 111**.

RHS Hyde Hall Summer Flower Show 2019

As part of partnership working between Essex Police, the RHS, and Secured by Design we were privileged to have had a show garden designed and built for us at the RHS Hyde Hall Summer Flower Show. We added security measures to the shed and garden whilst the RHS included nature's own security in the form of defensive planting. Defensive planting being that of a spiky and or dense nature that will deter intruders. The show attracted a record 33,000 visitors and I think most of them came through the show garden and spoke to us. A big thank you to all of you that dropped by for a chat, some very interesting conversations and I learnt from one that defensive planting goes back to Anglo Saxon times with farmers defending their crops.

It is proving to be a most rewarding partnership for all with each of us gaining from each other's expertise enabling us to provide a better standard of advice to yourselves, as can be seen in the new RHS Hyde Hall's garden security leaflet, which also lists some defensive plants and where to find mature examples of them at

Hyde Hall. You can see the RHS's advice on their website (search <https://www.rhs.org.uk/advice/> for garden security, for instance) and The Editor has paper copies for browsing.

Below is a link to a short video news article regarding the event:

<https://www.essex.police.uk/news/news-and-features/2019/08aug/safety-advice-given-to-thousands-of-gardeners-at-r/>

Autumn and winter nights – create the illusion of occupancy

Upon walking down the road and with the darker nights now it is easy to spot that empty house; there is a line of houses, lights within and signs of occupancy. In the middle of these houses is a similar house but this one is in darkness with no signs of occupancy; easy to spot the empty house and chances are the burglar will too. At this time of year an increased number of house burglaries occur between dusk and when you get home. You don't have to be a magician to create the illusion of occupancy and it may help protect your house.

Become an illusionist and make your home appear occupied even when you are out. Simple things like lights on timers in rooms that you would normally occupy whilst in and a TV simulator for the evenings, you can now even get a timer that fits over your light switches (search on the internet for light switch timer) and door bells you can monitor and answer remotely via your mobile phone. During the day leave a radio on, boots outside the back door, vacuum cleaner out with the lead going out of sight (not plugged in though), newspaper over the arm of the chair with a drink on the table and a pair of spectacles, the list goes on. Don't leave garden tools out in the garden though or you may find the burglar uses them. Lock tools securely away in a secure shed or garage; use a shed alarm these can also be remotely monitored too.

Personal Safety

The most important thing to remember in personal safety is to be aware of your surroundings, "keep your wits about you" and plan your journey, have a plan in mind should things go wrong. You are very unlikely to become a victim of crime and these tips are intended to help safe guard you.

Mobile phones and personal music players. Before you answer a text or a call check it is safe to do so, they can take your attention away from your surroundings and reduce one of your important senses –your hearing. Remember your illuminated screen lights up your face, reduces your vision around you at night and shows someone your desirable mobile phone.

Trust your instincts. Our instincts have developed over

Security News and Advice from Stephen Armson-Smith (cont.)

years, if something does not feel right or feel safe go with the feelings, avoid the location. Try to use well lit, busy streets and use the route you know best. Walk facing the traffic so you can see cars that approach you and the people within. If you feel threatened raise the alarm, head for a crowded place, make a noise, knock on a door! When it's safe to do so dial **999**; it's an emergency after all.

Plan. Have plan in your mind, if.....happens I will do what? Plan your journey give yourself time so that you don't need to take the short cut you would not normally use, let someone know where you are going and what time you are likely to be back, know the times of buses and trains, take the number of a reliable taxi company with you. Make sure your mobile phone is fully charged and you have sufficient cash for your journey. Clothing - hoodies reduce your peripheral vision; wear something

you can move easily in.

Personal safety alarm. Consider carrying a personal safety alarm, or with the modern "smart phones" there are also app's such www.panicguard.com; if you have it don't hesitate to use it if you feel the need.

In a car. Always use good well lit car parks such as a "Parkmark" approved car park www.parkmark.co.uk. Again look around, if you feel unsafe, lock yourself in sound the horn. And use your mobile phone; drive to a crowded place.

Further advice can be found on these web sites:

http://www.essex.police.uk/be_safe/personal_safety1.aspx

<http://www.suzylamplugh.org/personal-safety-tips/free-personal-safety-tips/safety-on-the-street/>

CRIME PREVENTION

There have been a number of thefts of cabling including telecoms cabling from under street conduits. Copper is worth money, which means cable theft is a constant threat. And when cable gets stolen, it can cause problems with phone, broadband and TV services.

