

The Link

Quendon & Rickling

Parish
and Church

NEWS

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

February 2020

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*Someone
A Picture*

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.

Last autumn I was on a period of Extended Study Leave from the parish. I wrote some reflections on the Christian Photographic Retreat that I went on in the December *The Link* magazine. The bulk of the time would have been spent on my study area concerning faith and the transgender community. I had set myself a question as to what impact someone's Christian identity has upon their gender identity, and upon the decision to transition or not. What I learned was that my question was wrong.

Within my study I read two Grove booklets on transgender issues, and I read a book on men's identity by Grayson Perry. I also read a book about, and written by, transgender Christians and I read a book about transgender issues from a conservative Christian perspective. Prior to my study I had already met a trans-woman priest in London a couple of times, and once again during my study. At the same time I joined the Open Table worship service in Cambridge for members of the LGBTQ+ community. During my study I worshipped at Open Table in Liverpool a couple of times, and I was fortunate enough to meet and talk with four transgender Christians, one of whom was also a priest.

What struck me first of all was the welcome that I received from every person I met, and how open and honest they were with me about their life experiences. The irony of this welcome did not escape me and many had not been welcomed by parts of society including the church. On one occasion I was in a meeting for 3 hours, such was the openness of the trans-woman that I met and she wanted to share so much.

My study arose out of statement from a friend, in which they stated that they did not believe in transgender issues, as God did not make mistakes, and you were the gender you were born into. One of the books I read came from a similar perspective, and it is the only book I recall getting angry about as I read it. Having spoken to several people, I would not wish to go through the mental and emotional anguish that they have endured. I could tell that there had been real pain there, which was only exacerbated when they then had the pain of rejection once they came out as transgender. Everything appears to hinge upon whether you believe people are born that way – from a Christian perspective created by God – or develop that way through life's experiences and make a choice. I fall firmly within the former, as I do not believe this is a choice. The pain I saw was real and not something they had chosen, and it began at a very early age in some cases. I don't know why people are created with those issues, in the same way as I don't know why people are born with disabilities. What I do know is that God loves each one of us.

With regard to my question I learnt that our identity is not a series of characteristics that can work for or against each other. Our identity is the whole person, so if you have faith, that is an intrinsic part of your identity. If you identify as LGBTQ+ then that is part of the same identity. If you identify as male, female, non-binary, etc. then that is part of your whole identity. I believe that you cannot switch off or suppress one part of your identity – it is who you are meant to be, and discovering who you are meant to be – or created to be – is one of life's struggles.

Yet the people I met have mostly come out of the other side of those struggles, some of which may still be ongoing, much happier and much more contented. I met a trans-woman who still shared a home with her wife, having been married before she transitioned. When I spoke with the wife she turned and said to her partner, "You're much happier now that you are a woman." Isn't that happiness in life what we should wish for everyone?

Rev'd Neil McLeod

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

Church Services in the Benefice

Sunday 2nd February

9.30am Newport Contemporary Communion
11.00am Widdington Family Service

Sunday 9th February

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

Sunday 16th February

9.30am Newport Holy Communion
11.00am Widdington Holy Communion

Sunday 23rd February

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

Wednesday 26th February – Ash Wednesday

11.00am Newport BCP Holy Communion
7.00pm Quendon BCP 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.

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

Getting 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.

Quendon & Rickling 100 Club

Congratulations to the January 2020 Winners

1st C Holt £35
2nd C Mackrill £24
3rd M Michaelides £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.

Quendon Bowling Club

Whist Drives

SATURDAYS 7.30pm.

1st, 15th & 29th February

14th & 28th March

4th & 18th April

Admission. £2.50 (Includes Refreshments & Raffle)

Quendon & Rickling Parish Council News

News from the parish council meeting

After the first meeting of 2020 the exciting news is that you will soon be (if not already) confronted by cute woolly animals in the fields around the village. Yes, sheep. We had a very interesting presentation from the shepherd at the meeting explaining that there will be several flocks gambolling around the fields. This will allow lots of jokes about Shaun the Sheep, and people being fleeced by spam operators. And if you're having trouble sleeping you can always... Well, I think you know where that's going.

