

The Link

Quendon & Rickling
Parish
and Church

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

NEWS

April 2020



*Snowdrops of Quendon
by Carrie Williams*

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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.

The Vicar's letter missed the deadline and was received after *The Link* had been laid out. Space has been made for it elsewhere in this issue.

Church Services in the Benefice

All church events and services in this parish have been cancelled until further notice.

In Loving Memory

We are sorry to report the death of Hazel (King), everyone knew her as 'Hazel'. She was one of our oldest residents and a good friend to many. Her funeral is due to take place at Rickling Church. We extend our sympathies to her family.

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 07771 541944

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/>

Action Fraud is the UK's national reporting centre for fraud and cybercrime where you should report fraud if you have been scammed, defrauded or experienced cyber-crime in England, Wales and Northern Ireland.

If you have been defrauded i.e. lost money phone or report online at <https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime>

If someone has tried to defraud you but you have not lost money, phone or report online at <https://www.actionfraud.police.uk/report-phishing>

0300 123 2040

To give information **anonymously** phone CRIMESTOPPERS or report it on-line at www.crimestoppers-uk.org

0800 555 111

Quendon & Rickling 100 Club

Congratulations to the March 2020 Winners

1st N White £35

2nd M Hawkins £24

3rd K Crow £14

Quendon & Rickling 100 Club generates a source of funds for the Village Hall and both our two churches, All Saints, Rickling and St Simon & St Jude, Quendon.



Q&R COMMUNITY UPDATES

Want regular community updates?

Not on social media?

Join the Q&R Community Updates group, all you need is the WhatsApp app on your smart phone!

Contact Carrie Williams on 07908844056, verifying that you're a resident of Quendon or Rickling, to be added.

- Village Events - Lost Pets - Road Closures - Neighbourhood Watch Reports - Lost & Found - Nottingham Knockers - Community Engagement - Possible Criminal Activity - Live Updates - Etc., -

Please note this forum is for sharing information in a polite and secure manner and not a "chat" group. As a closed group membership is limited to residents of Quendon and Rickling (outsiders will be limited to the Police, for example). Admin will remove messages that breach the "rules".



HM Government

NHS

Coronavirus

Wash your hands more often for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

For more information and the Government's Action Plan go to nhs.uk/coronavirus

CORONAVIRUS
PROTECT YOURSELF & OTHERS

Quendon & Rickling Parish Council News

News from the parish council meeting

The coronavirus situation affects everyone and the PC is updating the Emergency Plan to ensure it is fully relevant for any eventualities. A member of the public at the meeting suggested that arrangements should be made to check on the vulnerable and elderly during this trying time. I know that matters are well in hand and there are many volunteers offering their help.

Interesting question from the floor about why is the Men's Club Room so called. Sally has put an explanation in her *The Link* article about this.

There will be a Highways survey financed by a donation from developers Stonebound. Previous surveys by UDC have suggested that speeding on the B1383 through Quendon is not an issue. Perhaps there is a parallel universe where Quendon does not experience cars racing through the village. This new survey, I can assure you, will be in the reality Quendon!

Not much progress on the tree replacement issue. UDC are holding out for hornbeams. The matter has been referred right up to the CEO of ECC to see if this rigid attitude can be more flexible.

There is good news on the broadband front. Tom Duncan says that 95% of properties are now fully connected. If you do have any queries these need to be directed at the supplier, Gigaclear.

There is an ongoing review of council Statutory Documents and as each review is completed I will post the new version to the website.

Although I have shown the date of the next meeting as 8th April, if the coronavirus situation has not improved the PC may take the decision to cancel both the April and May meetings. Please keep any eye on the website and notice boards for further information.

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.

Allotments (part of the Quendon Hall Estate):

- Peter Warwick, No.5 Thistley Crescent, Green Road, Rickling

Quendon & Rickling Parish Council News (Cont.)

- Telephone: 01799 543526

Next Parish Council Meeting

All meetings and events in the Village Hall have been cancelled until further notice.

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

From the Chairman of the Parish Council

Dear Fellow Villagers!

