

The Link

Quendon & Rickling

Parish
and Church

NEWS

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

February 2021

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*Hoar frost at the edge of Rickling Wood
by Peter Warwick*

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.

Recently I have watched 'The Prince of Egypt' on DVD. You may have seen it yourselves. I think that it is a great movie. It tells the story of Moses and the Israelite people leading up to the events of the Exodus, when the Israelite people were delivered out of Egypt and made their way across the wilderness. Whilst it doesn't take you up to the arrival of the Israelites at the Promised Land, it does include Moses receiving the Ten Commandments from God on Mount Sinai. It has some truly great scenes like the parting of the Red Sea enabling the Israelites to cross in safety, and has some terrific songs. The opening song in the film is the cry of the Israelite men as they toil in slavery making bricks, and building huge monuments as ordered by Pharaoh. It contains these lyrics:

Elohim, God on high, can you hear your people cry?
Help us now, this dark hour
Deliver us!
Hear our call, deliver us
Lord of all, remember us here in this burning sand
Deliver us!

I watched this song over and over, and even found different versions of it on YouTube. I think that the words of the song speak directly into the situation that we find ourselves in. If you replace 'burning land' with 'suffering land', and it is us singing to God about how we feel during the ongoing covid-19 pandemic. We continue to find ourselves living in a dark hour with, what seems to be ever-increasing infection rates and numbers of people dying. I saw a report that it was projected that the UK is projected to have over 100,000 people die due to covid-19. In my regular prayers and during Sunday services which are online we keep on crying out to God, in prayer, to deliver us from this pandemic. You may even find yourself doing the same even though you have not or, even, do not believe in God for yourself. Desperate situations can cause us to reach to God.

Yet, if we return to the song from 'The Prince of Egypt' there is also hope! The song moves from being sung by the men working under slavery to being the voice of Moses's mother, who is concerned for his safety. She prays to God, the whole song is a prayer, asking him to deliver her son into safety protected from the soldiers killing children as ordered by Pharaoh. Of course Moses is placed in a basket and set out on the river Nile, and is delivered into safety when the basket floats into the palace and Moses is taken in by the Queen. The song concludes with Moses's sister singing this:

Brother, you're safe now and safe may you stay
For I have a prayer just for you
Grow, baby brother, come back some day
Come and deliver us too

Our delivery from covid-19 is at hand and vaccines are now being administered across the UK. I believe there is a 3rd vaccine that has been licensed. Many people are now receiving the first of their two covid-19 vaccinations. You, like me, may know of someone who has received it. So there is light at the end of the tunnel after nearly a year since the virus first reached these shores, but there is still a long way to go. How long the rollout of the vaccine across the whole population will take is guesswork, and we still need to follow the restrictions that are in place. Our prayer to God is that as he has delivered some from the pandemic with the vaccine, so he delivers the rest of us too.

At the end of the film the Israelite people are delivered from slavery and oppression, as God parts the Red Sea enabling them to cross to safety. Remember that God hears our prayers, and he will answer them. I know, I trust and I believe that he will deliver us!

Stay safe. God bless.

Revd Neil McLeod

Church Services in the Benefice

Sunday 7th February

10.00am Newport Online Contemporary Communion
11.15am Widdington The church is closed so there is no service

Sunday 14th February

10.00am Online All-Age Service
11.00am Quendon The church is closed so there is no service

Sunday 21st February

10.00am Online Holy Communion
11.15am Widdington Holy Communion

Sunday 28th February

10.00am Morning Worship, via Zoom
11.00am Rickling Holy Communion

Sunday 7th March

10.00am Newport Online Contemporary Communion
11.15am Widdington Holy Communion

Sunday 14th March

10.00am Online All-Age Service
11.00am Quendon BCP Communion

Sunday 21st March

10.00am Online Holy Communion
11.15am Widdington Holy Communion

Sunday 28th March

10.00am Morning Worship, via Zoom
11.00am Rickling Holy Communion

NOTE:

The churches are currently closed. It is believed that the government are reviewing the situation for mid-February. The churches will reopen if it is safe to do so, and the services shown above are what I am hopeful will go ahead. However, if the lockdown continues then it is possible that the churches will remain closed.