Members of the public in attendance seemed to be very happy so far with the service from Gigaclear. Been a long time coming but apparently well worth the wait.

There is talk of solar lighting along parts of the B1383, which is a slightly controversial topic. Some want it, others don't. A former councillor has kindly agreed to look into the implications of lighting in a conservation area and will report back.

The precept was agreed at £12,500, which is the same as last year. So not everything goes up.

The council will be reviewing the various policies and guidelines over the next few months. Each update will be posted to the website.

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
- Telephone: **01799 543526**

Next Parish Council Meeting

Will be on 12th February 2020 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

Contact the Parish Council

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

Report from District Councillor Neil Hargreaves

Local Plan

The letter from the Inspectors from the hearings in July 2019 has finally arrived and was released to press and public on January 14th 2020. The letter is critical of many aspects of the draft Plan. The previous attempt was stopped by the Inspector in December 2014, primarily because he considered it unviable to keep adding more estates onto existing towns and villages. He advised that new settlements should be built instead, plus building the sites already in the draft, which is what the revised plan seeks to do. The new inspectors now reject some of that principle. I draw your attention to two of their issues:

*We are concerned that the Council's chosen strategy (the new settlements) would mean that other sites in the district would not be developed or permitted for a significant period of time in the future. **This would be likely to adversely affect the vitality and viability of services in existing towns and villages and result in a lack of housing choice in the market.*** (My emphasis).

So, they are telling us to go back to the rejected strategy and carry on putting estates around our towns and villages.

And for the 'North Uttlesford Garden Village' (NUGV) they put very significant weight on archaeology. They include fourteen paragraphs but here are some selections:

The HIA (Heritage Impact Assessment) finds that North Uttlesford is situated within a sensitive landscape with significant highly sensitive areas and contains extensive heritage assets, comprising built heritage as well as, known and unknown archaeology. It identifies as highly sensitive the immediate setting of the Roman Temple Scheduled Monument which is within the site allocation and the visual and historic relationship to the Roman Fort Scheduled Monument at nearby Great Chesterford.

Reading this you would think there is something Roman there to see. There is actually nothing visible at all. The fort part of it is under, and just immediately north of, the village and not part of any building plan, or close to one. The temple site is a section of ploughed field about 100m wide on the right when travelling north from Walden to Stump Cross, roughly opposite the housing estates. It is on the very edge the proposed site and again would not be built on, and a large area would need to be left round it in case there is more of it. It has been excavated several

Report from District Councillor Neil Hargreaves (cont.)

times from 1847 to 1988 so there is a reasonable prospect that we know what there is to know.

And: The Roman Temple complex consists of below ground archaeological remains and is a Scheduled Monument. It is set away from the Roman Town, but is significantly associated with it, both by function and by physical links in the form of Roman roads. The HIA finds that views between the Roman Town and the Roman Temple and the Great Chesterton Conservation Area make a major positive contribution to its significance.

Setting aside that the inspectors have paid so little attention that they got the name wrong, this is fantasy stuff in that significant weight is being given to views from and to a 'town', and a 'temple' and of 'roads' which ceased to exist a very long time ago, apart from the A11. This is also just wrong – there is no public view from the Conservation area of the temple site.

The rest of the archaeological reports say that the site is very likely to have a high level of interesting material. However, what is not noted is that the very same argument applies to the whole of East Anglia. I attended a lecture by Maria Medleycott, who is an archaeologist for Essex County Council. She seemed to have dug up most of the county, and said that anywhere you dig around here you will find things. From their perspective they like development because it gives funding and opportunity to excavate.

Looking at other locations, the old A120 is Stane Street, which is a Roman Road, going through Stortford, Takeley and Dunmow. There will be Roman and other archaeology all along there. There was plenty at Stansted Airport. The recent building in Newport produced evidence of prehistoric settlement (we are still looking for the site of Newport castle which is shown on Victorian maps!)