As I write, the world feels as though it is slightly off balance! Covid-19 is rampaging around the world, apparently unstoppable! No loo rolls, pasta or hand wash on the supermarket shelves and rationed tinned tomatoes! Hopefully by the time you read this, a slight aura of calm will have befallen us. On this note, a help sheet has been drawn up to support villagers who have to self-isolate or are in need of assistance. It details telephone numbers of people who are willing to help others, whether collecting food deliveries or medicine, a voice at the end of a phone, general advice and a list of surgeries, pharmacies and local facilities, if needed. At a time like this, community is very important! We must keep an eye on our neighbours and offer assistance wherever we can.

As you will all have seen, all 7 of the horse chestnuts on the Fountain verge have been felled! The contractor was given a detailed plan by the council of which 4 diseased trees to fell but, for whatever reason, they felled the wrong ones, consequently all 7 had to come down. Some of you will have seen the apology from the contractor on Facebook and UDC did admit that this was completely unacceptable. Despite the contractor initially offering to stump grind and replace all 7 with 15 foot trees of our choice, this has not happened. The only species we have been allowed by both UDC and ECC is the Common Hornbeam. We were hoping for a more spectacular species to replace the graceful horse chestnuts but I am afraid that Hornbeam has been planted regardless. I can assure you, the Parish Council have utilised every option and every avenue of influence to reach an agreeable solution with the contractor, UDC and ECC (at the time of writing we have over 150 emails on the subject alone). Discussions will continue...

The money from the Stonebond/Foxley 2 contribution has

now been received, so the Highways and Pavement survey has been instructed to go ahead. This is to identify key objectives of how to slow down the traffic on the B1383, to find a way to make crossing the road safer for residents and to improve parking at Waterbutt Row. The damaged VAS sign at the north end of the village coming south is going to be replaced in April. Let us hope that it will shine brightly and remind people to go slowly through the village! Also in April, there is a traffic speed survey planned for Brick Kiln Lane, Coney Acre and Belchams Lane as this seems to be the cut through race track at the moment. We are also in the process of trying to lower the speed limit by Bluebell Drive and Ventnor Road to a 30mph limit not the proposed 40mph limit. We have submitted an objection to Highways and are waiting to hear their decision. We will keep fighting on the speeding issue around the villages and hopefully one day we will be successful!

I would also like to make a mention of the reason the small room in the Village Hall is called the Men's Room. In the days before television, the Village Hall was one of the hubs for meeting and entertainment - a billiard tournament, a lantern lecture on Japan, a special meeting to decide what to do for the coronation of King George V and entertainment from the members - songs, violin solos and the well known farce, "Box and Cox". After the First World War, as so many of the men were killed, this all changed. The small hall was then built in memory of those who died and is the village "War Memorial". There is a plaque commemorating those villagers who lost their lives above the fireplace.

Finally, the Parish Council would like you all to know that none of you are alone and that the community is here for all of you! Please stay safe!

Sally Kitcat

Our Member of Parliament

Information from Kemi Badenoch MP regarding the Coronavirus (COVID-19)

This is a worrying and challenging time for us all and the advice on coronavirus is changing day by day because of the fast-moving environment. I understand it is difficult to know what advice to follow when there is so much information out there.

Furthermore, I am receiving messages from constituents who are offering to help and others who want to know how they can help. It is good to see the community coming together in a desire to support one another, especially the elderly and vulnerable.

For both these reasons, I have put together a page on my website that includes the links to the most up to date information from all the various bodies I am in touch with. These include the Government, local authorities such as Essex County Council, Uttlesford District Council and Chelmsford City Council, as well as information from local organisations and charities across the constituency. Please follow this link to access it: www.kemibadenoch.org.uk/coronavirus-covid-19-advice-and-guidance

For constituents who do not have access to the internet, as advised by Public Health England, if you think you have might have coronavirus don't go to your doctor's surgery or hospital. If you need to speak to someone, call 111 and they will make arrangements directly for testing and treatment or 999 if you require urgent medical treatment. Carers are also advised to call 111 or doctor surgeries for specific advice.

The Government will be holding daily televised briefings on Coronavirus and I would encourage constituents to tune in for the most up to date information and advice.

If you do have any individual concerns, please do contact me via email at kemi.badenoch.mp@parliament.uk or call my office on 0207 219 1934 and we will endeavour to sign post you to the relevant organisation for information.

MP's Surgeries

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

kemi.badenoch.mp@parliament.uk

Kemi Badenoch, MP



Report from District Councillor Neil Hargreaves

Coronavirus

I'm not going to say much about this as things are changing quickly at the time of writing (18th March).