The church buildings may be closed but the church is still here. If anyone would like to join our online Sunday services please email me on vicar4nqrwchurch@gmail.com Thank you.

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 <u>not</u> 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

Management of *The Link*

Further to last month's invitation for volunteers to help run *The Link*, though no interest has yet been shown for the post of editor (so you are stuck with me for the present), an existing member of the delivery team has offered to take on the additional role of advertising manager.

A huge "Thank you" is extended to Jane Bienemann for her efficient handling of this important task over many years and a big "Welcome" goes to Sandra Arnold who now takes over the job.

Robert Arnold, still (alas!) Editor.

Parish 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 provided. It would help if an e-mail address could be provided to enable the pack to be sent digitally.

Allotments (part of the Quendon Hall Estate):

- Peter Warwick, No.5 Thistley Crescent, Green Road, Rickling
- Telephone: **01799 543526**

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 at quendonandrickling.clerk@hotmail.com or by telephone **01279 814473**

Our Member of Parliament

Face to face surgeries for you to meet with me, your Member of Parliament, and seek advice or assistance on confidential issues are not currently possible. For all enquiries please send an email or speak over the phone.

How to contact me

Email: kemi.badenoch.mp@parliament.uk

Tel: **0207 219 1943**

Write: Kemi Badenoch MP,
House of Commons,
London, SW1A 0AA

Kemi Badenoch, MP



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Quendon & Rickling 100 Club

Congratulations to the January 2021 Winners

1st	R Heggie	£35
2nd	B Chapman	£25
3rd	C Holt	£15

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.

Advertising in
The Link

**reaches every household in Quendon and Rickling at
attractive rates**

**This space could be promoting
YOUR business**

Contact:

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

Contemplations From Quendon Graveyard (number 26)



If only the mower was not so wide,
Then Lucy and Albert, lying side by side
would share a greensward trimmed and smart
as a Wimbledon court, before the tennis starts.
But unless I find some old shears,
To sharpen and oil then, in just a few years
Instead of England's green and pleasant land between 'em,
There'll be briars and weeds like an XR's mohican.
If only the mower was a little shorter
There'd be no need, just short of Elsie, beloved daughter
(of Charles and Catherine) to do a handbrake turn
to avoid a collision with Zachary's urn.
Whoever back then wielded pick and shovel
Might have given some thought to the trouble
They'd cause, in centuries to come,
When the grass gets cut with a Mountfield ZX41.
Worst off is poor Albert, with Liz his wife,
(lying closer now than they ever did in life!),
Fortunate that they could never have known,
'twixt them and Chas Higgins is a space too small to be mown.
For, as fate would have it,
The sexton of their time had a sly habit,
Of lying those who in life who had no mutual affection
In adjoining graves, to hold hands come the resurrection.
©Richard Balarkas 2020

Richard clearly finds caring for Quendon's graveyard a stimulating and rewarding experience!

We are delighted to report that we still have opportunities volunteers to help care for this interesting village feature.

You can apply by telephone or e-mail to:

John Watkinson - **01799 543350** and johnwatkinson@tiscali.co.uk

or Robert Arnold - **01799 543075** and robert@arnold-q.uk

What would it inspire in you?

A Quendon & Rickling Parish Council led Event

Quickling Village Pumpkin Competition

- All Ages Welcome
 - Test your growing skills
 - Minimal Entry Fee - seeds to be provided
- ☼ Please contact Carrie Williams or Katherine Nuthall to register your interest (knqrpc@gmail.com)
- ☼ Details of competition to follow



Rickling/Quendon Community Café

Quendon & Rickling Village Hall,
Quendon, CB11 3XQ

Refreshments and Fun Bingo

Due to ongoing Covid we will not be resuming our monthly coffee mornings until April 2021.

Lets's all stay positive that we will all meet again soon and in the meantime -

"Stay Safe "

Please contact: Angie and Carole
01799 218061/543807

Enlivening *The Link*

We are most fortunate to have such interesting contributions to these pages from various levels of our local government. It is accepted that we must often rely on faith that our efforts are appreciated; nevertheless it is always rewarding to have it confirmed by a response!