The reason I highlight these two issues in the report (protection of underground heritage and adding more building to existing settlements) is to question the planning balance being applied. Planning is all about balancing benefits against disadvantages. I suggest that protecting and enhancing the visible and functioning 'heritage' ie. our towns and villages, and all that implies, far outweighs what is underground and long since abandoned. The inspectors' argument would logically extend to, for example not upgrading the A11 because the Romans built it, or leaving the whole of the Square Mile of the City of London as a ploughed field! There are other good arguments against NUGV, but archaeology is being over emphasised.

Concerning continuing to attach estates onto our villages, the inspectors argue it maintains 'vitality and viability of services'. This reads as a copy and paste from every planning application from one house up to 500 and is a

standard argument which developers present when they want to tag large estates on the outside of our communities. However, looking at Newport, expanding by over 50%, there is no evidence at all that this vast scale of housing adds to vitality or viability. No infrastructure of note has been added. Commercial sites have continued to close since the building boom started, and have been converted to residential, or stand empty. Our water supplies, sewerage system and roads have become more overloaded and failing, and there is no expansion of the doctors' surgery (the partners declined an opportunity to have a new health centre as part of one of the developments) or sports or recreational facilities. I think the same argument would apply to all our 'key' settlements. Adding houses to settlements without any other benefits is **reducing** their viability not improving it. The designations of 'key' (Newport) and 'A' settlements (Quendon) as suitable for development were done ten years ago, and the Neighbourhood Plan says this is, in the absence of any new infrastructure and continued loss of services, now out of date. The 'viability' has been used up.

Looking at Quendon, should the criticism of the Local Plan by the inspectors trigger a major housing application, does anyone think that new employment or shops will come with it?

Overall we now have an impossible task. The south of the district is Green Belt, Hatfield Forest and the airport. Most of the district is too remote from transport to build anything big. The scale of building required of us is just too vast to be slotted in to the M11 corridor or the A120 without severe consequences of all sorts. Suggestions please?

One thing we can do is to enact the non-site related policies in the draft plan. Currently developers can claim that the wordings of our policies are out of date and not compliant with current planning rules. The draft policies have been worked over several times and we can implement without requiring the rest of the Plan to be agreed. We have incorporated some of the wordings in our Neighbourhood Plan to do a little bit of this (and were told we should not duplicate!) Some work on this was already being done. I hope this can now be accelerated.

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

From the Chairman of the Parish Council

Hello, Fellow Villagers!

I do hope you have survived the dreariness of January, with the wind and the rain seemingly endless! Lets hope February shows us a few more blue skies!

A couple of dates to cheer us all up, which have just been confirmed, are the England Cricket Day, on Sunday, 5 July and Quickling Festival on Saturday, 8 August.

As I am sure most of you have seen, we have new occupants in the fields surrounding the villages! The sheep, I think, were a surprise to most of us but are settling in well and it is lovely to see livestock in our midst. The shepherd, Wayne Parker, attended our last Parish Council meeting to give us a little information. These sheep and the electric fences will come and go in the three fields and from mid February the ewes will start to deliver lambs. We will try our best to keep you informed of their movements via Facebook. I appreciate many of you do not have this technology so just be aware that the sheep plan to be around for some time yet!

There is no need to inform the shepherd every time you see one escaped sheep. There is one regular escapee, who was bottle fed from birth, who likes to investigate walkers but he always returns to his "friends"! The only time you need to call is if there is a mass escape plan in action or the sheep are dangerously close to the main

road. There have been a few occasions where a report has been made of a sheep with a broken leg, this is very rare and it is currently because of the rain soaked fields, which causes compacted mud to be pushed up between their cleats causing lameness.

Please be aware all dog walkers that dogs should be kept on a lead while walking near to the sheep or walking through the sheep field. The sheep are used to dogs and traffic but do become stressed if hassled by dogs and can abort their lambs. Also be aware that dogs that attack loose sheep on the public footpaths can be prosecuted for attacking livestock.

You will also have seen that work has started on Foxley 2! We will keep a close eye on developments on the site and will definitely be making sure that Forsters Footpath's greenery is reinstated afterwards.