I have been most impressed with the way our council has responded in order to secure all essential council services. In the absence of the council leader John Lodge (marooned in Portugal), and the chief executive also being away, it was the UDC head of finance as second in command, and the deputy council leader Petrina Lees (whose ward is Henham & Elsenham) who have been the key organisers. Teams have been split and segregated, with many working at home, to avoid the risk that a whole department or function is stopped by all having to isolate because of contact with an ill person. A large number of software licenses have been bought to enable full remote functionality for staff at home. There is a budget reserve for emergencies. When reviewing the list of reserves for all sorts of things I sometimes wondered what eventuality would need the Emergency Reserve. Now we know!

What is not surprising is the way in which our communities and organisations are pulling together. It is

what we do. And then there is the small percentage of people who put themselves first. That is not what we should do.

Non coronavirus matters....

UDCs commercial investments

The Council last month approved an increase in our commercial fund to £300m. This will generate income to protect council services and Uttlesford residents from further cuts from governments. Without this we would have a £3.6m a year shortage of income – to put the scale on this, the council's external funding requirement is about £14m pa.

Interviews have taken place for external independent members to complement the cross-party team of councillors on the new Investments Board, which goes through the details of potential investments. Appointments will be announced shortly. This will further strengthen the governance over our portfolio, which is not just about the initial purchases, but monitoring performance and risk, and in time assessing sales and readjustments to the portfolio. The council's

Report from District Councillor Neil Hargreaves (Cont.)

investment in Chesterford Research Park (CRP) is currently £54m, with a further £20m allocated. In order to diversify from the concentration in CRP, three new investments totalling £60m have been agreed by full Council. Each is in a different type of property and business sector, one is in Uttlesford and the others are elsewhere in the UK. This totals £134m out of the target of £300m, and further investments are being considered, all in different sectors to those already agreed. The not so good news is that the government have announced a consultation into stopping councils borrowing from the government for income generation investments. Their questionnaire fails to ask why councils have been forced to become commercial investors, or what they might have to do to fill the financial gap. Anyway, in the mean time we are pressing on, and as the Public Works Loan Board had already increased its rates, other reasonable sources of finance are currently available.

Local Plan and our Neighbourhood Plan

The examiner for the Neighbourhood Plan has asked the steering Group for comment on the UDC Local Plan inspectors' letter. Their letter casts doubt on the viability of the new settlements. It suggests we go back to building on our existing settlements, the opposite of what the previous Plan inspector told us to do.

Our response to the examiner is that the inspectors have made suggestions with no consideration of their consequence, and amazingly no reference to the previous inspector's decision.

In our response we challenge the 'key' and 'A' village development designations which were from between 15 and 10 years ago. The very large scale of development (55% growth for Newport in 5 years) with negligible infrastructure or service improvements, continuing loss of employment sites, and no plan to improve any infrastructure, either to make up the deficit or to support

new building, makes the designations out of date. Developers want it everyway – minimal contributions to infrastructure, no weight to be put on the development limits in out of date Local Plan, but seek to rely automatically on the village 'suitable for development' designations from that same Plan.

The good news is that the decent available sites have long gone and more recent unsuitable ones are being refused by UDC, and then refused again at appeal. Recent appeal refusals have been two major applications in Newport, and ones in Clavering, Takeley and Felsted. Developer Gladman, which is the most aggressive operator, took the Secretary of State to a judicial review over the Felsted refusal on grounds of giving too much weight to the adopted Local Policy S7, which gives protection to the countryside. All out of development limits refusals are likely to rely on S7.

The judge was most unimpressed and refused Gladman's submission, and awarded costs against them. This means that decisions may still give weight to out of date policies, and S7 in particular. Gladman are seeking leave to go to the Court of Appeal, so the saga may continue

Councillors Surgeries

These are currently suspended as are the parish council meetings

However, I will be available still every Thursday morning from 10.30 to 11.30 on **01799 540411**. Or any time really, and 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.

Rickling/Quendon Community Café

Quendon & Rickling Village Hall
Quendon, CB11 3XQ

Quiz and Fun Binge



Wednesday 15th April 2020
9.00 am - 12.00 pm

All welcome

Please contact: Angie and Carole
01799 218061/543807

Quendon Bowling Club

Whist Duces

SATURDAYS 4th & 18th April, 7.30pm.