Whilst I would resist the sort of acrimony that sometimes features in readers' letters in other papers, I would welcome correspondence here to liven up this parish magazine.

Please feel free to share your thoughts on what you read here and anything else which may be of village interest. Is security advice (omitted this month for space) useful, for instance?

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

From the Chairman of the Parish Council

Dear Fellow Villagers!

Well, can you believe it, we are in Lock Down number 3!!! Lets hope that this is the last lock down we will have to go through, that vaccinations will go according to plan and we will be able to enjoy a fabulous village summer - one that everyone fully deserves! We will be keeping everything crossed!

We have a new parish councillor joining our team, Jennie Sutton, who was co-opted onto the council in the January meeting. Jennie lives in Quendon, having moved into the village a couple of years ago from Halstead. She has vast experience to offer us as she has been a District Councillor and a Town Councillor, so we are very lucky to have her.

The precept, the contribution to the parish on your Council Tax bill, for the villages was discussed at the PC meeting this week and we have agreed that this year it will remain the same as last year. It was felt that everyone has suffered enough without having to worry about paying yet more tax! This does mean though that we may need to cut back a little on certain items, but we are sure that we will manage - I think we have definitely learnt how to do that this past 12 months! The precept has not been increased since the financial year 2015/16 so next year we will have to seriously consider raising it, I'm afraid.

You may have seen that UDC has issued a call for sites as part of its work on the new Local Plan. Initially they are only asking for prospective sites, these will then be assessed and reviewed as they work towards a draft version of the Plan but please be assured, we will be watching very closely and will keep you all up to date with exactly what we know, when we know it and where we stand.

As previously mentioned in the December's issue, UDC is also asking for comments for the Local Plan consultation. The Community Stakeholder Forum ran 2 themes in January, Transport (Theme 4) and Leisure, Culture and Healthy Lifestyles (Theme 5) and are running

Theme 6, Biodiversity and Theme 7, Local Economy in February so if you wish to comment please do. The PC will be commenting on each of these themes on behalf of the villages.

The Highways Survey is in the hands of Essex Highways at the moment! Their engineers have agreed to some of the actions that have been suggested so the report will hopefully be updated and a scheme agreed that can go forward to detailed design and can then be considered at the Highways Panel in March. If it is approved, this means that there will be money available during the financial year of 2021/22 to put these into place. Quendon may, at last, be able to see a reduction in speeding vehicles!

The "Quendon" trees are still debated on a regular basis! We are all looking forward to when this item will be finally removed from the monthly agenda! Apparently, the trees and contractor have been chosen but we are none the wiser about what trees we are getting or which contractor will plant them or when! We are seriously hoping, and have requested, that it is not the contractor who cut down the previous trees and planted dead ones in their place.

The Events team are eager to start organising and we are hoping that there may be an opportunity at some point this year for them to showcase their talents. We have pencilled in Quickling Festival for Saturday, 7 August and will just have to hope and pray that we will be able to achieve some sort of gathering. It may just have to be a tiny festival this year but hopefully it will be an opportunity for the villages to gather together and catch up again! The team is also considering a few food takeaway vans over the next couple of months but we are just watching to see where Boris will take us all next before we commit to these. Please keep an eye on the Events page for further information.

Finally, we would just like to reiterate that we are here if you need us during the lock down - just give us a call!

Sally Kitcat

Report from District Councillor Neil Hargreaves

Council Investments and Finances

As UDC's commercial investment portfolio is growing towards its target total of £300m and another major investment was agreed by the full council in December, readers may be interested to see a summary of the purchases, and the tenants:

Completed Investments

Chesterford Research Park (29 tenants, mostly pharma)	60,841,000
Stane Retail Park Colchester (Aldi, B&Q)	30,424,000
Vet Hospital Livingston (Pets at Home - Dick White Referrals joint venture)	5,925,000
Retail distribution centre Chorley (Waitrose - NW England and Scotland)	55,000,000
Skyway House Takeley (Weston Homes)	20,000,000
	172,190,000

Future Committed Investments

Chesterford Research Park	13,400,000
Investment 7	42,555,000
Investment 12	35,000,000
	90,955,000

Future Options

Investment 2	35,000,000
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Total

298,145,000

The anonymous ones are where the purchase is not complete and so remain commercially confidential. All details have of course been seen and approved by council members and all the sites purchased have been visited by officers. The Investment Board is receiving professional expert reports on the performance of each investment.