The precept, the contribution to the parish on your Council Tax bill, was discussed at the last Parish Council meeting and you will be pleased to hear that it will not be increased this year.

Finally we would like to thank the person who mended Dick's plaque. Dick died 10 years ago on 5 March so it seems only fitting to remember him and to keep his memory alive.

Sally Kitcat



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Rickling/Quendon Community Café

Quendon & Rickling Village Hall,
Quendon, CB11 3XQ

Refreshments and Fun Bingo



Wednesday 19th February 2020
10.00 am - 12.00 pm

All welcome

Please contact: Angie and Carole
01799 543807/218061

Advertising in

The Link

reaches every household in Quendon and Rickling
at attractive rates

This space could be promoting
YOUR business

Contact:

Advertising on telephone

01799 543297 or

The Editor **preferably by e-mail**

at robert@arnold-q.uk, or telephone 01799 543075



www.hundredparishes.org.uk

THE HUNDRED PARISHES SOCIETY



Signs old and new

freedom afforded by ownership of a bicycle or motor car. Standards for signage on main roads were redefined in the 1960s to satisfy faster traffic and night visibility. Fingerposts that indicate direction and distance

It is easy to take for granted the helpful signposts to be found at many of our road junctions, yet they are part of our culture and heritage. Early road signs were erected by cycling and then motoring organisations as ordinary people began to enjoy the



from rural junctions are frequently much older and can merit further investigation.

Fingerposts, with arms pointing in several directions, are white with black lettering, and generally made of wood or iron. Many local examples, some almost 100 years old, were made of iron in Essex at Maldon Iron Works. The manufacturer's name is now usually obscured by many layers of paint.



Roding that points to Takeley Station which closed 60 years ago. On the B1039 between Chrishall and Great Chishill, a finger points to a non-existent GREAT CHISHALL. A Henham sign shows the way to the pub, Ugley Chequers. This and all other signposts were removed for the duration of WWII lest they should aid the enemy.

Some signs at T-junctions have information on the back,



albeit hidden from view. Usually this is the same as the visible side, but not always: the southerly finger of one on the B1051 in Broxted points to Broxted and Bps Stortford, but the back reveals that it has been recycled and once pointed to Wimbish Green.

As you travel along the lanes, please take time for a second look at our humble, ancient fingerposts.

Ken McDonald, Secretary

Personal favourites include the fingerpost at Matching Green indicating the mileage to London – precisely 26¼ - and one north of High



Our Member of Parliament

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



07874 385541

stansted u3a@gmail.com

www.u3asites.org.uk/stansted



Our annual Christmas Lunch was held at Bury Lodge on December 19th. It was very well attended and a great success. Before lunch we were entertained by the Strummers, the Singers having appeared at the Hadham Golf Club Christmas Lunch on the 15th. We are very grateful to the local businesses who donated raffle prizes.

2020 is promising to be another busy year for Stansted U3A with plenty to look forward to. There is a full list of speakers for the monthly General Meetings on the Trips and Events page of the website. Our General Meeting in February will be held on the 20th at St John's Hall, Stansted,

1.30 for 2.00pm. This will be a talk by Tracy Mackness from the Giggly Pig Organic Farm. At the meeting she will be selling sausages, other produce and her books.

The first trip is a theatre trip to see the West End Show "Pretty Woman" at the Picadilly Theatre. This is being organised for Wednesday March 4th. **Please note this is not the date stated in the January article.** It will be a matinee performance starting at 2.30pm and costing £47 per person. By now the trip may be fully booked but please see the Trips and Events page of the website for information on how to book or add your name to the waiting list.

The Saturday Seminar programme for 2020 is now almost complete and includes talks on a range of subjects such as Art, History and Science. The first Saturday Seminar of the year will be held on Saturday March 14th when Neil Faulkner will give a talk entitled the "The History of the World in a Morning".