Admission. £2.50 (Includes
Refreshments & Raffle)

Village Hall

The Village Hall AGM is suspended and the Village Hall is closed to all activities until further notice, due to the effects of present Virus.

February 15th was particularly wet and windy, remember Storm Dennis? Nevertheless a coach load of members, lead by our Chairman, Ray Smith, visited the Wellcome Genome Campus at Hinxton. This interesting and informative visit was the prelude to the formation of the Science and Technology Group. We saw where the scientists work, the equipment they use and were told how the genetic codes of plants and animals, including humans, are being established. The display included some of the current uses of gene sequencing. We took part in various activities and some of us even managed to make cardboard models of the DNA helix.

The Pub Lunch group met at the Nag's Head in Bishop's Stortford in February and enjoyed a tasty meal. As this was during the winter they met at a pub close to Stansted but hope to venture further away at a later date.



www.hundredparishes.org.uk

One of the delights of a woodland walk on a sunny April day is the sweet scent wafting from the massed flowers of the English bluebell. One of our best-loved wildflowers, with half of the world's population found in the UK, it is typically associated with ancient woodlands but can also occur at the base of long-established hedgerows.

The narrow glossy leaves and flower spikes are produced from deeply rooted bulbs supported by specialised symbiotic fungi. The flowers are a deep violet-blue, but sometimes white or pink spikes occur. The flowers are narrow, tubular-bell shaped, with tips that curl backwards, and the pollen is cream-coloured. They are arranged on one side of a drooping stem. After pollination by honeybees and other insects many green capsules form which will hold large numbers of ripe black seeds. The seeds are shaken from the capsules by breezes or by animals running through the woods.

The introduced and invasive Spanish bluebell has broader leaves. Its pale blue, unscented flowers are arranged all around the upright stem and are more open revealing blue



pollen. Encouragingly, recent research has found that the native species has a genetic advantage due to the sheer weight of numbers and greater fertility and so should continue to thrive.

Locations where it is possible to see carpets of bluebells

include the Hertfordshire Way as it passes through Sidehill Wood and Mill Wood in Much Hadham and Howe Wood in Littlebury beside Strethall Road as it crosses over the M11 motorway.



Several walks described on our website pass through woodlands. Walk number 4 goes through a fine bluebell wood at Rickling whilst the longer walk 20 visits Mill Wood. Details of woods or nature reserves to visit can be

found on these websites: www.Uttlesford-Wildlife.org.uk and www.hertswildlifetrust.org.uk.

Tricia Moxey, Trustee.

Where an event or activity has not been explicitly marked "Cancelled" you should contact its organiser before attending.

Well you'd do that anyway, wouldn't you?



ALLASPECTSTREESERVICES.CO.UK

TREE SURGERY
STUMP GRINDING
HEDGE CUTTING
FENCING

01279 755545
07940 231964

INFO@ALLASPECTSTREESERVICES.CO.UK

CHARITY JUMBLE SALE!
27TH JUNE 2020 2-4PM
50P ENTRY
QUENDON VILLAGE HALL

HALL OPEN 26TH JUNE FOR DONATIONS



* clothes & bric-a-brac
* tea & coffee * cakes * tombola

All proceeds to the Kyangala Trust registered charity no 1145757
Email enquiries to amy_stratford@yahoo.co.uk

Have you been on the new Buffy Playbus?

The new Buffy Playbus launched last October! And what a first term we have had, not only the launch our new bus but also we celebrated the fact that our organisation has been in existence for 25 years and during that time has welcomed over 100,000 people on-board.

The new bus features an exciting interior which includes lots of new toys, an arts and crafts area, an extended ball pond and an amazing sensory den with touch, sound and light panels designed by Mike Ayres from Bury St Edmunds. We were able to install this wonderful new feature due to the generosity of many people who contributed to our Crowdfund Campaign over the summer which raised over £5,000 and we are very grateful to everyone who helped us.



The bus was officially opened by 4 young members of our Buffy family who have supported and attended the bus over previous years. They were delighted to cut the ribbon with the help of Cllr Richard Freeman (Uttlesford District Council Chair) and since then we have been overwhelmed with all the positive comments from local families. "We love absolutely everything about the new bus" said one parent and "The sensory den is wonderful and the activities involve all the senses, a perfect experience for my toddler" explained another family.

We thank everyone for supporting us in so many different ways over the last 25 years.

Buffy Playbus provides pre-school children with an opportunity to play, socialise and have fun in comfortable and safe surroundings under the guidance of experienced playleaders.