Thieves are lifting covers and using vehicles to drag the cables out of the ground. If you see "work" being carried out by unmarked or inappropriate vehicles during the evening or night and believe that a theft may be in progress call **999**. No one will mind a call made in good faith.

As well as using anti-theft technology to help track stolen cable and help convict criminals, since 2011 BT has teamed up with the charity Crimestoppers, and offers a cash reward of up to £1,000 for any information that leads to a prosecution. Crimestoppers doesn't take people's names or personal details, and the information it gathers can't be traced or recorded.

How to contact Crimestoppers

If you think you can help us in the fight against metal theft, please contact Crimestoppers anonymously on **0800 555 111** - or you can go to their website.

BT are also working with other organisations like the National Crime Agency, British Transport Police and Network Rail, to tackle the problem together.

Can you spot the signs of organised crime involving drugs i.e. "County Lines"?

- An increase in visitors and cars to a house or flat
- New and regularly changing residents (e.g. different accents to local accents)
- Substance misuse and or drug paraphernalia
- Unexplained, sometimes unaffordable new things (e.g. clothes, jewellery, cars etc)
- Residents or young people you know going missing, may be for long periods of time
- Young people seen in different cars/taxis driven by unknown adults
- Young people seeming unfamiliar with your community or where they are

Trust your instincts. It's always worth speaking out.

Speak to your local Police by dialling **101**, or in an emergency **999**

You can also contact Crimestoppers anonymously on **0800 555 111**

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

Stansted Mountfitchet U3A

07874-385541



www.u3asites.org.uk/stansted

Stansted Mountfitchet U3A is delighted to invite you to our **10th Anniversary Open Day** in St John's Church, Stansted on **Thursday October 17th from 1.30pm until 4pm.**

In the 10 years that we have been in existence our variety of activities has grown and we are very excited to invite Members and Visitors from Stansted and surrounding villages to this event to showcase our many Activities, Trips and Events.

We have around 300 members at present from Stansted, Elsenham, Manuden, Berden, Henham, Birchanger and other local areas. We currently have around 28 groups covering the Arts, Crafts, Music, Languages, Exercise Classes, Gardening and Walking as well as a Bus Pass and a Pub Lunch group. We are aimed at retired and semi-retired people who come together to continue their educational, social and creative interests. The main thing is we always try to have FUN.

We are hoping that all our groups will be putting on displays or performing for you, including appearances from the Stansted U3A Singers and the Stansted Mountfitchet U3A Strummers. There will be photos of holidays, trips and events that we have enjoyed over the years on our overhead screens and you will have the opportunity to speak to Group Leaders and Members to see if any of these activities are for you. We hope they are! You can see a photo here of some of us braving the wet weather in August for a trip to Beth Chatto's Garden.



We are providing free refreshments, including home-made cakes, for all our visitors. Please do come along and find out all about us and what makes us such a fun and vibrant U3A.

Please note that parking restrictions in the St John's Road area will be temporarily suspended for this event.

See you there!

Autumn Festival and Apple pressing – Village Hall Sunday 6th October 2-5pm

The village apple press will be in operation at the Village Hall on Sunday 6th October from 2pm.

Come and bring some apples – join in the pressing and take away some delicious apple juice! Any variety produces a fantastic, fresh, healthy juice. Remember to bring some containers to take the juice away in!

This year there's a lot more than just apple pressing going on – autumn here we come!

- ✧ Freshly cooked apple doughnuts for sale
 - ✧ Pumpkin soup for sale
 - ✧ Autumnal cakes, jams & pickles and suchlike for sale
 - ✧ Spiced Apple Juice for sale (non-alcoholic)
 - ✧ Apple Martinis and Aspsall's cider for sale courtesy of the Tiddly Tuk
 - ✧ A walk to work up an appetite – starting and finishing at the Village Hall
- Bring along some donations for the cake and bake sale – something with a seasonal theme.

Proceeds to fund future Parish Council initiatives for the village.