A full analysis, including photos of the buildings, is in the newly updated draft Commercial Strategy 2021-2025 published in the agenda for the Investment Board prior to submission to full council. <https://uttlesford.moderngov.co.uk/documents/s22030/Commercial%20Strategy%202021%20-%202025.pdf>

The purchases are all freehold land and the building, not the businesses. Buying land is a lower risk strategy compared to buying businesses, which other councils have done, eg Stansted Airport. These investments are balancing-up UDC's portfolio to correct the previous administration's high-risk concentration in one asset, so when the portfolio is complete the Chesterford Research Park element will have reduced from 100% to about 25%. The investments within Uttlesford will be around 31% of the total.

A misconception repeated by (political) critics is to compare the council's income with the size of the investment portfolio. It is not like buying a house, which is a source of expenditure, using your personal income to service the mortgage and costs. In contrast, the council's investments come with a significant income, which covers the capital and interest payments and provides a surplus to support council services. And further, it is the tenants who pay the running costs of the buildings, not UDC. The investments support the council's income and not the other way round. This income is allowing us to fund £1m of environmental work, business covid recovery initiatives, sports provision, cover the costs to the council of the pandemic so far. And most importantly to fill the large inherited future funding gap of £5m a year for the provision of council services. Without this income there would need to be cuts in staffing and in services.

Although the UDC accounts for last year have not being signed off, this is not to do with the financial part of them, which the auditors are happy with, and the accounts are published on the UDC website. A balanced budget for 2021/22 has been prepared, and will shortly be going through the normal scrutiny and approval process.

Flooding north of Newport in December

Readers may have seen (repeated) claims from the Essex County Council media department that the flooding which closed the B1383 for several days was caused by the Cam. At a meeting convened by me with the key ECC road maintenance heads and their Watercourse Regulation Engineer and Newport PC, it was agreed that this was false. Amazingly Essex have recently issued another press release which is intended to be an apology (I think, although the wording is excruciating management speak obfuscation) which repeats the nonsense.

Myself, and the Vice Chair of Newport PC Judy Emanuel, attended a site visit in January by the Essex Watercourse Regulation Engineer, fortuitously in another rainstorm to witness the flooding. He was very much no nonsense and stood in the middle of the flooded road armed only with a black umbrella and stopped the traffic to carry out his work. This confirmed what locals already knew, which is that the prime cause was failure to clear the drains. We witnessed

Report from District Councillor Neil Hargreaves (cont)

the flood water being thrown by passing vehicles onto the field and washing back the silt and gravel onto the road. Over 50 tonnes of this was removed by UDC (not Essex) in December. Some drains have been cleared by Essex and the Engineer has requested further clearance to be done.

Photo right is of Judy in Shortgrove inspecting the outflow into the Cam - glamorous life, being a councillor! The water seen is mostly from the surrounding fields fed via drains under the road. Essex did not have plans of their drains, but the highway drains must go into this, when not blocked.



And for interest the remnant of the slipway of a boat house. The Cam used to have a weir near Sparrows End to create a banana shaped lake for pleasure boating, I assume part of the Capability Brown landscaping and pleasure gardens.



Councillor Surgeries

These are currently suspended but I'm available on 01799 540411 and on the village Facebook and by email at cllhargreaves@uttlesford.gov.uk. All three parish councils in the ward are meeting by video and it works well.

Neil Hargreaves

County Councillor's Report

Back in October I wrote in *The Link* about the increases in Covid-19 cases in Essex and explained why Essex County Council had made an application to the Secretary of State to move Essex into a Tier 2 level of restriction. That all seems so long ago now and here we are again, but in Tier 4 this time, locked down, along with most of the country.