Go to www.buffybus.co.uk to see where Buffy stops near you!

Our service operates during term-time and over the half term breaks. We travel throughout Uttlesford and stop on Fridays in Rickling, Rickling Green Road CB11 3YG from 9.15-10.30am.

So if you haven't been on board our new playbus – come have fun, play, socialise and make some new friends in your community. See you soon!

For more information please visit www.buffybus.co.uk.

April's letter from the Vicar

There only seems to be one thing of note to write about this month: Covid-19, or coronavirus as it is more commonly known. In a matter of months this virus has changed the world completely, and how is now changing our daily routines. You'll note that there are no service times published for the churches in this edition of *The Link*, because all of our services have been suspended until further notice. Weddings & funerals can still take place but because of the advice on social distancing it is recommended that there be no more than 10 people in the congregation. Sometimes that will work but in many cases, certainly in the case of a funeral, it will not be possible. They cannot simply be stopped.

Schools are stopping at the end of this week. There has been panic buying in the shops and certain items have been difficult to get hold of. Fortunately I've not seen any of the queues that have been reported in larger towns and cities. People are travelling less, and we're being encouraged not to go to bars, restaurants or the theatre. Indeed many theatres and cinemas have already closed their doors. There is an economic impact to all this with many small businesses facing real hardship caused by the loss of revenue. What are we to make of it all?

I wish I had the answer to that question, but I simply don't. The very last words that Jesus speaks at the end of Matthew's gospel are, "Surely I am with you always, to the very end of the age." Indeed they are last words written in that gospel. I don't know all the science of coronavirus but I know that Jesus is with us, even in the midst of our suffering. It is in times like this where there seems to be no hope, that we turn to God – our Lord of all Hopefulness. If you are at home isolating, or just simply worried for those you love and want to ask God for help, then please send me a prayer request. As a church we are still here even though we are not meeting and we can include your prayers with ours.

Stay safe, and God Bless.

Revd Neil McLeod

News from our school

We've launched our new website www.federationfarnhamrickling.co.uk - please do take a look. We think the fresher, more modern format suits our schools well. Some of the content needed to be pulled over from the last website but we hope that this is now complete.



There has been much excitement around World Book Day - the children enjoyed guessing each other's characters and talking about their book during assembly.



Acorn Feeders!



Pancake Racing!

Ducklings!



Cheerleading at JFAN

The girls were amazing! They performed their hearts out.

Wednesday 26th February - Hockey Tournament @ Felsted

What an exhausting day! Six games against various different schools on a cold and frosty morning! Unfortunately our first game was against the overall tournament winners, Dame Bradbury and our heads went down just a little bit. But



with perseverance and determination we battled on losing five of our games, and at the end we managed to draw one!

A special mention must go to Josh and Albie who represented the school in a nerve racking 1 on 1, 30 second penalty shuffle to decide the result of our 5th game. Having never practiced them before, they both did amazingly well and should be very proud of their efforts.

Thank you very much to Felsted School for transporting us to and from the tournament in their minibus. This is a new initiative to try and get more children involved in sport and hopefully we will use them again!

Here are some more thoughts from our children about litter.

Grace

7/2/20

Litter picking is important because it helps our planet and small animals like hedgehogs may get stuck into the litter and not be able to get back out as well as larger animals like foxes may chew on the litter and harm themselves. Some plastic furthermore, some plastics may go into the ocean and harm creatures like sea turtles and sea horses.

When we ^{were} on our out and about on a Friday ~~two~~ 2 weeks ago, we collected 11 bags of litter from our area! Everyone should collect litter and do their part to stop polluting our earth.

Litter picking is important because plastic can cause animals to get injured and that is not alright. Plastic is causing ~~several~~ creatures to die. Did you know that a turtle can't tell the difference between a plastic bag and a jellyfish, some animals get stuck in these things we are dropping in the ocean.

So in our and about we are going litter picking because we believe that we can make a difference so animals don't get injured around our area and you can go litter picking as well!

By Lily


Litter picking is important because if we don't do it our wildlife will die out and that doesn't just mean animals but plants too. Did you know it takes about 3000 years for a single cigarette to disintegrate and after that it's still there you just can't see it.




Quendon & Rickling - Hedgehog Villages?