For more information contact any Parish Councillor or

- Carrie Williams (07908 844056)
- Tom Duncan (01799 541299)
- or via the village Facebook page



Our Member of Parliament

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

Autumn Gift Fair

FIVE LAKES RESORT

Wednesday 9th October



To be held at: Five Lakes Resort
Colchester Road, Maldon, CM9 8HX

Time: 10am to 3pm

- > over 40 exciting stalls
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Book Your Tickets Online

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LAYER MARNEY TOWER

Sunday 29th September

LAYER MARNEY, COLCHESTER, CO5 9US

Visit: Come along and enjoy a visit to Layer Marney Tower and it's wonderful garden. The Long Gallery, Church, & the Medieval Barn will also be open. Enjoy tea and cake in the delightful tea room and watch performances from the **Military Wives Choir***, **Rock Choir*** & **Leigh Orpheus Male Voice Choir***.

*Choirs are subject to change. Timetable for the day is available on our Facebook page

Opening times: 12pm to 5pm

Entrance fee: Adults: £9.00 Children: £5.00

Please note cash machines are not available for payment
Historic House passes or any other offers are not valid on the day

BOOK TICKETS

A limited amount of tickets will be available to purchase in advance.

In the event of bad weather there will be seating for advance ticket holders only in the Long Gallery

Book tickets: www.redcross.org.uk/layermarneytower



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CHRISTMAS MARKET

FRIDAY 15th NOVEMBER
1pm to 8pm

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£1 donation at entry will see you into both halls for double the shopping and double the festivities

All proceeds go to Essex & Herts Air Ambulance

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Consumer Guidance for Smart Devices in the Home

Smart or internet-connected devices, such as smart TVs, music speakers, connected toys or smart kitchen appliances can bring great benefits to your daily life. However, without taking steps to secure all of your internet-connected products, you and your data could be at risk from someone getting unauthorised access to your device or account. Developed by the UK government and industry experts, this guidance will help you manage the security of your devices and help protect your privacy.



SETTING-UP YOUR DEVICE

- **Read and follow the set-up instructions** for the device. These are often found in an app downloaded onto your smartphone, tablet or from a paper manual and guide that comes with the product.
- **Check device instructions to see if you need to create an account** on the manufacturer's website, or download any other recommended apps.
- If you are prompted to enter a password during the set-up process that is easy to guess, (such as 'admin' or '00000'), **you should change it**. Guidance on creating a strong password can be found on the **Cyber Aware** website.



MANAGING YOUR ACCOUNT

- To **set-up and manage your device**, you may need to create or use an existing account on the manufacturer's website. This account may allow you to add a new device or link your smartphone to your devices. You should ensure that your account has a **strong password**.
- For added security, if the device or app offers **Two-Factor Authentication** which provides a second layer of security, (such as a text message to your phone) you should enable it. This is particularly important if the account contains your **personal data or sensitive information** or is linked to something that may impact your or another person's physical safety.
- **Some products allow you to access or control them** when you are away from your home's Wi-Fi network; such as, to view security camera footage. Consider whether you need to make use of this feature, as products may allow you to disable it either in the app settings or within your account.



KEEP UPDATING YOUR SOFTWARE AND APPS

Much like your laptop and smartphone, software and app updates help keep your devices secure. You should:

- **Check whether you can set-up and enable automatic updates** (on the app or on your online account).
- **Install the latest software and app updates**. These updates should download and install automatically on your device. If not, then you should install them straight away so you have the latest security protections. You should be prompted when a new update is ready to install, usually via a pop-up message or in the settings menu in the app or device menu.



IF YOU BECOME AWARE OF AN INCIDENT AND THINK IT AFFECTS YOUR DEVICE

- **Visit the manufacturer's website** to see if there is information available on what you should do next.
- Check the **National Cyber Security Centre** and the **Information Commissioner's Office** websites to see any published guidance.
- Further advice on your consumer rights can be found on the **Which?** and **Citizens Advice** websites.



www.cyberaware.gov.uk

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
Whist Drive	<i>Occasional Sats</i>	19.30	Quendon Bowls Club	See p5 Tony Green 01799 218796
Autumn Festival	6th October	14.00-17.00	Q&R Village Hall	See p11
BCP Communion	13th October	11.00	Quendon Church	Harvest Festival
Holy Communion	27th October	11.00	Rickling Church	

A Hummingbird in Quendon? Surely not!



Well no, actually it's a Hummingbird Hawk Moth, but Mrs A. and The Editor were enchanted to see it on the "Hot-Lips" Salvia!

The antennae and segmented blunt end are a give-away. They're apparently not uncommon here, but we've never seen one before. Cute, eh?

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
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.

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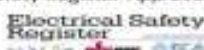
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