After Boxing Day, all of Essex was moved by Government into Tier 3 and for large parts of the County that restriction moved schools to remote learning, but that situation, what the Government called the Contingency Framework, did not include the Districts of Uttlesford, Colchester and Tendring. However, immediately prior to New Year it was apparent that the rate by which infections were rising in those three Districts was incredibly high and Uttlesford's rate of increase at one point topped 55% in three days. On that basis Essex County Council applied to the Secretary of State to include all the County within the Contingency Framework.

On 4th January, while ECC's application was being considered, the Prime Minister made the declaration placing us all in Tier 4.

The decision to close the schools did not include Nurseries and Child-Minding facilities and many people, with some justification, thought that to be counter intuitive. However, it had become apparent that during the first lockdown the level of referral to Social Services for child abuse and neglect in pre-school aged children had risen both nationally and within Essex by 22%. The

starker statistic was that between 2019 and 2020 during that first lockdown, child mortality of children under one increased nationally by almost 30%. That was shocking but it does explain why, on balance of risk, early years support needed to remain open.

Obviously most schools have now significantly enhanced the level of remote learning they offer and while this is no mean task for teachers, the majority of children whether they attend school because their families are key workers or they are provided digital learning are enjoying educational provision. However, that is not universal and there is no doubt that attending school is the best place for children to be.

That is the current position, but we do need to consider the impact all this has had on young people's wellbeing and their educational future. Essex County Council as the second largest Education Authority (480 primary schools, 98 Secondary Schools, 17 Special Schools and Pupil Referral Units) are looking at ways that we can support the children who now have big gaps in their education. We are not only lobbying government to ensure that GCSE's and A Levels result in worthwhile qualifications this year, but we are also supporting schools to ensure that all children get the best chances to overcome the gaps wherever they are in their school career.

Ray Gooding

Member for Stansted

Cabinet Member for Education and Skills



THE HUNDRED PARISHES SOCIETY



Brent Pelham



Standon



Newport



Ugley Green

Our area has a good number of so-called “Hertfordshire puddingstones”. I am not convinced that Hertfordshire has any real justification for claiming the puddingstone because examples can be found on both sides of the Essex/Hertfordshire county boundary. I recently acquired a copy of “Puddingstone Walks in Essex”, a neat little book that describes walking routes which in total pass more than twenty puddingstones or groups of puddingstones in the Essex part

of the Hundred Parishes.

A puddingstone is a conglomerate of many small, rounded and colourful pebbles that appear to have been cemented together. Geologists explain that they were formed around 50 million years ago and were deposited in this area by a retreating glacier, possibly only 10,000



Wendens Ambo



Arkesden

years ago at the end of the last Ice Age.

Some puddingstones lay where they were deposited, whilst others have been moved to more convenient locations and sometimes put to good use.

Brent Pelham and Arkesden have incorporated them into their war

memorials. Others are visible in Arkesden in the stream of Wicken Water beside the bridge.

Stones have been used as building material within walls in Much Hadham and Wendens Ambo, in Great Hallingbury’s church tower and in St Helen’s Chapel at Wicken Bonhunt.

One in Standon is proudly displayed, whilst a large

puddingstone in Newport seems to have been unceremoniously abandoned beside the approach road to the station. Others stand in Tilty churchyard, by the pump at Ugley Green, in Saffron Walden Museum’s grounds, by the Shell House in Hatfield Forest and beside the Yew Tree pub in Manuden.

No doubt there are many more – I would be pleased to hear of any

that I have missed – please email me at

hundredparishes@btinternet.com, if possible with a photo. Will we find more in Hertfordshire or Essex?

Ken McDonald, Secretary

www.hundredparishes.org.uk

What's On

The Village Hall remains closed. For activities elsewhere please check with the relevant organiser.

Event	Date	Time	Place	Notes
Armadillos	Tuesdays (term-time)	09.00	Rickling School	
Rickling Runners	Thursdays	19.30	The Green	
Buffy Playbus	Fridays	09.15-10.30	Rickling Green	Term-time

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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ALTERNATIVE Managed Services

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

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.

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or David Jaffray 07710 761487

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