Hedgehogs hibernate from October/November through to March/April so as the temperature gets warmer and the days get longer hopefully we might start to see one soon. But as they are primarily nocturnal, sleeping during the day and active at night you may not even know that one is visiting your garden. But a good way to check is by looking for their tracks.

 Use a footprint tunnel. These can be bought or made. Using hedgehog food to entice them in to a tube the hedgehog walks over a black charcoal substance and then on paper.

 Both the front and back feet have five toes, though often only four toes show up on track prints. Their front feet are wider and look like tiny hands.

 Hedgehog droppings are easy to recognise and a sure sign that one is visiting.

 One of the easiest things we can all do to help is to leave an area of long grass in our gardens. Small invertebrates, like beetles and small flies, can't live in short grass where there's no protection. These tiny insects are vital not just for hedgehogs but for the whole of the natural environment.

For more information on how to help hedgehogs see www.hedgehogstreet.com

Relaunched Activity Group in Dunmow

People living with dementia can now benefit from a weekly Activity Group in Dunmow run by Essex charity Action for Family Carers.

Over 50 people in the area already attend similar groups mixing with others and participating in a variety of mentally and physically stimulating activities ranging from seated exercise, indoor bowling, reminiscence discussions and games often including music.

Action for Family Carers has taken over management of the groups which were previously run by the Alzheimer's Society. The Groups are led by a small team of professional and caring staff and a large number of dedicated local volunteers. Morning sessions, called Keeping Active, focus on physical activity and afternoon sessions, called Active Minds, focus on activities to stimulate the mind.

Physical activity is an important part of a healthy lifestyle and can help overall wellbeing. It can give opportunities to spend time with others, reducing isolation and loneliness and support people to continue being independent.

Cognitive stimulation involves activities and exercises that stimulate thinking, concentration, communication and memory in the person with dementia. It involves talking about day-to-day interests, reminiscence and information relating to the current time and place.

Speaking about the Activity Groups, Action for Family Carers' CEO, James Clarke said "We are delighted to be supporting people living with dementia in West Essex. We have been pleased to work with the Alzheimer's Society to ensure the continuation of these highly valued groups and we look forward to supporting many more people in the future."

The Activity Group takes place in the Dourdan Pavilion, Dunmow on Mondays 10-12.30pm and 1-3.30pm and new members are welcome. The sessions are £18 each with a free taster session available call Clare Savva on **07851 249707** or email clare.savva@affc.org.uk



WHEN YOU'RE SEEKING HELP TURN TO FRONTLINE

Love it or loathe it, the internet has become integral to our daily lives. However, it's not always easy or straightforward to navigate through hundreds of websites to find just what we're looking for. It's particularly true when matters of health and wellbeing are at stake. Say, for instance, you're a carer looking for some form of support, or you have a loved one with dementia. Where can you turn to find information that is trustworthy, reliable and up-to-date?

This is where **Frontline** comes in. A digital service pioneered by Citizens Advice and supported by Essex County Council and the West Essex Clinical Commissioning Group (NHS) it enables anyone - the public or professionals - to find sources of help and advice in their local community.

Frontline is a veritable treasure trove of information. It's simple-to-use and invaluable when it comes to finding out what's available locally and who can provide genuine assistance. For example, you may want to find out what support there is for someone who's housebound, suffering from depression, needs to exercise or is disabled simply enter what sort of help you're looking for or search under the following categories: **Advice; Family; Older People; Mental Health; Disability; Addiction;**

Transport and Wellbeing.

Often surprising, it's well worth browsing through the entire **Frontline** library to discover just how many services are listed and the range of help that is available locally (there are **196** services currently!) Each includes a full description, contact details and details on how it is delivered. What's more, it's often possible to self-refer rather than having to go through a GP.

Frontline also offers access to detailed fact sheets such as Local Transport Options, How to Complain if you're not happy with a local health provider, Planning Ahead for Later Life, to name just three.

Not everyone has internet access, of course. So if help is needed to find a local service, **Healthwatch Essex** is available from 9am to 5pm Monday to Friday (0300 500 1895 - calls charged at local rate).

Frontline is continuously expanding as both the public and professionals discover the many advantages of this easy, one-stop access to support and advice in the local community.