News from Rickling C of E Primary

Rickling C of E Primary school celebrated their Autumn term M-Day in December. M-Day is an opportunity to promote mental health and wellbeing. Children and parents came together to enjoy a wide range of activities including music, forest-bathing, art and movement. The school welcomed Bear Walden, a Saffron Walden gym, who kindly gave up their time to promote the link between physical wellness and good mental health.



Our Christmas dinner (with crackers provided by the PTA – thank you!) was included in January's *The Link*, but here's a picture of how it was enjoyed!

Also before Christmas the children attended the annual Winstanley event in Quendon Church. They spoke about William Winstanley, one of our local



personalities and 'The Man Who Saved Christmas'. The children also performed poems and then acted out 'Strange Events in Essex' during which a dragon was seen roaming the church, chased by some very determined children from Acorn. It was finished by a lovely carol sing-along, in which some Maple children bravely sang the start of 'Once in Royal David's City' and 'Away in a Manger'. Wow! Well done to all of you who took part!



February 2020 at...



Little Women (U)	Sat 1st 3pm & 8pm, Sun 2nd 8pm, Sat 8th, Mon 17th & Sat 29th 3pm
La Bohème - ROH	Sun 2nd 2pm
The Umbrellas of Cherbourg (PG)	Mon 3rd 8pm
Kinky Boots - Adelphi Theatre, London	Tues 4th 7:30pm & Sun 9th 3pm
Jojo Rabbit (12A)	Fri 7th, Sat 8th & Sat 23rd 8pm
Uncut Gems (15)	Mon 10th 8pm
1917 (15)	Fri 14th 8pm, Sat 15th & Sun 16th 5pm & 8pm, Sat 22nd 2pm, Sat 29th 8pm
Spies in Disguise (PG)	Sat 15th & Sun 16th 2pm
Amanda (15)	Mon 17th 8pm
Cats (cert tbc)	Tues 18th 3pm
Bombshell (15)	Tues 18th & Wed 19th 8pm
An American in Paris (U) - Dementia-friendly screening	Wed 19th 3pm
Jumanji: The Next Level (12A)	Thurs 20th 3pm
Cyrano de Bergerac - Playhouse Theatre	Thurs 20th 7pm
The Personal History of David Copperfield (PG)	Fri 21st 3pm & 8pm, Sat 22nd 5pm & 8pm, Sun 23rd 5pm
Frozen II (U)	Sun 23rd 2pm
Shooting the Mafia (15)	Mon 24th 8pm
The Cellist / Dances at a Gathering - Royal Ballet	Tues 25th 7.15pm
Joker (15)	Fri 28th 8pm

Tickets available from the Saffron Walden Tourist Information Centre, at www.saffronscreen.com or at the cinema box office.

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	
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>	p3 19.30	Quendon Bowls Club	Tony Green
01799 218796				
BCP Communion	2nd February	11.00	Quendon Church	
Parish Council	12th February	19.30	Q&R Village Hall	
Coffee Morning	19th February	10.00-12.00	Q&R Village Hall	
Holy Communion	23rd February	11.00	Rickling Church	
BCP Communion	26th February	19.00	Quendon Church	Ash Wednesday

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

Tool theft from vans

Vans are often targeted by thieves for the tools stored inside. If you have to leave tools in a van overnight, mark them clearly with your name or company name and address using paint pens and seal with a clear lacquer spray. Alternatively, you can use a variety of other property marking systems. Items that are clearly marked are less desirable and more difficult to sell on.

Consider using a lockable cabinet within your van to store tools. Small cameras are also available and designed to record inside vehicles. Some will also alert your phone.

Take photographs of items of value, make a note of the serial numbers and consider registering them online at immobilise.com.

Take your documents with you

Having a vehicle's registration and insurance documents could let a thief pretend to be the owner. Which means they could sell it on quite easily.

Number plates

Secure your number plates with tamper-resistant screws. The easiest way to change the identity of a stolen vehicle or avoid speeding tickets and parking tickets is to fit stolen number plates.

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
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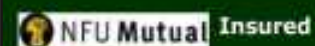
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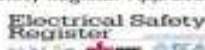
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