Access to Frontline is via:
www.uttlesfordfrontline.org.uk

SCAM WARNING

ActionFraud
National Fraud & Cyber Crime Reporting Centre
www.actionfraud.police.uk

Coronavirus scam costs victims over £800k in one month

Since February 2020, the National Fraud Intelligence Bureau (NFIB) has identified 21 reports of fraud where Coronavirus was mentioned, with victim losses totalling over £800k. Ten of these reports were made by victims that attempted to purchase protective face masks from fraudulent sellers. One victim reported losing over £15k when they purchased face masks that were never delivered. Reporting numbers are expected to rise as the virus continues to spread across the world. We have also received multiple reports about coronavirus-themed phishing emails attempting to trick people into opening malicious attachments or revealing sensitive personal and financial information.

Watch out for scam messages:

Don't click on the links or attachments in suspicious emails, and never respond to unsolicited messages and calls that ask for your personal or financial details.

Shopping online: If you're making a purchase from a company or person you don't know and trust, carry out some research first, and ask a friend or family member for advice before completing the purchase. Where possible, use a credit card to make the payment, as most major credit card providers insure online purchases.

Protect your devices from the latest threats:

Always install the latest software and app updates to protect your devices from the latest threats.

DO YOU REALLY KNOW..

..HOW TO DATE ONLINE SAFELY?



You receive a message from someone who seems really interested in getting to know you. They say all the right things, and over time you find yourself forming a strong bond with them. All of a sudden they're in need of some money, and they ask you for help. They promise to pay you back. By now, you trust them, so you offer to help. Before long, they'll need money again, and again... And soon enough you'll have given them every penny you own. That's how dating fraud works. Criminals will feign romantic feelings for you, gain your trust, and then use your goodwill to commit fraud against you. As online dating becomes more and more popular, criminals are increasingly using them to commit fraud, and anyone can be a victim.

£27 M

Amount of money the UK public lost to 'romance' fraudsters in a year (Nov 2014 - Oct 2015)

2 out of 3

Romance frauds originated on dating sites, and a quarter via social media.

71%

Of people who have used dating websites say that people misrepresent themselves on their profiles.

BEHAVIOURS THAT PUT YOU AT RISK..



Revealing too much personal information, such as your home address, or your full date of birth.

Revealing any financial details, or responding to requests to send money.

Clicking on links, or opening attachments in emails from someone you've just met on a dating site.

HOW TO DATE ONLINE SAFELY..



Avoid posting details such as your full name, date of birth, or your home and work addresses on online profiles. Criminals can use these types of personal information to steal your identity.

Never respond to any requests to send money, or have money transferred into your account by someone you don't know and trust. These types of requests should always raise a red flag.

Never reveal any of your financial details. If a user asks you for them, stop communicating with them immediately and report it to the dating site.

What's On

All events in the Village Hall and church services have been cancelled until further notice.

For cancellation status of other activities contact the organiser.

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	
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	
Buffy Playbus	<i>Fridays</i>	09.15-10.30	Rickling Green	Term-time
Whist Drive	<i>Saturdays see panel</i>	19.30	Quendon Bowls Club	Tony Green 01799 218796
Q+R Golf Society	<i>24th April</i>	10.45	Wellingborough Golf Club	janewaite@hotmail.com

Find us online!



Even though we are currently closed, we're still busy behind the scenes, ensuring that we continue to provide you with innovative ways to get involved in watching and talking about film.

You can follow us on [Instagram](#), [Twitter](#) and [Facebook](#) where we will be posting regular snippets, reviews, film suggestions, competitions and video content.

#ThrowbackThursday

[#ThrowbackThursday](#) is inviting you to share your cinematic memories across all of our channels. Get involved for a bit of cinema nostalgia.

#SaffronScreenFilmClub

On [Twitter](#), we are launching the [#SaffronScreenFilmClub](#) so do please follow us and keep in touch. We'll be posting a film of the week and hosting an online discussion every Monday Night. We'd love for you to join us!

Don't be a stranger!

Talk to us on [Instagram](#), [Twitter](#) and [Facebook](#)

Share your love of cinema; your favourite film moments and soundtracks or why not reenact your favourite scene and tag us? [@saffronscreen](#) [#saffronscreen](#)

The Future

At the moment, all screenings are cancelled until 1st May but we will continue to monitor the situation and will endeavour to keep you updated.

Thank you for your support at this very difficult time for us all.

Best wishes,

Saffron Screen



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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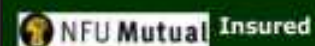
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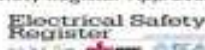
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